

Vulnerability

Goal: The goal of this core is to build a sense of openness and community. It would be great to follow up this week, where you talk about being vulnerable in general, with a topic that allows your core to practice being vulnerable with one another.

Getting Personal: (Everyone in Core should answer this question)

Share about a time you were able to share your struggles with someone.

Watch:

The Power of Vulnerability by Brené Brown.

(A 20 minute TED Talk)

Reflect:

Start by asking your core for their reflections on the video

- How did Brené's vulnerability as a speaker affect your experience as a listener?
- Why should we speak out of our vulnerability or weaknesses rather than our strengths?
- In what ways do you see yourself escaping vulnerability?

Read: Philippians 2:5-11

In your relationships with one another, have the same mindset as Christ Jesus:

Who, being in very nature God,

did not consider equality with God something to be used to his own advantage;
rather, he made himself nothing

by taking the very nature of a servant,
being made in human likeness.

And being found in appearance as a man,

he humbled himself by becoming obedient to death—
even death on a cross!

Therefore God exalted him to the highest place
and gave him the name that is above every name,
that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father.

Reflect:

Using this passage and your knowledge of scripture:

- In what ways did Jesus speak, live, and act with vulnerability?
- How can we spark vulnerability in this Core?

Go:

This week meet with someone from Core and share your life story.