



Lesson 2 – The GENIUS of Vulnerability

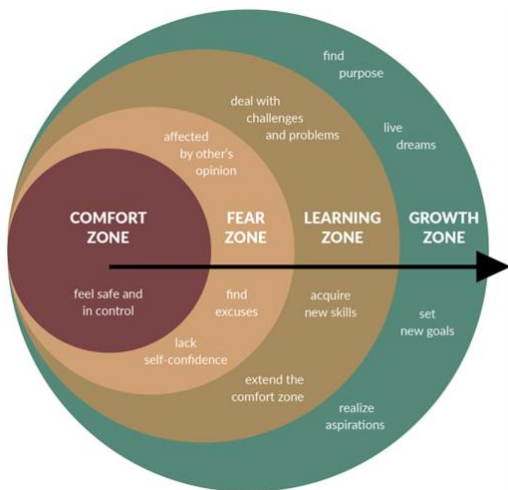
There are some elements of every garden that are the same. There's no ONE SIZE FITS ALL, but there are elements that each of us need in our lives in order to grow. Discovering your genius is the same. There are elements of Genius that are the same within each of us.

Genius comes from our history, our personality, our passions, and our gifts and where all of these things intersect is where we find our genius.

As we look into the New Testament this week at the Apostle Paul, we will uncover a genius that is overlooked and undervalued in all of our lives and especially in Paul - the GENIUS OF VULNERABILITY.

We often view vulnerability as a weakness, and it certainly can be. But it's only a weakness if it's not used as a tool that moves us forward in our spiritual journey, in our personal journey towards wholeness and wellness.

That vulnerability is the only way that you are going to move toward the soul wellness that God has designed for you to experience.



Healthy vulnerability includes 5 things:

1. Brutal honesty, and brutal honesty with yourself. Paul modeled honesty with himself. Romans 7:15, he talks about his inner struggle with self, with sin, when he said, "I do what I don't want to do, and I what I want to do I don't." He exposed what that struggle was in itself and was honest about it.

Getting into this place of honesty is difficult. **BUT YOU CAN'T HEAL WHAT YOU DON'T REVEAL.**

2. Ferocious Forgiveness over and over and over again. Paul who was thrown in prison, abandoned by disciples, his motives were questioned by the Philippian church; he was beaten to the point that they thought he was dead. had to have some serious trauma. And yet he writes in 2 Corinthians 2:10, "Forgive one another as your father has forgiven you."

Forgiveness of the *thing beneath the thing*. Let's look at the letters in THING.

T – TRIGGER - The trigger is the setup that sets you off.

H – HIDEOUTS - Hideouts are where you go to hide from the pain.

I - INSECURITIES - Our insecurities are exposed.

N – NARRATIVES - the narratives are the false stories you create about others.

G - GRACE is the place where you discover how to become whole, holy, and spiritually healthy.

No matter what your experience is or your trauma is, **YOU CAN BE HEALED. YOU CAN FORGIVE.** You can.

3. Recovered Identity. Paul identifies with Christ in 2 Corinthians 12:9 “But he said unto me, My Grace is sufficient for you: for power’s made perfect in weakness. I will all the more gladly boast of my weakness that the power of christ may rest on.” Galatians 2:20 “I have been crucified with Christ, and I no longer live but Christ lives in me.” I Corinthians 13:10 “For now I know in part, but then I shall know fully as I am fully known.”

4. Trusted Circles. When is the last time you checked your circle? This is no solo endeavor. Successful self-leadership means I will not lead myself by myself. We need people who will speak truth into our lives, but we trust their values. Proverbs 27:6 “*Faithful are the wounds of a friend...*”

5. Outward purpose. What is my purpose? Purpose is found just across the border of what’s in it for me. Vulnerability has to lead to a place that starts inward but points outward. Finding your genius involves moving through the genius of vulnerability and then realizing that your genius has an outward purpose.

Find a place this week, where you can get vulnerable and come home to God and come home to who He created you to be.