



vulnerability

FREE TO BE YOU

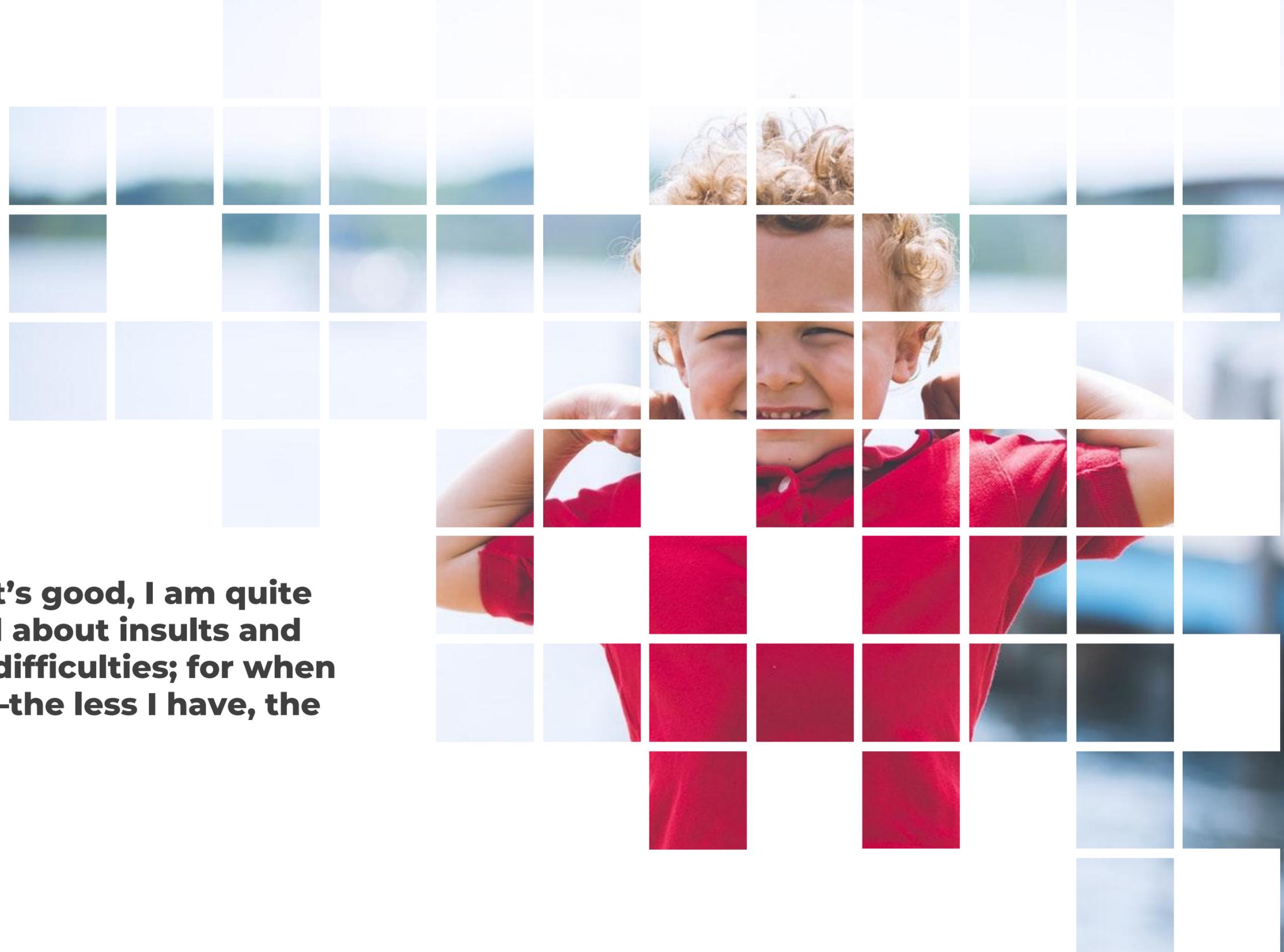
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VULNERABILITY

FEARLESS SERIES

Since I know it is all for Christ's good, I am quite happy about "the thorn," and about insults and hardships, persecutions and difficulties; for when I am weak, then I am strong—the less I have, the more I depend on him.

- 2 Corinthians 12:10 TLB





What is vulnerability?

Fearless Series

“...it’s having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it’s our greatest measure of courage,”

– Brene Brown



Are you vulnerable?

