

united church of cohoes

EMOTIONALLY HEALTHY SPIRITUALITY
WEEK 5: JOURNEY THROUGH THE WALL
AUGUST 7, 2022

- gather -

WELCOME & ANNOUNCEMENTS

BREATH PRAYER

INHALE: GOD
EXHALE: BE NEAR

-SILENCE -

Psalm 69

Save me, O God,
for the waters have come up to my neck.
I sink in deep mire, where there is no foothold;
I have come into deep waters, and the floor sweeps over me.
I am weary with crying; my throat is parched.
My eyes grow dim with waiting for my God.

But as for me, my prayer is to you, O Lord.
At an acceptable time, O God,
in the abundance of your steadfast love, answer me.
With your faithful help rescue me from sinking in the mire;
let me be delivered from my enemies and from the deep waters.
Do not let the flood sweep over me, or the deep swallow me up,
or the pit close its mouth over me.

Answer me, O Lord, for your steadfast love is good;
according to your abundant mercy, turn to me.
Do not hide your face from your servant,
for I am in distress- make haste to answer me.
Draw near to me, redeem me, set me free.

REFLECT IN SILENCE:
HOW IS GOD INVITING YOU TO WAIT ON HIM TODAY?

-SILENCE -

"Lord, fill us with the simple trust that believes and hopes in you.
That even out of the awful around us, You are able to bring great good -
for me, for others, and for your glory.
In Jesus' name, Amen."

- praise -

IT IS WELL WITH MY SOUL
LORD, I NEED YOU

- listen -

GENESIS 12:1-9 & 22: 1-14

- apply -

MESSAGE: "JOURNEY THROUGH THE WALL" - PETE SCAZZERO

TABLE DISCUSSIONS

- **In today's passages, God speaks some difficult commands to Abraham. Put yourself in Abrahams position and talk about how you would feel if:**
 - God told you to pack up your family and go somewhere completely unknown (12:1)
 - God asked you to sacrifice something that was incredibly special to you (22:2) [Obviously, we're not thinking about literal sacrifice like Abraham is commanded, but what if God called you to let go of something that would feel impossible?]
- **What aspects of "the dark night" might Abraham have experienced as he followed the command to sacrifice his son Isaac?**
 - (A Dark Night of the Soul is often experienced as weariness, sense of failure, defeat, emptiness, dryness, unbelief, guilt, disillusionment, feeling abandoned by God)
- **How does this story challenge your image or understanding of God?**
- **This "Wall" gave Abraham a revelation of God that would change his relationship with God forever. He came to know God as a provider even in the most desperate situations.**
 - How does this encourage you in any of the current "walls" you are facing?



- send -
TABLE PRAYER
DOXOLOGY



EMOTIONALLY HEALTHY SPIRITUALITY
- THROUGH THE WEEK -

From the EHS book:

"For most of us, "The Wall" appears through a crisis that turns our world upside down. It come, perhaps, through a divorce, a job loss, the death of a close friend or family member, a cancer diagnosis, a disillusioning church experience, a betrayal, a shattered dream, a wayward child, a car accident, an inability to get pregnant, a deep desire to marry that remains unfulfilled, a spiritual dryness or a loss of joy in our relationship with God. We question ourselves, God, and the church. We discover for the first time that our faith does not appear to "work." We have more questions than answers as the very foundation of our faith feels like it is on the line. We don't know where God is, what he is doing, where he is going, how he is getting us there, or when this will be over... It (the wall) is not simply a one-time event that we pass through and get beyond. It appears to be something we return to as part of our ongoing relationship with God." (101-102)

Reflect & Journal:

- **Have you faced The Wall in your journey? Have you made it through the other side or are you still in it now?**
- **If you journeyed *through* the wall, how did it impact your faith? Your view of God? What was different on the other side of the wall?**
- **The other side of The Wall usually changes our perspective. Scazzero names 4 typical changes that people experience on the other side.**
 - A greater level of brokenness
 - A greater appreciation for holy unknowing (mystery)
 - A deeper ability to wait on God
 - A greater detachment (from things)

**Do you sense God inviting you to move deeper in one of these areas right now?
If you are in a triad, these are good things to discuss with your group!**

