

Living in brokenness and vulnerability

SMALL GROUP NOTES

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Scripture

Matthew 5:3, Genesis 3:16-19, 2 Corinthians 11:21-12:10

Overview

On Sunday we looked at the third principle of emotional health; living in brokenness and vulnerability. We looked at how God allows us to go through trials and storms to make us aware of our brokenness and limitations, bring us to our knees and make us aware of our need for God. Being aware of our brokenness isn't easy and it probably doesn't come naturally to us. It's certainly not the pattern of the world. But on Sunday we looked at the examples of men in the Bible like David and Paul who modelled what it was to live in brokenness and boast in their weakness, and in doing so they know the power of Christ and the sufficiency of His grace.

Questions

1. There are three ways we tend to react when faced with storms in life, flee, fight or hide. Which one of those responses do you think you do?
2. Think about the examples of Paul and David that we looked at (2 Cor 11:21-12:10 and Psalm 51). How did they model living in brokenness and vulnerability and what can we learn from them?
3. We looked at three ways we can walk in brokenness & vulnerability: Accept our gift of handicap; Share our struggles; Turn to the One who embraces the broken. What do you think of the notion of life's challenges being 'gifts of handicap' that are given to turn us to God?
4. What comfort do we find in knowing that God's 'grace is sufficient for you and his power made perfect in your weakness' Share your current gifts of handicap and pray with one another.

Tags

Brokenness, Vulnerability, weakness, storms, grace, sufficiency, power, embrace