



WELCOME

If you shared some snapshots of your best times last week , what would they look like?
What would some of your worst times look like last week?

WORD

How are you generally about being vulnerable ? Do you find this easy?
Who do you tend to be most vulnerable with?

READ THE TEXT :

Mark 5 24-34

How do you relate to the woman in the centre of this account?

Discuss the 4 key principles in your groups ;

Principle 1

Don't hide your vulnerability

“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy (*Brene Brown*)

Are you aware of the vulnerabilities that you're living with today or have you numbed yourself to them in order to hide from them?

Principle 2

Being open to what God wants to do for you in your vulnerability

How can you be open to what God wants to do for you?

How are remaining open to what God has for you in your vulnerability?

Principle 3

Approach Jesus and reach out to Him

(She) came behind Him in the crowd and touched His garment.(28) For she said “If I touch even His garments , I shall be made well.” (29)

Do you have the courage to reach out to God for help and healing?

Principle 4

(34) And He said to her “Daughter your faith has made you well, go in peace and be healed of your disease.”

Can you listen for God's words over you in the area of your vulnerability, so you see yourself as His daughter or son?

PRAY

Pray for each other in any area of weakness that they are experiencing at the moment.

Pray for the people in Hagley we are connecting with through; Alpha, Little Treasures and Crews.