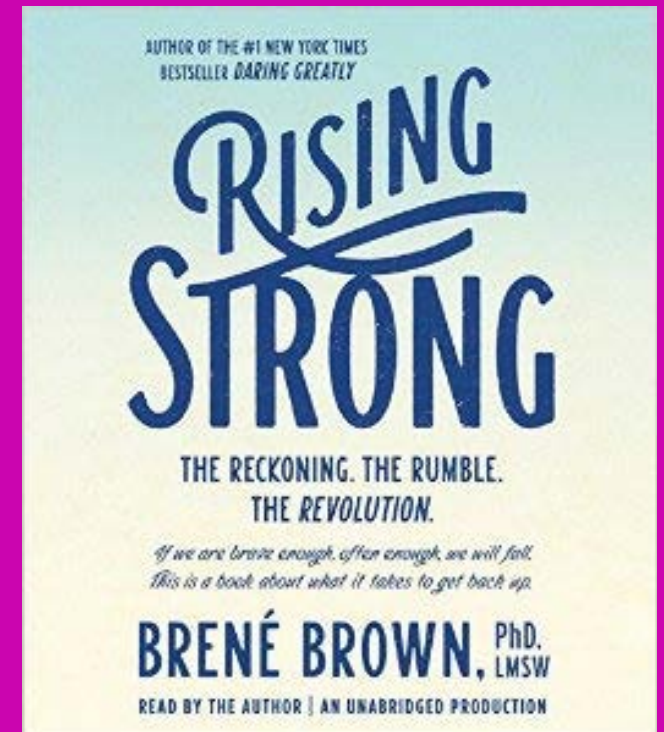
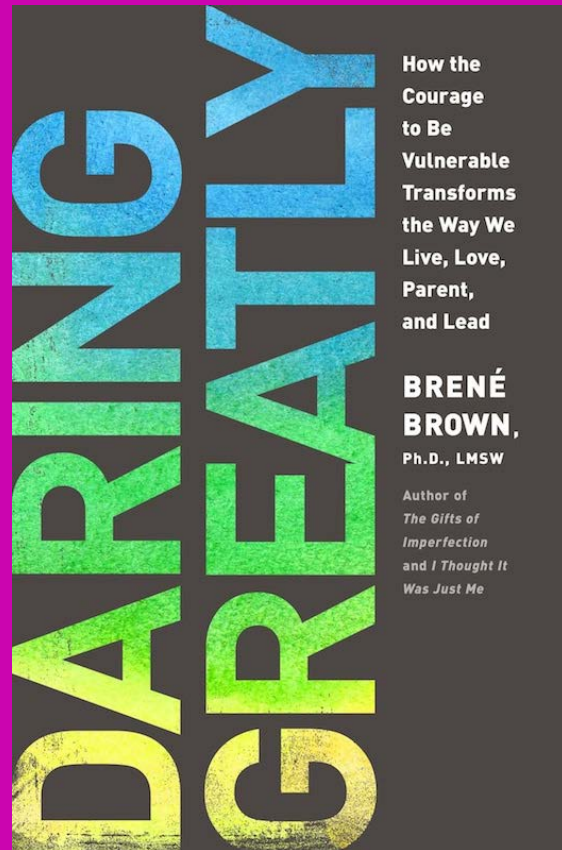


*The Power of Vulnerability:
A Lenten Journey with Brene Brown*

*Steven L. Thomason
St. Mark's Cathedral
Lent 2016*

“Vulnerability is the birthplace of creativity, innovation and change”



Overview: Wholehearted Living



Love

Fear

Kenosis

Control

Desolation



Questions to Consider in Tandem

1. How do you define “worthiness?” What does it mean to be “lovable” and how do you experience that in your life?
2. How do you play and rest in your life? Would you describe your life as “balanced?” Why or why not?

Plenary Conversation

Questions to Consider in Tandem

1. Think of a time in your life when you did something really courageous or brave. What role did vulnerability play? Did you feel uncertain? Did it feel risky? Did you feel emotionally exposed?
2. Why do you trust the trustworthy people in your life? What do those individuals do that add marbles to your marble jar?

Wholehearted Living

Next week: Putting it all together



Resource Page

Brene Brown's books: *Daring Greatly* and *Rising Strong*

Video Series: <https://www.udemy.com/the-power-of-vulnerability/learn>