

Surviving Vulnerability

September 9, 2018 | Pastor Joel Conti

Main Point: A loving community needs a healthy amount of vulnerability

If we are going to be a loving community that REACHES, RESTORES and RELEASES every person to expand God's kingdom, we have to be vulnerable with one another.

Vulnerability is the ability to be genuine, authentic and real. To be yourself and allow people to see you for who you really are.

Why aren't people vulnerable? Because people don't feel safe- if your husband or wife is not vulnerable with you then you aren't safe

1. The reason you aren't safe could be on you
2. The reason you aren't safe could be on them

Vulnerable Love

- Why is social media so addictive? It is our way of belonging and feeling like we belong to something bigger
- We put so much emphasis on likes, comments, compliments, raises, kindness and compassion because we are looking for love and belonging
- We are so let down, depressed, anxious, fearful, shameful and guilty because we don't feel like we can be real, we don't feel like we belong and we don't feel like we are loved
- No one will love me or accept me if I show them who I really am.
- Love and Vulnerability are intertwined

Love is Tri-Dimensional and Quadrilateral

“The most important is, ‘Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”
Mark 12: 29 – 31

Tri-Dimensional: Love God, Love yourself and Love others- it’s tri-dimensional and interdependent

Quadrilateral: Love God with all your HEART, with all your SOUL, with all your MIND and with all your STRENGTH

1. **Heart-** pure intentions are the beginning of love and vulnerability. If intentions aren’t pure, all the love you think your showing doesn’t amount to a hill of beans

2. **Soul**- learn to love in your unique way with your individual personality.
3. **Mind**- love people with your thoughts about them- do you know how hard this is when you don't love them with your intentions and your unique personality? (impossible)
4. **Strength**- again, once you have addressed the 3 inner areas, now you can step out into the 1 outward area of love

Love your neighbour as you love yourself

1. You cannot love your neighbour if you do not love yourself
2. You cannot love yourself if you do not love God
3. You do not LOVE with your HAND, you love with your HEART!

Vulnerability embraces weakness

“One of the criminals who were hanged railed at him, saying, “Are you not the Christ? Save

yourself and us!” But the other rebuked him, saying, “Do you not fear God, since you are under the same sentence of condemnation? And we indeed justly, for we are receiving the due reward of our deeds; but this man has done nothing wrong.” And he said, “Jesus, remember me when you come into your kingdom.” And he said to him, “Truly, I say to you, today you will be with me in paradise.”
Luke 23: 39- 43

- One thief just wanted to be saved...the other thief humbly accepted his punishment and just wanted Jesus to remember him
- Jesus saw the heart of the thief who just wanted to be remembered
- His heart went out to him and He said, ‘today you will be with me in paradise’
- We don’t have to hide who we really are in front of Jesus- some tradition says that you are not acceptable in God’s presence unless you

are cleansed but Jesus jumps into our mess with us and allows us to be vulnerable

- When you read the gospels, you read about Jesus jumping into messes and saying, ‘it’s cool, be vulnerable and I will be here for you when you are ready to talk’
- Many of the struggles of the world are deeply rooted in a sense of rejection, betrayal and condemnation

Vulnerable: vulnus- wound/ vulnerare- hurt, injure or wound

Vulnerability confronts Shame and Guilt

31”On the way, Jesus told them, “Tonight all of you will desert me. For the Scriptures say, ‘God will strike the Shepherd, and the sheep of the flock will be scattered.’ 32But after I have been raised from the dead, I will go ahead of you to Galilee and meet you there.” 33Peter declared, “Even if everyone else deserts you, I will never

desert you.” 34 Jesus replied, “I tell you the truth, Peter—this very night, before the rooster crows, you will deny three times that you even know me.” 35 “No!” Peter insisted. “Even if I have to die with you, I will never deny you!” And all the other disciples vowed the same.”
Matthew 26: 31- 35 (NLT)

“Meanwhile, Peter was sitting outside in the courtyard. A servant girl came over and said to him, “You were one of those with Jesus the Galilean.” 70 But Peter denied it in front of everyone. “I don’t know what you’re talking about,” he said. 71 Later, out by the gate, another servant girl noticed him and said to those standing around, “This man was with Jesus of Nazareth.” 72 Again Peter denied it, this time with an oath. “I don’t even know the man,” he said. 73 A little later some of the other bystanders came over to Peter and said, “You must be one of them; we can tell by your Galilean accent.” 74 Peter swore, “A curse on

me if I'm lying—I don't know the man!" And immediately the rooster crowed. Suddenly, Jesus' words flashed through Peter's mind: "Before the rooster crows, you will deny three times that you even know me." And he went away, weeping bitterly." Matthew 26: 69-75

- Remember that we must love God with HEART, SOUL, MIND and STRENGTH

15 After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," Peter replied, "you know I love you." "Then feed my lambs," Jesus told him. Jesus repeated the question: "Simon son of John, do you love me?" "Yes, Lord," Peter said, "you know I love you." "Then take care of my sheep," Jesus said. 17A third time he asked him, "Simon son of John, do you love me?" Peter was hurt that Jesus asked the question a third time. He said, "Lord, you know everything.

You know that I love you.” Jesus said, “Then feed my sheep.” John 21:15-17 (NLT)

Vulnerability makes you beautifully weak in the hands of a strong God

Vulnerability washes feet

John 13: 4-14

“He laid aside his outer garments, and taking a towel, tied it around his waist. 5Then he poured water into a basin and began to wash the disciples’ feet and to wipe them with the towel that was wrapped around him. 6He came to Simon Peter, who said to him, “Lord, do you wash my feet?” 7Jesus answered him, “What I am doing you do not understand now, but afterward you will understand.” 8Peter said to him, “You shall never wash my feet.” Jesus answered him, “If I do not wash you, you have no share with me.” 9Simon Peter said to him, “Lord, not my feet only but also my hands and

my head!” 10Jesus said to him, “The one who has bathed does not need to wash, except for his feet, but is completely clean. And you are clean, but not every one of you.” 11For he knew who was to betray him; that was why he said, “Not all of you are clean.”

12When he had washed their feet and put on his outer garments and resumed his place, he said to them, “Do you understand what I have done to you? 13You call me Teacher and Lord, and you are right, for so I am. 14If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet.