



Community Church

Relationship Revolution: Emotionally Healthy Spirituality

Journey Through the Wall

Week of January 29, 2012

This week we will consider the journey through the wall or as the ancients called it “the dark night of the soul” At times God places a spiritual wall in our lives to transform our character, this can be through a variety of circumstances or crisis out of our control.

(Some ideas for this study have come from the Emotionally Healthy Spirituality Workbook)

1. In this season of your life, what is the greatest challenge that you are facing?

View Lifegroup: DVD Week #4

2. If you have been through a Wall, share how this has impacted your life and your view of and relationship with God.

Read Genesis 22:1-14

God causes Abraham to journey through many different Walls in his life. A major crisis point comes when he is asked by God to sacrifice his only Son Isaac.

3. In verse 2, how do you understand what God is saying to Abraham, “take your son, your only son, whom you love... sacrifice him?”

- a. What are some of the thoughts and emotions (the Wall) that would be tormenting Abraham, as he got ready to sacrifice his son? (eg. Failure, emptiness, guilt disillusionment)

4. What do we understand about Abraham from his response to God’s request? (v5, v8, v10)

- a. Do you think he would have responded like this if he had not previously been through some significant walls? Explain

6. What was God doing in and through Abraham according to v 12-18?

7. Abraham journeyed through this wall. What would this experience have done to his faith (spiritually / emotionally) in his remaining days?

8. What are some possible reasons that we have difficulty journeying through our Walls?

Digging Deeper –

The Wall roots out (see sermon notes for definitions)

1. Pride
2. Greed
3. Luxury (using God for your own pleasure)
4. Wrath (easily irritated)
5. Spiritual Gluttony
6. Spiritual Envy
7. Sloth

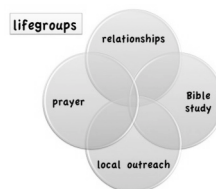
1. Can you identify characteristics from the list in your life and how God is rooting them out? Explain

2. All believers, to grow deeper with Christ, will journey through Walls. This is God's way of transforming us into His image and helping us break free from all the unhealthy attachments or idols in our lives. On the other side of the Wall there is a greater delight in Him, how could this encourage you today?

When God takes us through a Wall, we are transformed. There are four characteristics of life on the other side of the Wall.

- 1) *A Greater Level of Brokenness (opens up room for more of Him)*
- 2) *A Greater Appreciation for Holy Unknowing (Mystery)*
- 3) *A Deeper Ability to Wait on God*
- 4) *A Greater Detachment (from the World)*

2. Chose at least one element from the above list where you sense God working in your life; write down what the thoughts and feelings are of this new work.



(Optional Further Study)

Book, Emotionally Healthy Spirituality, by Peter Scazzero
Walk to Jesus, with Jesus and others to Jesus. 1 John 2:6