

## **VULNERABILITY: SHARING MY LIFE** **Develop Healthy Relationships: THE GOD WAY**

*“Love from the center of who you are; don’t fake it.”*  
Romans 12:9a (MSG)

**Being vulnerable means “being seen” for who and what you are, “being open” about your pain and brokenness - Sharing my life.**

### **BENEFIT OF VULNERABILITY: SHARING MY LIFE**

Vulnerability exposes <b><u>REALITY</u></b>	Creates relationships.
Brings <b><u>GROWTH</u></b>	Deepens <b><u>LOVE</u></b>
Encourages <b><u>TRUST</u></b> <b><u>ATTRACTIVE.</u></b>	Makes us more
Builds confidence	Teaches us comfort with uncertainty
Heals <b><u>WOUNDS</u></b>	It helps <b><u>OTHERS.</u></b>

*“... The Father is a merciful God, who always gives us comfort. He comforts us when we are in trouble, so that we can share [that] same comfort with others in trouble.” 2 Corinthians 1:3-4 (CEV)*

### **HOW TO BE VULNERABLE: SHARING MY LIFE**

#### **1. CHOOSE TO BE HONEST ABOUT YOURSELF**

**Paul:** *“And I know that nothing good lives in me, that is, in my sinful nature, I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway ... Oh, what a miserable person I am!”* Romans 7:18-19; 24 (NLT)

#### **TO HELP OTHERS I MUST BE HONEST ABOUT...**

- **MY FEELINGS**

*“... We have spoken frankly to you; we have opened our hearts wide.”* 2 Corinthians 6:11 (GNT)

- **MY FAULTS**

*“Each of us must bear [the] faults and burdens of his own. For none of us is perfect!”* Galatians 6:5 (TLB)

- **MY FAILURES**

*“Christ Jesus came into the world to save sinners – of whom I am the worst.”* 1 Timothy 1:15 (NIV)

- **MY FRUSTRATIONS**

*“... I have the desire to do what is [right], but I cannot carry it out... I keep on doing [the evil I don’t want to do].”* Romans 7:18b-19 (NIV)

- **MY FEARS**

*“I do admit that I have fears that when I come you’ll disappoint me and I’ll disappoint you, and in frustration with each other everything will fall to pieces...”* Corinthians 12:20 (MSG)

#### **2. CHOOSE WHO YOU WANT TO SHARE YOUR LIFE WITH**

*“A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.”* Proverbs 18:24

*“Admit your faults to one another and pray for each other so that you may be healed.”* James 5:16

#### **3. CHOOSE TO COMMIT YOURSELF TO OTHERS**

*“Two are better than one, [talking about people] because they have a good return for their work. If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up.”* Ecclesiastes 4:9-10

*“A despairing man should have the devotion of his friends even though he forsakes the fear of the almighty.”* Job 6:14

#### **4. CHOOSE TO FORGIVE!**

*“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”* Colossians 3:13 (NIV)

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* Ephesians 4:32 (NIV)

I’d love to hear your stories & feedback: [phoebegdial@gmail.com](mailto:phoebegdial@gmail.com)

