



Advent



Hast thou not heard, what my Lord Jesus di'd?

Then let me tell thee a strange storie.

The God of power, as He did ride

In His majestic robes of glorie,

Reserv'd to light; and so one day

He did descend, **undressing all the way.**

George Herbert, *The Bag*, 1633

Paul's letter to the Philippians; 2:5-8

Adopt the mindset that was in Christ Jesus:

He was in every way like God.

Yet He did not think that being equal to God was something He must hold on to.

He emptied himself and became a servant.

He was born a baby.

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When He appeared in human form, Jesus humbled Himself in obedience to God and died a criminal's death on a cross.

Our ability to be truly happy, secure and content in life
is linked

to our ability to experience God's love

to such an extent that we are set free

to be our true selves and

to have the capacity to love others freely and generously,

including people who might consider us enemies

and do us harm.

Vulnerability does not mean
the act of being weak or submissive.

To the contrary,

it implies the courage to be yourself.

It involves uncertainty, risk, and emotional exposure.

The gospel writers paint their portraits of Jesus using a kaleidoscope of brilliant "emotional" colors. Jesus felt compassion; He was angry, indignant; He was troubled, greatly distressed, very sorrowful, depressed, deeply moved, and grieved; He sighed; He wept and sobbed; He groaned; He was in agony; He was surprised and amazed; He rejoiced; He greatly desired, and He loved.

G. Walter Hansen, *The Emotions of Jesus*

In our quest to be like Jesus we often overlook His emotions. Jesus reveals what it means to be fully human and made in the image of God. His emotions reflect the image of God without any deficiency or distortion. When we compare our own emotional lives to His, we become aware of our need for a transformation of our emotions so that we can be fully human, as He is.

G. Walter Hansen, *The Emotions of Jesus*



Ways to practice **vulnerability**

Allow God to embrace you in love

Ask for help **(from God and especially from others)**

Reach out to someone in need

Say “I love you”

Try something new **(move out of your comfort zone)**

Introduce yourself to a stranger

Admit when you are afraid, or angry, or hurt
(to yourself – to God and then, to others)