

Summary

In this sermon, Pastor Mark explores the concept of vulnerability through the lens of Jesus's experience in the Garden of Gethsemane (Mark 14:32-42). He challenges the common perception that vulnerability is weakness, arguing instead that it is a form of strength. Jesus modeled vulnerability by openly sharing his distress with his closest disciples, Peter, James, and John, and by bringing His deepest fears and sorrows before the Father in prayer. The value of vulnerability is the connection it creates, both with God and with others. The sermon emphasizes that healthy vulnerability requires a right time, a right place, and the right people. At the same time, it is always appropriate to bring our vulnerabilities before God. Pastor Mark also broadens the definition of vulnerability beyond emotional sharing to include courageous action: pressing forward in obedience even when the outcome is uncertain. Drawing on 2 Corinthians 12:9, he highlights that God's power is made perfect in our weakness, making vulnerability a "superpower" that unlocks the strength of God in us and in those around us.

Intro Prayer

Heavenly Father, we come before you today as a group of people who are still learning what it means to be open and honest with you and with one another. As we discuss this message on vulnerability, we ask that you soften our hearts and quiet our fears. Help us to set aside our defenses and our pride, and give us the courage to receive whatever you want to speak into our lives today. May your Holy Spirit guide our conversation, draw us closer to you and to each other, and remind us that your power is made perfect in our weakness. In Jesus's name, amen.

Ice Breaker

What is one hobby or activity that you are surprisingly good at, or one that you tried and discovered you were not good at at all?

Key Verses

- Mark 14:32-42
- Hebrews 4:15

- Psalm 55:22
- 1 Peter 5:7
- 2 Corinthians 12:9

Questions

- Pastor Mark defined vulnerability as being open to harm, damage, or attack, yet he argued it is actually a superpower. How does that reframe the way you have thought about vulnerability in your own life?
- Jesus chose to share His deepest distress with only three disciples, Peter, James, and John, rather than all eleven. What does this tell us about how Jesus approached vulnerability, and what can we learn from His example?
- The sermon suggests that healthy vulnerability requires a right time, a right place, and the right people. How have you learned, sometimes through painful experience, who the right people are in your life for sharing deeply personal things?
- Pastor Mark said it is always the right time to bring your vulnerabilities before the Father. What does your current prayer life look like when it comes to bringing your fears, anxieties, and struggles honestly before God?
- The disciples fell asleep three times while Jesus was in His most vulnerable moment. Have you ever missed an opportunity to truly be present for someone who was being vulnerable with you? What got in the way?
- The sermon broadens vulnerability beyond words to include action, pressing forward in obedience even when the outcome is unknown. Can you think of a time when you had to take a courageous step forward without knowing how things would turn out?
- Pastor Mark referenced 2 Corinthians 12:9, where Paul boasts in his weakness so that Christ's power can rest on Him. In what area of your life do you find it hardest to admit weakness and lean on God's strength instead of your own?
- The sermon closes with a challenge to have one hard conversation this week. What is one relationship or situation in your life right now where vulnerability and honest communication are needed, and what is holding you back from taking that step?

Life Application

This week, identify one person in your life whom you trust, and have one honest, vulnerable conversation with them about something you have been carrying alone. It could be a fear, a

struggle, a failure, or an uncertainty you have not yet voiced out loud. Before that conversation, spend time in prayer, bringing that same thing before God and asking Him to give you the courage to speak it and the faith to trust that His power is made perfect in your weakness.

Key Takeaways

- Vulnerability is not weakness but strength. When we acknowledge our weakness and bring it before God and trusted others, it unlocks the power of God in us and in those around us.
- Healthy vulnerability requires discernment. Jesus modeled sharing deeply with the right people, at the right time, and in the right place. We must keep learning who those people are without giving up on the practice of sharing.
- It is always the right time to bring your vulnerabilities before the Father. God invites us to come to Him as Abba, Father, with our deepest fears, sorrows, and uncertainties, just as Jesus did in Gethsemane.
- Vulnerability is more than words. It is the courageous act of moving forward in obedience even when the outcome is unknown, not quitting on God, yourself, or others in the middle of uncertainty.
- God's power is made perfect in weakness. As Paul discovered in 2 Corinthians 12:9, leaning into our limitations rather than hiding them is precisely where the strength of Christ is most fully expressed.

Ending Prayer

Lord, we thank you for this time together and for the example of Jesus, who was willing to be fully vulnerable, both in the garden and on the cross, so that we could be reconciled to you. As we leave this discussion, we ask that you give each of us the courage to stop hiding and start trusting. Help us to bring our fears, our failures, and our uncertainties before you in prayer, knowing that you are a Father who welcomes us. Give us the wisdom to find the right people with whom we can share deeply, and the grace to be that kind of safe, trustworthy person for others. Remind us that our weakness is not a barrier to your power but an invitation for it. May we go forward this week not in our own strength, but leaning fully on yours. In the name of Jesus, amen.