**“Hopeful Spirituality” week 4: Living with Vulnerability**

**Questions for Reflection and Discussion**

1. What insights did you gain from the message this past Sunday? What was most helpful for you? What did you find uncomfortable?
2. Read this week’s passage in John 3:1-21. Where do you see vulnerability in this story? In what ways is Jesus being vulnerable? In what ways is Nicodemus being vulnerable? What have been some positive ways you have personally experienced vulnerability? What have been some negative experiences of vulnerability?
3. In John 3: 9-11 Jesus seems to suggest that despite (or perhaps because of) his religious history and credentials Nicodemus does not see or understand the truth. How might this apply to each of us as religious people now? Share a time when you have changed your mind or woken up to a new understanding. What previously kept you from this perception and how did the process of change feel?
4. Read John 3:6-8. In what ways could mystery and uncertainty make us feel vulnerable? How could they help us grow on our faith journey?
5. Read John 3:3 and John 3: 16-17. What do “born again” and “Jesus saves” mean to you? In what ways may these terms have resulted in an exclusive or restrictive concept of God’s love? What might be a more imaginative and generous way to view them?
6. The word for “save” in the original Greek language can also mean “heal” suggesting Jesus is talking about a journey to healing and wholeness. How might this view of salvation change how we live? How might it change the way we relate to other people around us?
7. Read John 3:19-21. What does “coming into the light” mean to you personally? Spend some time in silence together and each reflect on areas in your life where you need to let more light in? What personal resistance do you feel to this? What would be a vulnerable action of posture to take? After reflecting do this week’s practice below and then share about the experience with one another as seems appropriate.

**Practice for the week: Coming into the Light**

Take a moment each day to invite God’s light into your life. Sit quietly and identify a specific area of pain, struggle, or fear where you feel you need to change. Hold this out to God and focus on your breathing. imagine yourself surrounded by God’s love. Breathe in that love with each breath. As you breathe out release any fear or self-judgement and allow yourself to rest in God’s perfect love and acceptance. Invite God’s Spirit to come into that area of your life and transform you. Open yourself to any action you feel you need to take and lean into God’s love for the strength to do it.