"Courage To Be and To Do"

To Be Hospitable
To Be Evangelistic
To Accept Change
To Forgive
To Do Things God's Way
To Be Vulnerable
To Keep My Commitments
To Be Optimistic
To Act With Kindness
To Lead My Family
To Be Willing to Yield
To Be A Soldier

The Courage To Be: Vulnerable

- Vulnerable-from latin *vulnus "to wound"*

- We think of vulnerability in terms of:
  - ✓ Physical circumstances
  - ✓ Temptation to sin
  - ✓ Emotional openness

The Courage To Be: Vulnerable

"that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ" (Phil. 1:10)

- Sincere- *eilikrinés*: judged by sunlight, unalloyed, pure
- *But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.* (2 Cor. 4:7)

We should not attempt to cover up our sin but admit our vulnerability

- Prov. 28:13 *"He who covers his sin will not prosper"*
- Job 31:33 *"hiding my iniquity in my bosom"*

The Courage To Be: Vulnerable

What emotional vulnerability does:

- ✓ Allows us to take risks worth taking
- ✓ Diminishes unhealthy competition and comparisons
- ✓ Normalizes failure as part of the human experience
- ✓ Allows us to receive God’s help

The Courage To Be: Vulnerable

What do we do with vulnerability?

- We numb it-with drugs, food, activity, purchases, addictions
- We shift the blame-discharge pain and discomfort to others
- We try to perfect-remove the feeling of inadequacy
- We hide-we withdraw, and with it, our influence

The Courage To Be: Vulnerable

We have great examples!

- David (Psalms!)
- Paul (2 Cor. 6:11-13; 2 Cor. 11:28)
- Peter (1 Pt. 3:4; Mt. 14:28)
- Jesus (Matt. 26:39-41)

Search me, O God, and know my heart;
Try me, and know my anxieties;
24 And see if there is any wicked way in me,
And lead me in the way everlasting.

Psalm 139:23-24

“Do you want to be made well?”

Lord Help Me!

- Get to heaven
- Increase my faith
- With feelings of inadequacy
- Be a good steward
- Seek the lost
- Know You
- Teach my children
- Trust in my salvation
- Navigate life's transitions
- To wait on You
- Understand what matters
- Encourage others

So we may boldly say:

"The Lord is my helper;
I will not fear.
What can man do to me?"

Hebrews 13:6