

Winning The Game Of Life

#3: How To Develop The Skill Of Vulnerability (Part 2)

4. Make the choice _____

a) _____

Matthew 7:7 *Ask and it will be given to you...*

b) _____

Romans 7:14-15 *but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do.*

c) _____

Matthew 26:37-38 *He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."*

5. Learn to _____

a) **Remember I experience His love** _____

Philippians 4:19 *And my God will meet all your needs according to the riches of his glory in Christ Jesus.*

b) **Remember He loved me** _____

Hebrews 4:16 *Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

c) **My weakness in His** _____

2 Corinthians 12:9 *"My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.*

6. Make it safe for someone to _____

Psalms 10:1-2 *Why, Lord, do you stand far off? Why do you hide yourself in times of trouble? In his arrogance, the wicked man hunts down the weak, who are caught in the schemes he devises.*

Women

Shame for women is triggered: Do it all. Do it all perfectly. Make it look effortless. Never let them see you sweat.

Responding to a woman's vulnerability: Don't try to fix it! Just listen, understand, and validate how they are feeling.

Men

Shame for men: Never be perceived as weak. Any perception of weakness brings shame.

Responding to a man's vulnerability: Do not look down on them or pull away from them. Just listen, understand, and validate their feelings.

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Take the wholehearted inventory

God affirmations

- I am broken, but I am also being transformed, and my brokenness is not the end of the story when God is in the mix.
- I am weak, but God delights in me nonetheless. He is famous for showing His power through frail vessels like me (and you).
- I am far from perfect, but I am loved by the Father, and no thing, no one, and no physical, emotional, or spiritual imperfection can change the unending reality of His love.
- I limp and stumble and falter too often, but God will never give up on me, so why would I give up on myself or others?

"Why did God create us with needs? Most of us have never thought about this before: Without needs we cannot experience love—we cannot know when we are being loved...A desk has no need to be loved. We may say we 'love' a certain desk, but disappointing as it may be to some, the desk will never know our love. It has no capacity for love. Needs give us the capacity to feel loved. We know or experience love when our needs are met. This is why we say that love is the process of meeting needs." Bill Thrall