



Monday, March 2, 2020

The Courage to Be Vulnerable

by Scott Stoner

The wilderness is a place of trial and vulnerability. It wasn't an easy place for Jesus, and it isn't an easy place for us.

— Mariann Edgar Budde

Jesus, led by the Spirit, entered a literal wilderness where he faced trial and vulnerability. Whether or not you and I ever enter such a wild, desolate place, we will all enter emotional, physical, spiritual, and relational wildernesses at some point in our lives.

Mariann Budde reminded us yesterday that there are two ways in which we can enter the wilderness. We can enter by our own choice, or life can throw us into the wilderness in ways that are totally unplanned and unexpected. And, as with Jesus, at other times we are called into the wilderness by the Spirit as an opportunity to grow and deepen our identity as people of faith.

However, it is when we find ourselves entering the wilderness that our courage to be vulnerable is tested. The wilderness is always outside our comfort zone and so vulnerability is a given. What is not a given, but is a choice, is whether we will have the courage, as Mariann wrote yesterday, to stay in the wilderness long enough to learn what it has to teach us.

In our daily reflections for this week, we will reflect on what it means to have the courage to be vulnerable in all aspects of our lives. We will structure our reflections around the eight areas of wellness of the Living Compass model for well-being and discover that planned, or unplanned, times of wilderness and vulnerability can be, as was with Jesus, times of deep growth and transformation.

Making It Personal: How would you describe the transformation that took place for Jesus during his forty days in the wilderness? Looking back on your own life, can you identify a wilderness time, planned or unplanned, when you experienced a significant transformation?