

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- Vulnerability is about showing up and being fully seen. It's a decision to step into a difficult conversation, trusting that God will be there when you go there.
- Pastor Craig often says, "We may impress others with our strengths, but we connect through our weaknesses." That's vulnerability. It's a daily decision to share what's real over what's impressive.
- When we give others the gift of going second, we create a safe space for vulnerability.

Pray: *God, give me the courage to be vulnerable with You and others, trusting that it's in my weakness that Your strength is made perfect. Help me to carry others' burdens and allow others to carry mine so that we can become more like You. In Jesus' name, amen.*



Tweetable Moments



The fear is that vulnerability will ruin the relationship. The fact is that it will strengthen the relationship.



Weakness is a strength when it forces us to rely on God and to be honest with others.



Say What? Questions for conversation

Icebreaker: Would you rather play football, coach football, or watch football? Why?

- Share your biggest takeaway from the episode.
- Is it easy or hard for you to be vulnerable with others? Why do you think that is?
- What are some things that keep you from being vulnerable with God and others?
- Share a time when someone was vulnerable with you. What happened as a result?
- Read **2 Corinthians 12:9** and **Galatians 6:2**. Why is it important for Christians to be vulnerable?
- What is something you're worried might ruin a relationship that could potentially strengthen it? How can you share it and be more vulnerable with the people in your life?



Now Go Do It Resources and next steps

Challenge: Are there any relationships in your life where you might need to be more vulnerable? Like Luke, it might be time for you to deepen the relationship. Talk about how it goes with a friend or your LifeGroup.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *You've Heard It Said* Season 2 Bible Plan: www.go2.lc/betternormal
- Need some help to start the conversation? Go back and listen to Episode 2 for some tips.
- Check out this article about vulnerability: www.go2.lc/secrets