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How to Live When You Learn You Aren't a Super-Hero

In the midst of life's woundability, what is your foundation?

SCRIPTURE: Psalm 62  



Matt Woodley [Bio](#)

Introduction

I've been a pastor for over 27 years, but during that time I've always worked as a low-level, volunteer superhero. This is true. You've heard of Spiderman, Iron Man, and Batman. Well, just call me Invulnerable Man. My superpower? I am invulnerable to injury, sickness, failure, fatigue, and possibly even death. Or so I have thought, anyway. But then reality happens, and I realize that I am not Invulnerable Man.

For example, a few weeks ago, like any decent super-hero, I sprung out of bed to come to church. But as I bent over to pick up a stray sock, my lower back locked up. Then I was in excruciating, even nauseating pain. I texted my friend Bishop Stewart and said, "I can't make it. For starters, I can't get my socks or pants on."

The Nobel Prize winning poet Czeslaw Milosz once wrote a three sentence poem:

To believe you are magnificent. And gradually to discover that you are not magnificent. Enough labor for one lifetime.

Milosz titled that poem "Learning." I can relate to that! It's been a long, slow learning curve to discover that I am not invulnerable. In a similar but global way, the coronavirus may be teaching us a similar lesson: we are not near as invulnerable as we imagined. How do you live when you learn that your health, your dreams, your relationships, or your nation are more fragile than you ever imagined?







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The word vulnerable literally means “to be woundable.” How do you live when you
that life can wound you—physically, emotionally, relationally? That life
the very foundation you *thought* you could stand on?

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the questions behind the Psalm 62. It’s a poem written by David, the
ng of ...

Sermon Preview

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Matt Woodley serves as the Editor for PreachingToday.com and the Pastor of Compassion Ministries at Church of the Resurrection in Wheaton, Illinois. He is also the author of God With Us: The Gospel of Matthew (IVP).

SCRIPTURE: Psalm 62  

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