

MESSAGE BIG IDEA

Jesus' resurrection challenges us to step away from the periphery to the center of God's story.

SCRIPTURE

John 3:1016 & John 19:38-42

BIBLE AND VIDEO DISCUSSION

- “To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength.” – Criss Jami
- We tend to think of vulnerability as a dark emotion, so we armor up. We put up our defenses. Vulnerability is the center of all difficult emotion, but it is also the birthplace of every positive emotion – emotions like love, joy, and belonging.
- Many of us know in our heads that we are forgiven by God, but we may not feel like we are forgiven. Psychologists Henry Cloud and John Townsend call this getting the Warm of Forgiveness. We will feel forgiven when grace is lived out in community. So when we are known and accepted in spite of all of our sin and past mistakes, that's when we will experience the grace of God more fully. The grace of God has to be embodied in the people of God for God's people to fully realize the depths of God's grace.

LIFE APPLICATION

- It's essential to note that the level of vulnerability should always match the level of your relationship. The vulnerability challenge is not about spilling your guts to a former high school classmate who happens to pass you in the cereal aisle at Target. That will have the exact opposite result of “connection.”
- An example of being honest with your responses is: “I'm good, but I have been stressed about _____ this week.” Answer honestly if something is stressing you out. Is it work? Family? Your health? Whatever it is, share it and be honest.
- We don't often associate being vulnerable with giving a compliment, but it can be more challenging than you think.
- When someone accidentally or even intentionally says a thing that hurts or offends you, say so. Challenge it. We are going to feel hurt or feel offended by people, and rather than holding it in and letting it fester, speak up. Express your hurt to that person. Now, it's important to say that this has to be done with love and grace. We shouldn't go into the conversation ready to attack with our words. I know for me, it's so hard to be vulnerable about my hurt, but this has been invaluable and important to my growth and connection with other people.