Vulnerability means being emotionally honest and letting God and other in to the extent of what we feel. It means being known completely. Not just listing out truths and facts about yourself. But also exposing weaknesses and insecurities and what you feel about it. It can also be expressing joy, desires, and excitement! Vulnerability means you feel free to be you!

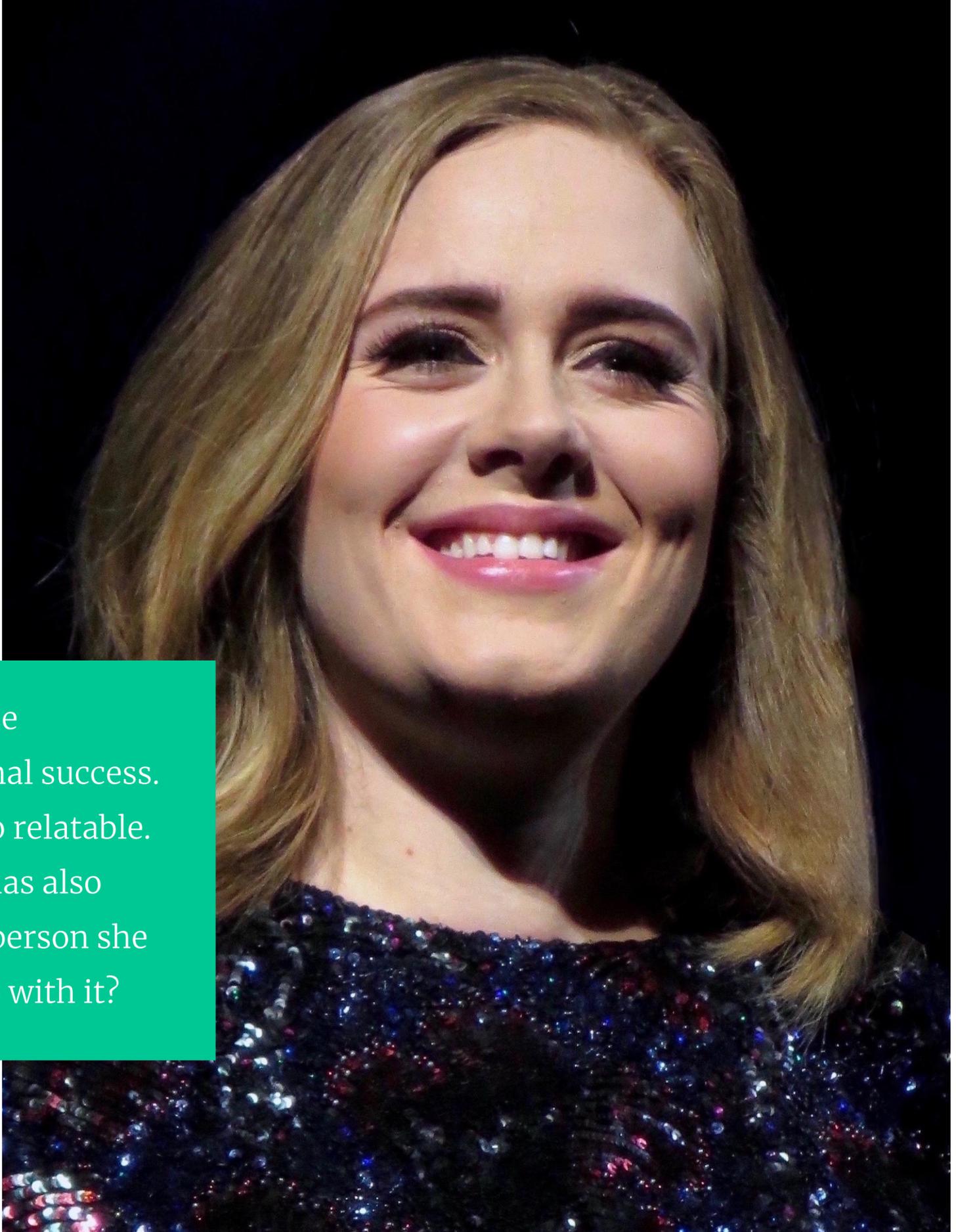


Whose confidence do you admire who isn't afraid to talk about their weaknesses?

