



January 2017 BECOMING VULNERABLE  
Discussion Questions

We are each made in the image of God, and therefore each have value and worth. (Gen1:27) How do you feel when you hear, "We can ALL be celebrated?" Can you find things to celebrate in yourself and those around you?

You are fearfully and wonderfully made by God, and therefore have been gifted intrinsic VALUE. (Psalm 139:13-14) Do you live as though NOTHING you do can add or subtract value to your worth? [HINT: None of us really live that way! What things do you mistakenly tell yourself adds or subtracts from your value?]

Talk about a time you heard someone's story, and then better understood his or her actions and/or reactions. Perhaps you could extend empathy to someone after knowing "where they came from?"

Discuss a time you identified personally with someone's story, and it created connection.

"What makes us vulnerable, makes us beautiful." How does this quote from Melanie resonate with you?

"The prize of vulnerability is connection." We see this in the life of Mary. Read John 12:1-7 aloud together. How does Mary's act of pouring out the expensive oil initially strike? Do you feel you embarrassed for you? Proud of her? Why?

Melanie said she sometimes feels she is not enough and sometimes feels she is too much. How does comparing yourself with others feed those conflicting emotions?

Read Psalm 139:2 aloud. Knowing that God knows everything about us, why is it still sometimes difficult to be honest, vulnerable, and real in our prayer life?

How can vulnerability deepen your everyday relationships? (With your husband, children, friends, co-workers, etc.)

What is one concrete thing you could do this week to express vulnerability?