



Dr. Edward O. Williamson, Pastor-teacher
Bible Study and Discussion Group
Emotionally Healthy Discipleship by Peter Scazzero
Moving from Shallow Christianity to Deep Transformation
Handout #7
Chapter 9 -- "Lead Out of Weakness and Vulnerability"

"An emotionally healthy disciple slows down to be with Jesus, goes beneath the surface of their life to be deeply transformed by Jesus, and offers their life as a gift to the world for Jesus."

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Opening Comments/Confessions

- The English word for "vulnerable" is derived from the Latin "*vulnerare*", which means "to wound." Everyone alive in our fallen world has been wounded in life.
- When we live and build entire churches entire churches characterized by weakness and vulnerability, something inexplicable happens. People enjoy a taste of God's beauty and presence in Christ. A glimpse of the truth and goodness of heaven shines. God's gentle power flows. People soften.

I. God's Countercultural Path To Power and Strength

- Western culture places a high value on power and influence...
- The twenty-first-century church also places a high value on power and influence...
- We must avoid being seduced by the world's definition of power and influence.

II. Scazzero identifies four bible-based core characteristics of an emotionally healthy discipleship that embodies weakness and vulnerability

1. Develop a theology of weakness.
 - a. God's vulnerability is seen in pursuit of humanity
 - b. Jesus example
 - c. Paul's example
 - d. David's example

2. Embrace the gift of your limp.
 - a. Every believer has something that drives them to their knees on a daily basis.
 - b. Vulnerability is something we all share as human beings.
 - c. Every human life has its limitations, vulnerabilities, and weaknesses.
 - d. We inevitably become more so as we age, living with increasing degrees of limits and impairments.
 - e. While the world treats weakness and failure as a liability, God sees our weakness and vulnerability as a gift.
 - i Kintsugi
 - ii Wabi-sabi

3. Transition to become a church based on weakness.
 - a. A healthy discipleship culture flows out of who we are as leaders...
 - b. Intentional spread to the wider church culture...
 - c. Creating a safe environment...

4. Practice vulnerability daily
 - a. Vulnerability as a lifestyle is difficult...
 - b. Painting – *The Return of the Prodigal Sun*

Conclusion – Stay The Course

- Read “Implementing Emotionally Healthy Discipleship”
- Read Appendix A – Church Culture Revolution

Discussion Questions:

1. What stood out most to you from this chapter?
2. Over the years, what did you learn or absorb about weakness and vulnerability?
3. Review the chart contrasting weak and vulnerable leadership with proud and defensive leadership (pg. 193). Which one or two statements on the chart do you relate to more right now? Why?
4. The author uses a series of “Not” and “It’s easier to” statements to describe the way he is tempted to not be vulnerable in daily life. In the book, briefly review the bullet list statements on page 204, and then complete the following sentences:

One of the pressure points where I am tempted not to be vulnerable is:

Not _____ . It’s easier to _____