



## The Courage to Live a Worthy Life

2 Corinthians 4:1-18

### OPEN

A Jesuit priest shared these Five Rules of American Life with author Anne Lamott. Do you think we operate from this paradigm? (Anne Lamott, *Travelling Mercies*)

1. Don't be vulnerable.
2. If you ARE vulnerable, get over it as fast as you possibly can.
3. If you can't get over it, pretend that you have.
4. If you can't pretend, don't show up because it upsets the rest of us.
5. If you do show up, be deeply ashamed.

### DISCUSS

What is sticking with you and what have you learned from the Vulnerable Series? What has challenged you most?

2 Corinthians 4:1-18 is a wonderful passage, rich with meaning in our vulnerable discussion.

- Take a moment to read the entire passage out loud.
- Then, go back and read each paragraph (one at a time) pausing to discuss the *big idea* and what seems particularly important to the text (as well as those in the group).
- When you finish, work as a group to summarize what was shared?

Bible Reflection Notes: 2 Cor 4:1-18



## **Two Practices for You and the Church**

This series may be summarized in the following practices. Take time to discuss your thoughts about implementing these practices in your life, in your group, and in the church as a whole.

1. Dare to make the church scandalously safe for vulnerable people.
2. Creating that kind of alternate way of being human, however, will happen faster if we model what we want to be OK for others to do, and so here's my second challenge to all of us today: Dare to be vulnerable yourself.

"Vulnerability is based on mutuality and requires boundaries and trust. It's not oversharing, it's not purging, it's not indiscriminate disclosure, and it's not celebrity-style social media information dumps. Vulnerability is about sharing our feelings and our experiences with people who have earned the right to hear them."<sup>i</sup>

Simply close your group time by:

- Allowing space for people to share anything on their heart as they reflect on vulnerability series and your group discussions.
- Prayer

## **YOUR NEXT STEP...**

Read 2 Corinthians 4:1-18 this week.

Reflect on the two practices listed above.

Go and do likewise.

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<sup>i</sup> Brene Brown, *Daring Greatly*, pp. 45-46