

Conversation Starters

- How has your week been?
- What were some of the highlights?

Discuss

Making yourself vulnerable can be a good thing in the context of a healthy relationship. However, when you are vulnerable in the context of opening yourself up to temptation, like King David in the Bible, it can lead you to making some bad decisions.

In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army to fight the Ammonites. They destroyed the Ammonite army and laid siege to the city of Rabbah. However, David stayed behind in Jerusalem...As he looked out over the city, he noticed a woman of unusual beauty taking a bath... (2 Samuel 11:1, 2b NLT)

One of the more common ways we can make ourselves vulnerable is with restless energy. Instead of channeling our energy productively, we waste it toward unimportant matters.

- Are you fully invested in the life you have been given?
- Are you giving energy now to unproductive things?
- Do you find yourself wasting regular, large quantities of your time?

Another time we can become vulnerable is when we are emotionally depleted. When our emotional tanks are empty, we can look to fill them back up with ways we would not normally look towards.

- Have you ever made poor decisions when you are exhausted?
- How is your emotional health right now?
- Do you have a regular time you devote to resting and refueling emotionally?

We can also make ourselves vulnerable by letting our guard down in an area we think we are strong. It is not that you are not strong in that area, but you can forget to protect it.

- What are some areas of your life you feel you are strong?
- Are you doing anything to preserve that strength?
- If you were Satan, where would you attack you?

Next Steps

Take a look at your schedule this week:

- Where are you investing your time?
- Do you have time to rest and re-energize yourself?
- How are you re-investing in areas you may be strong?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Daytime							
Evening							

Upcoming Classes:

Learning to Pray

When: Every Monday, from 04/08/2019 to 04/15/2019, 6:30 PM - 8:00 PM

Where: North Charlotte Campus, 8335 Browne Road Charlotte, Charlotte, NC US 28269

Registration: <https://www.mecklenburg.org/event/804009-2019-04-08-learning-to-pray/>

Exploring the Bible

When: Every Monday, from 04/29/2019 to 05/20/2019, 7:00 PM - 8:30 PM

Where: North Charlotte Campus, 8335 Browne Road Charlotte, Charlotte, NC US 28269

Registration: <https://www.mecklenburg.org/event/855439-2019-04-29-exploring-the-bible/>

Further Reflection

See 2 Samuel 11-12:13 NLT.

Pray

God, you know us better than we know ourselves. You know every decision we have made and our heart. We have not always made the best decisions nor had the right heart in every situation. Thank you for your grace and for the wisdom you offer us. Help us to learn from each of these bad decisions made in the past, and make some good decisions with our life.