



Women's Coffee Meet Up

March 27, 2025

Title: The Power of Vulnerability with God and Others

Key Verse: *"Trust in him at all times, O people; pour out your heart before him; God is a refuge for us." – Psalm 62:8*

Icebreaker: The Mask We Wear

Write down one word or short phrase describing how you usually present yourself to others (e.g., "strong," "put-together," "in control").

On the other side write one word or phrase describing how you actually feel inside but may struggle to share (e.g., "overwhelmed," "anxious," "needing help").

Introduction:

Have you ever felt like you had to keep up appearances, even in prayer or relationships? Maybe you hold back your real fears, doubts, or struggles, thinking vulnerability is a weakness. But the truth is—God created us for deep connection, both with Him and with others. Being vulnerable strengthens our faith, deepens our relationships, and brings true peace.

Devotional: The Beauty of a Vulnerable Heart

As women, we often feel the need to be strong—strong for our families, strong for our friends, and strong in the face of life's uncertainties. But what if true strength isn't about having it all together, but about allowing God to work through our weakness?

Vulnerability can feel like weakness, but in God's kingdom, it is a gateway to deeper faith, love, and healing. When we allow ourselves to be open before the Lord—bringing Him our fears, wounds, and desires—we create space for Him to be our strength.

Jesus Himself displayed vulnerability. He wept (John 11:35), expressed deep sorrow (Matthew 26:38), and ultimately surrendered His heart to the Father's will. His openness paved the way for the greatest act of love—our salvation.

So today, let go of the fear of being vulnerable. Open your heart in prayer, share your burdens with trusted sisters in Christ, and rest in the truth that God's love is your safe place. Your vulnerability is not a weakness—it is a vessel for God's strength.

1. God Invites Our Honesty

God doesn't require perfection; He desires authenticity. He wants us to come as we are, not as we think we should be.

📖 Psalm 34:18 – *“The Lord is near to the brokenhearted and saves the crushed in spirit.”*

📖 John 15:15 – *“No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.”*

Reflection Question: What are some things you've been holding back from sharing with God or others?

2. Vulnerability Leads to Greater Intimacy

Just like a close friendship or marriage thrives on open communication, our relationship with God and others deepens when we share our hearts.

📖 James 4:8 – *“Draw near to God, and he will draw near to you.”*

📖 Ecclesiastes 4:9-10 – *“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!”*

Reflection Question: When was a time you felt closest to God or someone you trust? What role did honesty and vulnerability play in that moment?

3. Trusting God and Others with Our Weaknesses

Being vulnerable means admitting we don't have it all together—but that's where God's strength is revealed in us and where we find support in community.

 2 Corinthians 12:9 – *“My grace is sufficient for you, for my power is made perfect in weakness.”*

 Galatians 6:2 – *“Bear one another’s burdens, and so fulfill the law of Christ.”*

Reflection Question: How can admitting your struggles actually bring you closer to God and to others?

4. Letting Go of Control and Surrendering to God

When we are vulnerable, we acknowledge that we need God. We surrender our worries, pain, and doubts to Him, trusting that He is working all things for our good. At the same time, vulnerability in relationships requires discernment and trust in safe people who will lift us up.

 Proverbs 3:5-6 – *“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”*

 Proverbs 27:17 – *“Iron sharpens iron, and one man sharpens another.”*

Reflection Question: What’s one area of your life you need to surrender to God and one area where you need to open up more to a trusted friend or mentor?

5. Discernment in Vulnerability

While vulnerability is important, it requires wisdom. We must first entrust our hearts to God and then share with people who reflect His love and guidance.

 Matthew 7:6 – *“Do not give dogs what is holy, and do not throw your pearls before pigs, lest they trample them underfoot and turn to attack you.”*

 Proverbs 11:14 – *“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.”*

Reflection Question: How do you know when it’s safe to be vulnerable with someone? What qualities make a trustworthy confidant?

Application: How to Be Vulnerable with God and Others

With God: Through prayer, scripture, and worship, express your deepest emotions honestly.

With Others: Choose safe, godly people to share with—mentors, close friends, or small groups.

Through Community: Be a person who listens well and supports others in their vulnerability.

Discussion Questions

1. How has a lack of vulnerability affected your relationships with God and others?
 2. What are some fears that keep people from being vulnerable? How can we overcome them?
 3. How does Jesus' example of vulnerability encourage you to embrace your own?
 4. In what areas of your life do you need to surrender control and trust God more?
 5. How can we cultivate a community where people feel safe to be vulnerable?
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Closing Prayer

Heavenly Father, thank You for loving me just as I am. Help me to trust You with my whole heart and to bring all my fears, doubts, and struggles to You. Give me wisdom in being vulnerable with others and lead me to relationships that reflect Your grace. May I be a safe space for others, just as You are for me. In Jesus' name, Amen.

Encouragement for the Week:

Practice vulnerability by sharing one thing on your heart with God in prayer and one trusted person this week. Watch how He moves in your life through honesty and trust.