

BIG IDEA

The only on-ramp to connection in relationships is vulnerability.

SCRIPTURE

Galatians 6:2, James 5:16

ICEBREAKER AND OPENING THOUGHT

1. If a movie was made of your life, what actor would you choose to play you?
2. When you hear the word vulnerability, what comes to mind?

BIBLE & VIDEO DISCUSSION

1. Watch the Brene Brown video that is within the message from this weekend. (communitychristian.org/media) What resonated with you? Explain.
2. Read Galatians 6:2 and James 5:16. What are these verses saying about vulnerability within the Christian Community?
3. Why would confessing our sins to one another bring healing?

LIFE APPLICATION

A recent Cigna Healthcare found that 46% of Americans report sometimes or always feeling alone. This number has doubled in the last 50 years. 43% say they sometimes or always feel like their relationships are not meaningful. 20% say they rarely or never feel close to people. 47% say they rarely or never have meaningful in-person interactions with others. 13% say zero people know them well.

4. Are these results surprising to you? Do you recognize yourself in any of those statistics?
5. Vulnerability is the only on-ramp to a deeper connection to others, so we are all invited to take the vulnerability challenge. Discuss the four options below. Which could you try during this series?
 - Answer honestly when people ask how you are doing.
 - Admit a weakness.
 - Give a compliment to another person.
 - Speak up about a hurt.

CONCLUSION

Encourage each other to be vulnerable during this series, especially since small groups are intended to be a safe environment to share the real hurts and challenges of life. Meaningful relationships always involve risk, and this will be a great series to take a few. Close in prayer.