

Vulnerability

Proverbs 18:14; 18:1; 14:10; 15:11; 21:2



“When we were children, we used to think that when we were grown up we would no longer be vulnerable. But to grow up is to accept vulnerability . . . To be alive is to be vulnerable.”

Madeline L'Engle

“Nakedness is a funny thing. Of all the creatures in the world, only human beings can be naked. By adulthood, every other creature naturally possesses whatever fur, scales, or hide are necessary to protect it from its environment. No other creature. . . shows any sign in its natural state of feeling incomplete in the way that human beings consistently do. Only human beings live our whole lives able to return to a state that renders us uniquely vulnerable, not just to nature but to one another.”

– Andy Crouch

We are all vulnerable when we're alone—yet the cure to our loneliness is found in being vulnerable.

1. Our greatest vulnerability is not
physical sickness.

“A person’s spirit can endure sickness,
but who can survive a broken spirit?”

Proverbs 18:14 (CSB)

2. Isolation aggravates our vulnerability.

“One who isolates himself pursues selfish desires;
he rebels against all sound wisdom.”

Proverbs 18:1 (CSB)

3. The cure to our loneliness is found in being vulnerable.

“The heart knows its own bitterness,
and no outsider shares its joy.”

Proverbs 14:10 (CSB)

“Death and Destruction lie open before the LORD—
how much more do human hearts!”

Proverbs 15:11 (NIV)

“All a person’s ways seem right to him,
but the LORD weighs hearts.”

Proverbs 21:2 (CSB)

“To love at all is to be vulnerable. Love anything, and your heart will certainly be wrung and possibly broken. If you want to make sure of keeping it intact, you must give your heart to no one, not even to an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements; lock it up safe in the casket or coffin of your selfishness. But in that casket—safe, dark, motionless, airless—it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable.”

– C. S. Lewis

Prayer of Confession

Lord Jesus, my soul and body are defiled by so many sinful deeds.

My tongue and my heart have run wild without restraint, causing misery to others and shame to myself.

My soul bleeds with the wounds of wrongdoing, and my body is a playground of selfish indulgence.

If I was to come before you as a judge,
you could only condemn me to eternal torment,
for that is what I deserve.

Yet I come before you,
not as my judge, but as my savior.
I plead not on your justice,
but on your mercy.

As you look upon the wretched creature that I am, I ask that your eyes be filled with compassion and forgiveness.

And as I sit at your table,
I beg you to renew within me a spirit of holiness.