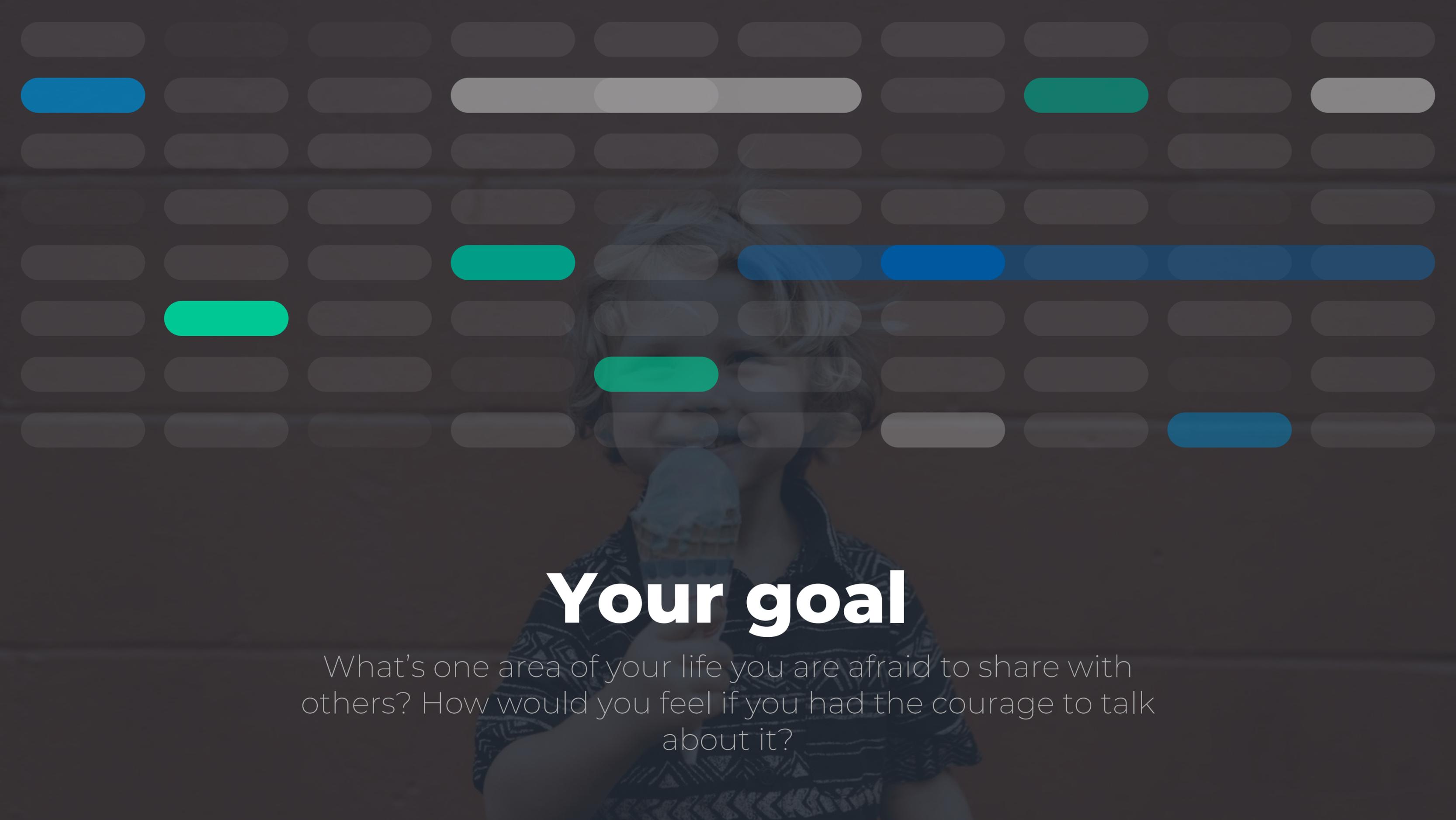
Adele

Singer • Grammy Award Winner

Singer Adele is a Grammy Award-winning artist whose throwback, soulful sound has made her an international success. But her powerfully honest songs are what make her so relatable. It's her vulnerability that has captured millions. She has also told the Rolling Stones that she's "the least insecure person she knows". Could her vulnerability have something to do with it?





A young girl with blonde hair is shown from the chest up, eating a vanilla ice cream cone. She is wearing a dark patterned shirt. The background is a dark, semi-transparent grid of rounded rectangular bars in various shades of blue, teal, and grey. The text 'Your goal' is centered in white, bold font over the girl's face.

Your goal

What's one area of your life you are afraid to share with others? How would you feel if you had the courage to talk about it?

The Closeness of Being Known

Fearless Series: Vulnerability

But suppose we walk in the light, just as he is in the light. Then we share life with one another. And the blood of Jesus, his Son, makes us pure from all sin.

