



# Growing through times of change

## Week 4 Reflection



St Paul's  
LUTHERAN CHURCH BOX HILL

### *The Song of Mary (Luke 1:46-55)*

My soul proclaims the greatness of the Lord - my spirit rejoices in God my Saviour,  
for he has looked with favour on his lowly servant.  
From this day all generations will call me blessed; the Almighty has done great things for me  
and holy is his name.  
He has mercy on those who fear him in every generation.  
He has shown the strength of his arm - he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones and has lifted up the lowly.  
He has filled the hungry with good things and the rich he has sent away empty.  
He has come to the help of his servant Israel, for he has remembered his promise of mercy -  
The promise he made to our ancestors, to Abraham and his children for ever.

### *2 Corinthians 12:8-10*

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.

Loving God,  
You chose to come to us as a vulnerable, helpless baby. You became vulnerable to death for our sake so that we might live. Give us courage to see our vulnerability as an opportunity and a gift. Amen.

Emotional vulnerability is a feeling of uncertainty or risk of being seen as inadequate or failing. Yet learning to sit with and make space for our vulnerability has the capacity to change our lives and our relationships for the better.

Vulnerability gets its power from the felt experience in our bodies which will recognise vulnerability as threat and try to protect us. This may result in a practiced path such as denial, avoidance, justification, anger or shame.

With greater self-awareness I can recognise alternatives to self-protection. I can come to see:

- That to step forward from this place is going to require courage.
- That here is an opportunity to try something new and different.
- That here is an opportunity for creativity and growth.
- That it's ok to experience discomfort.
- That here is a chance to be more authentic.
- That true leadership and strength comes from acknowledging the struggle.
- That it's ok to not cope sometimes.
- That I don't have to be in control.
- That grace and forgiveness are needed in this situation.

With practice we can recognise vulnerability as an opportunity and a gift that gives us access to finding genuine freedom and joy in life.

Vulnerability's greatest recommendation lies in that it is a characteristic of God lived out in the person of his son. In Jesus we see true vulnerability at its very best.