



Session 3

Vulnerability

When we think about this word, we often think about sitting around and “airing our own dirty laundry in public”. However, that is not the correct definition. Vulnerability is the state of being “100% you” and comes from the idea that we are made in the image of God and God, who has for all time and eternity, been himself in perfect Trinity.

The problem with vulnerability is the fear of being exposed as a fraud.

Discuss: Take a moment to reflect and discuss on our last sermon. What jumped out at you? What were your take homes? How were you challenged? What didn't you understand?

Read: Genesis 3

- What do verses 7-12 say about this kind of vulnerability?

Read Galatians 5:1-25

- What is the slavery that Paul is talking about?
- In verse 1, what is the relationship between “freedom” and “free”
- In verse 13, what does Paul mean when he says that we can use freedom as an opportunity for the flesh?
- What is the outcome of true freedom according to verse 13?
- What is the outcome of slavery according to verse 13?
 - What are the modern-day phrases we might use instead of “bite” and “devour”?
 - Why do people do this?

Read Philippians 2:1-11

- How is Jesus the ultimate example of weakness?

- What effect does Jesus' weakness have on us?
- Can you think of any other examples where Jesus has shown weakness?
- What does it mean that Jesus "took on the form of a servant"?

Read Philippians 2:12-18

- How does the first part of this chapter related to the last part, about grumbling and disputing?

Helpful Quotes

"We are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope" – Tim Keller

Our Favourite Reading about Uncertainty

General Reading about Vulnerability

Strong and Weak by Andy Crouch