- 1 John 1:6-7 NIRV

The Lord is **close** to the brokenhearted; he rescues those whose spirits are crushed.

- Psalm 34:18 NLT

★ God wants to help us have closeness

Walking in the light means who we are can be seen clearly, as if a light were shining on our inside life. It means our emotions, motives, and actions are clear.

★ You find friends in the light

When you tell God what's all our cares and worries,, God comes close to us! When we're close to God, we gain the courage to be vulnerable with others

★ Who do you want to be closer to?

How has your lack of vulnerability prevented you from being close to God or friends?

The Freedom of Being Known

Fearless Series: Vulnerability

Dear, dear Corinthians, I can't tell you how much I long for you to enter this wide-open, spacious life. We didn't fence you in. The smallness you feel comes from within you. Your lives aren't small, but you're living them in a small way. I'm speaking as plainly as I can and with great affection. **Open up your lives. Live openly and expansively!**

- 2 Corinthians 6:11-13 MSG

★ **God wants us to be free to be open**

God wants us to live our lives in complete freedom! When we hide, we end up feeling small and insecure.

★ **What is an open and expansive life?**

What would it look like for you to live an open life? Which emotions would you express more if you weren't afraid of not being accepted?

★ **Take a First Step**

Write out one vulnerable thing you can share with God today.



"WHAT HAPPENS WHEN PEOPLE OPEN THEIR HEARTS?
THEY GET BETTER."

— HARUKI MURAKAMI

The Power of Being Known

Fearless Series: Vulnerability

So confess your sins to one another. Pray for one another so that you might be healed. The prayer of a godly person is powerful. Things happen because of it.

- **James 5:16 NIRV**

★ **Sharing Secrets**

Have you ever told someone a secret? How did you feel afterwards?

★ **Sharing Brings Healing**

God promises that when we choose to be known and let others in, we can be healed! We don't have to live in fear, regret, or shame anymore. We have the power to do so much more!

★ **What do you need God to heal you from?**

When you are vulnerable with God, he can heal you!

A photograph of three people inside a car, all with shocked or terrified expressions. On the left, a woman with long brown hair looks wide-eyed. In the center, a man with dark skin and short hair looks intensely forward. On the right, a man with light skin and short hair has his mouth wide open in a scream or shout. The background shows the interior of the car and a bright window.

HOW TO

BE UNCOOL

Decision

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Talk it through

How do you need God to help you become more vulnerable?



Vulnerability is the only bridge to connection

- Unknown



Take action

What is one area in your life you can start becoming more vulnerable with God in prayer about?

Next steps

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These follow up actions will help you put into practice the decisions you made, and allow God to start shaping your character.



Read together

Psalms 30-60. Notice the psalmists vulnerability and ability to express negative and positive emotions. Imitate these prayers.



Watch together

[The Power of Vulnerability](#)
[TED Talk](#)

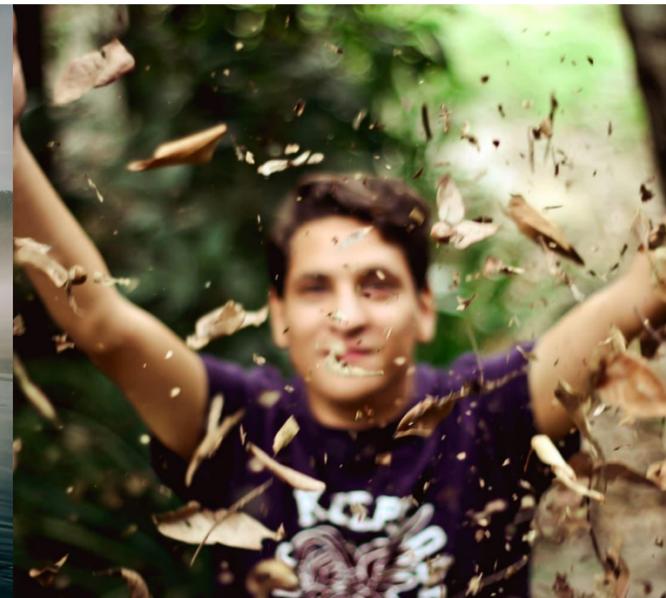


Do together

Find a trail nearby and go on a prayer walk with 1-2 of your close friends!

Further study

Fearless Series: Vulnerability



1

2 Corinthians 4:7-10

VOICE

2

1 Corinthians 13:13

MSG

3

Psalms 56:8

TPT

4

Psalms 27:8

NLT

5

Proverbs 19:22

NIV