

Life Group Preparation Notes:

Emotionally Healthy Spirituality

Session 4 - Journey through the Wall - Breakthrough!

Purpose: To achieve radical transformation of our character by going through the wall of painful circumstances.

Worship: Suggested song is “Break every chain” By Jesus Culture. After singing or reading the words, chose one line from the song that affected your emotions and share this with the group. Don't go around in a circle; wait for each person to pray.

Pray: Take 2 minutes of silence to “be still and know that I am God.” Psalm 46:10. Then pray prayers of thanks for His presence.

Check-in: In this season of your life, what is the greatest obstacle that you face?

Overview: (To be read aloud in the group). “For most of us, the Wall appears through a crisis that turns our world upside down. It comes, 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.”

Watch Vimeo: Session 4. <https://vimeo.com/254693252/bd63a5cd08> Note one phrase from the video that impacted you the most. Share that with the group.

Bible Study: Genesis 22:1-14

Group Discussion:

1. What feelings may have tormented Abraham in this story?
2. How does this story challenge your image of God?
3. What are some possible reasons we have a hard time accepting and moving through “Walls”?

4. “When God takes us through a Wall, we are changed. The following are four primary characteristics of life found on the other side of the Wall.

- A greater level of brokenness
- A greater appreciation for holy unknowing (mystery)
- A deeper ability to wait on God
- A greater detachment (from the world)

Journaling can be powerful tool to help clarify areas of life where God desires to bring transformation. It illuminates what is going on inside of us. Few tools get us to the “issue beneath the issue” like journaling.

Choose one characteristic from the above list where you sense God is seeking to work in you now. Journal your thoughts and feelings regarding how God is birthing something new in you and helping you shed incomplete or immature ideas about him.

Share your journal responses at group.

Check-out:

Share what you are excited about and eagerly anticipating by journeying through your wall.

Application:

Continue journaling about what characteristics your life will reflect on the other side of the wall.

Others:

Share with others about your experience of breaking through your “wall”.

Pray:

In pairs, share your need for breakthrough and pray for each other for God’s intervention.

Pray bold, “breakthrough” prayers for each other.

Taken from Emotionally Healthy Spirituality by Peter L. and Geri Scazzero

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