

BRENE BROWN: THE POWER OF VULNERABILITY

WELCOME

(20 MINUTES)

Highs and Lows: *What are yours?*

Prayer: Try these words or your own : *Our lives are busy, God. We forget you in the thoughts and actions of our day. Do not forget us as quickly as we forget you. Help us hold faith that your remembering us is not dependent on our remembering you. (And thank you, God!) Amen.*

VIDEO

(20 MINUTES)

DISCUSS

(40 MINUTES)

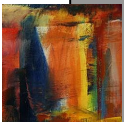
1. What do you want to discuss after watching the video?
2. What do you think God would want to discuss with you?

IF you are stuck...

Reflections From The Community



Connection with other people is at the core of life's purpose and meaning. People who have a strong sense of connection have several things in common: they see themselves as worthy of love and belonging, and they recognize that vulnerability is fundamental. Being vulnerable is not often our default mode. Vulnerability is messy, uncertain, and scary. In general, we don't want these things; instead we like to control, predict and perfect. However, there is immense value in putting ourselves out there, taking chances, entering into the messiness of life, living whole-heartedly and being authentic. When we are vulnerable we are truly alive.
-Mikaila



Without vulnerability – we are not able to connect with others. And if connectedness is the reason we are here – how would that change the way in which we live? Does that change the way in which we interact with others? To me it means that we shift the focus off ourselves and shifts the focus on how we can help and connect with others. You can either spend your time & energy working towards perfection and hiding your true self or you can spend that time and energy connecting with others. I don't know too many people who would want to be with someone who was perfect and who had all the answers. I think it is easy to spot someone who lives authentically and who isn't trying to be someone they are not. Those who live authentically, who are able to open up and be vulnerable, are the people that we want to connect with and are the people that we admire.

I think it is hard to believe that we are good enough. There is so much in this world that indicate – we need to be better etc.. It is hard to get away from what the world deems as good enough and know that we are good enough in God's eyes. What would it mean to the way we live our life if we believed that we are good enough?
-Jenny

CLOSE

(10 MINUTES)

Housekeeping: *Pick a card. Do it.*

Prayer: *God we believe not only that you will not, but cannot forget us because of your great love for us. Forgive us when we fail to remember you, to take notice of you in the world, and to act in ways that honor you and nurture justice and life. Allow us to rest in the grace of your love, and inspire each of our tomorrows. Amen.*

OR *Split up into groups of 2 or 3, sharing personal prayer requests and pray together. Regroup as a whole for a brief communal prayer if desired.*