

WELCOME VULNERABILITY

A PRACTICE TO HELP US BECOME INCREASINGLY
COMFORTABLE WITH HUMAN VULNERABILITY

Psalm 139:13-14 "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

When we find ourselves in places of vulnerability or unsettled by emotions that surround vulnerability, our tendency is to avoid both vulnerability and its accompanying feelings. This inevitably leads to dis-integration, self-rejection or shame. To be fully human is to be vulnerable. This exercise (a form of welcoming prayer) offers a way to accept, embrace and even appreciate our vulnerability as an integral part of God's design for us as human beings.

This is not a 'do it once and it's over' exercise. It is one you may find yourself revisiting over and over again as you grow in your ability to meet God in a place of undefended vulnerability.

Accept:

Begin by accepting vulnerability and the unsettled feelings or emotions (delight, fear, playfulness, grief, appreciation, loneliness etc.) that often accompany it. Rather than distract yourself or push it away, simply be present with your feelings.

Welcome:

Now welcome both the vulnerable, unsettled feeling and God into the same space. You may want to say something like, "I welcome you God into this vulnerable place with me." Continue to do this, as you slowly settle into vulnerability.

Stay present:

At this point, allow the unsettled feelings of vulnerability to give way to God's presence and his deep love for you. Listen to what he might say to you or want to do with you.