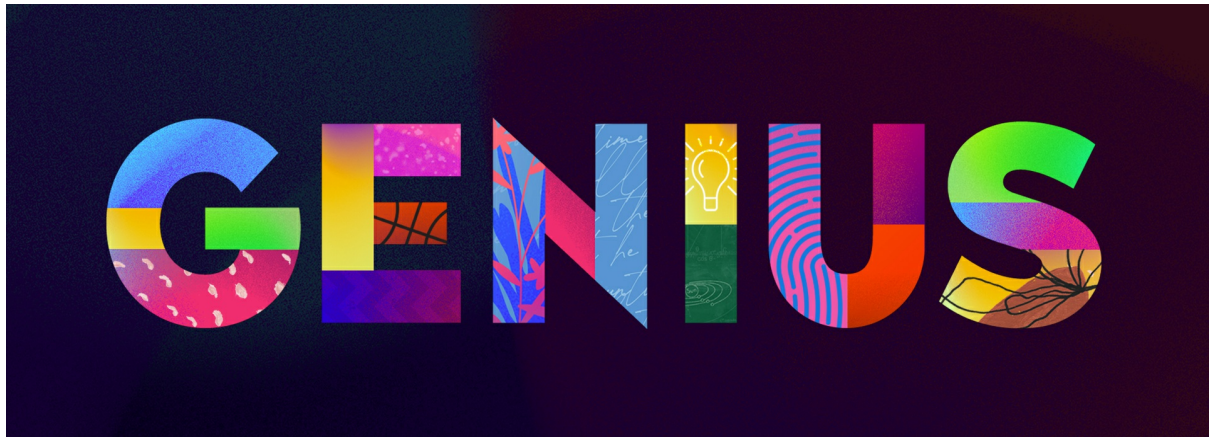


Genius of Vulnerability - Pastor Robb Schmidgall

April 29, 2022



The Genius of Vulnerability
Pastor Robb Schmidgall
May 1, 2022

Using vulnerability as a strength moves us toward soul wellness.

If we don't do the desert well, we don't do the Promised Land well.

Five components to healthy vulnerability:

1. Brutal Honesty with yourself.

[Romans 7:15](#) & [1 Corinthians 12:7](#)

The only person you can never escape is you.

You can't heal what you don't reveal.

1. Ferocious Forgiveness with others

[2 Corinthians 2:10](#), [Ephesians 4:32](#), and [Colossians 3:13](#)

T - Trigger - the set up that sets you off

H - Hideouts - where you go to hide from the pain of your story

I - Insecurities - the false stories you create about yourself

N - Narratives - the false stories you create about others

G - Grace - the place where you discover how to become whole, holy and spiritually healthy

UnForgiveness is like an acid that eats it's own container. Do yourself a favor and forgive.

1. A Recovered Identity

[2 Corinthians 12:9](#), [Galatians 2:20](#), [Philippians 3:10](#) and [1 Corinthians 13:10](#)

Being known by God requires a mutual knowing.

A recovered identity is coming home to who you always were but never knew until you experienced being known by God.

Sometimes we need to stop listening to ourselves and start talking to ourselves.

1. A Trusted Circle

It's important to build relationships based on values not interests.

1. An Outward Purpose

If your self discovery is only about getting to know yourself, when you get to the end of yourself all you will have is yourself.

True Self discovery has an outward facing purpose and starts at the

image of God in me and works its way outward to others.