



WEEK 9 THEME: VULNERABILITY

KEY CONCEPT/MESSAGE:

Vulnerability is not weakness! It is not winning or losing, it is having the courage to show up, be seen when you have no control over the outcome. It is about asking for what you need, having hard conversations and talk about how you are feeling. *Brené Brown*

Christians believe, that being vulnerable means you are honest with who you are, how you feel and acknowledging the parts of yourself that you would rather keep hidden. It's not hiding behind an 'Instagram life', its about being real with God and people you meet. It is hard to be vulnerable, to feel out of control or anxious about situations. Christians are reminded throughout the Bible that God's power and grace is enough, that even in times of vulnerability, He is in control and we will not be left abandoned or alone.

KEY QUOTE OF THE WEEK:

'What makes you vulnerable makes you beautiful!' Brené Brown

LISTEN:

If we're honest by Francesca Battistelli

<https://www.youtube.com/watch?v=IDcTvtuuVU8>



*'Truth is harder than a lie
The dark seems safer than the light
And everyone has a heart that loves to hide
I'm a mess and so are you
We've built walls nobody can get through
Yeah, it may be hard, but the best thing we could ever do, ever do
Bring your brokenness, and I'll bring mine
'Cause love can heal what hurt divides
And mercy's waiting on the other side
If we're honest If we're honest
Don't pretend to be something that you're not
Living life afraid of getting caught
There is freedom found when we lay our secrets down at the cross, at the cross.'*

 **faith at
home**

WATCH:

Brené Brown's original TED talk on vulnerability:

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability/transcript?language=en

THINK:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

As you sit quietly, look at this image and reflect on what it makes you think of.



A spider's web is incredibly vulnerable, but there is beauty in the strength of its design. What if a spider never created its web out of fear of it breaking or being destroyed?

Look at this picture carefully, what do you notice? Who do you think the characters in the image are? How do you think they are feeling?



Share the story together:



Jesus anointed at Bethany - Matthew 26: 6-13 (NIV)

6 While Jesus was in Bethany in the home of Simon the Leper, 7 a woman came to him with an alabaster jar of very expensive perfume, which she poured on his head as he was reclining at the table.

8 When the disciples saw this, they were indignant. 'Why this waste?' they asked. 9 'This perfume could have been sold at a high price and the money given to the poor.'

10 Aware of this, Jesus said to them, 'Why are you bothering this woman? She has done a beautiful thing to me. 11 The poor you will always have with you, but you will not always have me. 12 When she poured this perfume on my body, she did it to prepare me for burial. 13 Truly I tell you, wherever this gospel is preached throughout the world, what she has done will also be told, in memory of her.'

I wonder what you think about this story? I wonder which phrases or words stand out for you?

Think about the woman in the story, what did she do for Jesus?

In another version of this story, it says that the woman used her hair and tears to wash Jesus' feet.

I wonder what this tells you about the woman and how she felt about Jesus?

Kilminorth Activity: (Please email us your photos.)

Sit around the table for a meal at the end of the day. Ask the question - how are you? What has been the best part of the day and why? What has been the most difficult part of the day and why? Encourage further conversation of why something may have upset you. What was the trigger? How did you feel? What can we do as a family to support you when this happens again?

Reflect on the vulnerability of nature. It is often being out in the countryside, that some Christians encounter God and feel God very near to them. As a family, go out for a walk, take the camera and spend time taking photographs using your zoom. Take photos of the flower petals, birds and the tiny insects. For Christians, it is a reminder that God is interested in the very infinite details of their lives and he cares for every part of it.



 **faith at
home**



Cardinham Activity:

(Please email us your ideas)



Are you still writing a diary? Look back through what you have written and included in it. Give thanks for all you have experienced and learnt by keeping a diary so far.

Add your thoughts and reflections from this week to your diary. Below are some suggestions for you to experience and reflect on moments of vulnerability in your life. Reflect on this statement from Brené Brown and add your thoughts to your diary:



- When have I had the courage to be vulnerable?
- When could I have been more vulnerable and honest about my feelings?
- When have I ignored difficult situations or avoided challenging conversations this week? What could I have done differently?
- What hard conversations have I had this weekend, how did they go? Did I have the courage to be vulnerable and lean into these difficult conversations?

Finally:

PRAYER:

Lord help us know that we are known. To accept that we are accepted. To love ourselves as much as you do.

And as we behold your time on Calvary, the summit of Your vulnerability. May we have the courage to be vulnerable too. To live a life of absolute truth towards you.

For you are the living one that sees us. And as the 'door to our heart' opens, it frees us, To love others, ourselves without reservation

To embrace this imperfect life, with its joy and it's pain. Knowing well that as we behold you again,

The door swings back open by faith.

For you are the living one that sees us.

Amen

By David Tensen

(inspired by Hagar's response in Genesis 16:13)

SEND OUT:

You are enough! You are amazing! You don't need to try and be someone you are not. Be who you are. Remember, what makes you vulnerable makes you beautiful!

I wonder if you have the courage to be vulnerable and honest with those you trust this week?

I wonder when someone makes themselves vulnerable towards you, how you might react? Like Jesus or the disciples?

Blow out your candle as a sign that your time of worship has finished.

