



The  
**emotionally**  
HEALTHY CHURCH



NORTHRIDGE FRIENDS CHURCH

# Live in Brokenness and Vulnerability

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.

-1 Timothy 1:15-16

# 2 Corinthians 12:6-10

Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say, or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, “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. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”

# Living from Our Brokenness and Vulnerability

- ▶ See the Boast-worthiness of the Cross
- ▶ Know that God delights in you
- ▶ Learn to rejoice in your incapacities
- ▶ Learn to share you weakness with others