



Vulnerability in Relationships - Kristin Sauerbrei

God designed us for relationships with Him and with one another. Relationships are risky and they are worth it – as it's through relationships that God reveals His greater purpose in an otherwise lonely world. So, what is our role in our relationships? What's our role in our marriages and families? What about in singleness?

Engage the Bible: Matthew 26:36-46 - Read and discuss as a group and talk through the small group questions below.

Icebreaker:

- What are the best and worst sounds in the world?

Small Group Questions:

- Wise vulnerability is a pathway to close connection. What comes to mind when you think of the word “**vulnerability**”?
- **God desires a close connection with you.** What does it mean for you that God is always in your kitchen? How does that make you feel? How does that impact your other relationships?
- **Read Mark 14:32-36** - Why do you think Jesus invited his friends into the garden? Why did he invite Peter, James & John even closer? What is Jesus modeling for us?
- **What does your kitchen table and living room currently look like and feel like?** Who are those people? Who is missing? If these rooms feel rather empty - brainstorm 1-2 people you'd like to be in these rooms.
- What does it look like for you to **stay close and be active** with your family and your people? How can you ask others to stay close and be active for you? Be specific on who and how!