

EHS Course Session 4:
“Journey Through the Wall”

WELCOME

Emotionally Healthy
Spirituality
Day by Day



A 40-DAY JOURNEY *with the* DAILY OFFICE



Peter Scazzero

Silence and Stillness Guidelines

Sit down and take a few deep breaths to settle into the silence.

1. Choose a very simple prayer to express your openness and desire for God.
(e.g. Abba, Father, Jesus, Holy Spirit,, Lord Jesus have mercy on me)
2. Close your eyes and offer this prayer to Jesus, allowing His will and love full access in your life.
3. When you become distracted, offer again your simple prayer back to God.



Growing Connected:

1. EHS Day by Day (Daily Office).

- Were you able to make any progress with the Offices? If not, what was your biggest obstacle? Progress?

2. Pg. 56, “Growing Connected” Question

Emotionally Healthy Spirituality Course

1. The Problem of Emotionally Unhealthy Spirituality (Saul)
2. Know Yourself that You May Know God (David)
3. Go Back to Go Forward (Joseph)
- 4. Journey Through The Wall (Abraham)**

Metaphors of the Christian Life

Christianity as a Journey







6 Stages of Christian faith

Stage 1
Life-Changing
Awareness of God

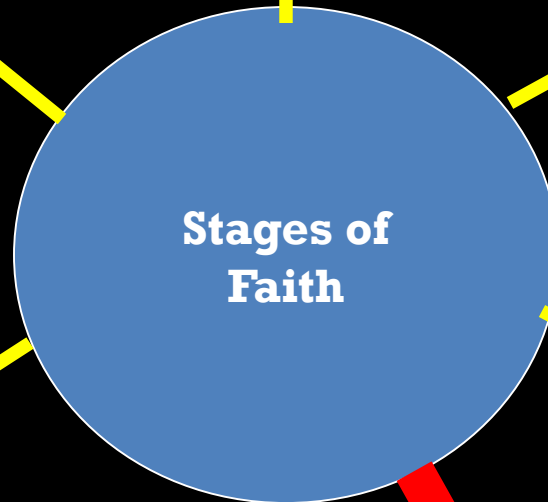
Stage 2
Discipleship
(Learning)

Stage 3
The Active Life
(Serving)

Stage 4
Journey Inward

Stage 5
Journey Outward
(From my inner life)

Stage 6
Transformed into Love



Stages of Faith

adapted from
Janet Hagberg/ Robert Guelich

THE WALL ©PeteScazzero2016

Starter Question

Question 3 on page 58

Groups of 3

Bible Study

Page 58-60

Application

Section Pg. 61

1. Five minutes to journal
2. Groups of 3 to share

Closing Summary

Primary Issue of the Wall – My Will vs. God's

Dark Nights Purify Us from:

- **Pride**
- **Greed**
- **Comparing**
- **Wanting pleasures more than God**
- **Wrath (easily irritated, impatient)**
- **Spiritual Gluttony**
- **Spiritual Envy**

Jesus teaches us what faith is: trusting
God even when we do not feel him.

Our Work at the Wall

Persevere/Abide/Remain

Homework – *EHS Day by Day*

- Read chapter 7

Enlarge Your Soul through
Grief and Loss