



DISCUSSION GUIDE

June 28/July 1, 2018

Vulnerability

BIG IDEA: Jesus was a great friend because he was great at being vulnerable.

GROUPS VISION

We believe life transformation happens when we engage with other people, with Jesus as our focus, and take next steps together. A next step is where we Ask, Listen, and Respond to take any action that advances our journey with Jesus.

KEY VERSE

"I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you."
John 15:15

POTENTIAL NEXT STEP

You can only be loved to the level you are known. This week, make time to be face-to-face with a friend and allow yourself to be fully known and fully loved.

MAIN POINTS & SCRIPTURES

If we want to learn to become a great friend, we must choose to be vulnerable. We have nothing to fear, nothing to lose, and so much to gain if we are willing to be vulnerable. Jesus made all of Himself known to us and invites us to make ourselves known to others. **(John 15:12-15)** Jesus was a great friend because He was great at being vulnerable, open, and wholehearted with His friends. **(Mark 14:32-36)**

Jesus was fully known, fully loved, with no fear of rejection by the Father so he could be fully known, fully loved, with no fear of rejection by others; and we can too. Here are a couple of thoughts on being vulnerable.

1. **A great friend is vulnerable.** Vulnerability is ironic It's the first thing we want to see in a friend, but it's the last thing we want to show a friend. Jesus invites us to flip the script in our minds because great friends are vulnerable. Vulnerability lets people in to see the real us, the person that Jesus says we are; righteous, redeemed, transformed, beloved, full of love, joy, peace, and hope. That is the real us and there's nothing to fear. **(Psalms 118:6)** Being vulnerable is an invitation from God to take one next step in sharing our heart. There are a couple of levels of sharing:
 - a. **Oversharing with the wrong people.** We tend to overshare in public and under share in private. Sometimes we lack a Facebook filter and share with the world the details of what's going on in our lives, but that is a false sense of vulnerability.
 - b. **Under sharing with the right people.** Great friends want to know our heart and the treasures that God has placed there, so let them see the man behind the curtain – Jesus. **(2 Corinthians 4:7-9)** The deeper we allow people to see into our hearts, the more of God's righteousness is revealed through us. **(Colossians 1:27)** Don't be content with surface level conversations, say one more thing, remove the mask, and reveal Jesus.
2. **A great friend draws out vulnerability in others.** People are infinitely interesting because they are made in the image of an infinite creator. Great friends help draw out their friends' hearts. **(Proverbs 20:5)** We draw out vulnerability in our friends when we:
 - a. **Look them in the eyes.** If your friend is in front of you, then the image of God is in front of you. Value God's image, look at the person.
 - b. **Take a breath.** The world wants our hearts to race ahead in worry, Jesus wants our hearts to slow down in rest. So, take a breath.
 - c. **Say "thank you for ____"** When a friend is vulnerable, be self-aware enough to say, "thank you for sharing that".

DISCUSSION

1. What is one next step you can take in being vulnerable in your friendships? (See point #1)
2. Describe a time when your vulnerability allowed your friend to see behind the curtain and see the real you, the you that Jesus says you are. (See point #1b)
3. Do you have friends that you consider to be a safe place to be vulnerable? Share how they have drawn out vulnerability in you. (See point #2)
4. **What is the Holy Spirit saying to you? What is your next step?**