

WITNESS – Reaching out to others
(Aim for 20 – 30 minutes)

Go around the group and share a challenge you are facing so that others might pray for you.

When each person has shared pray for each other, with each person praying for the person on their right.

Conclude by praying

Dear Father,
you caused all holy Scriptures to be written for our learning:
help us to hear what you are saying to us today,
help us to read, mark, learn and inwardly digest your truth
that through your holy word we may embrace your love
and know the hope of everlasting life,
which you have given us through Jesus Christ our Lord.
Amen.

FOR NEXT WEEK’S STUDY:-

Peter Scazzero, *Emotionally Healthy Spirituality Day by Day*
(Zondervan 2014) Pages 97-113

EMOTIONALLY HEALTHY SPIRITUALITY

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4: Journey Through the Wall

WELCOME – Breaking the ice
(Aim for 10 minutes)

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

WORSHIP – Meeting the Lord
(Aim for 10 – 15 minutes)

Read Psalm 121

Quietly re-read this psalm to yourself, personalising it by changing “your” to “my” and “you” to “me”.

Praise God that he watches over us, looks after us and protects us. You might like to use other words from scripture describing God’s protective nature (such as stronghold, shelter, rock, refuge, fortress) to praise him.

WORD – Applying the truth
(Aim for 40 – 45 minutes)

Play the DVD introduction now

1 If you have been through a Wall *briefly* share one way it impacted you and your view of God

Bible Study – Genesis 22:1-14

Abraham, in his earthly pilgrimage with God, appears to go through a number of Walls. His greatest one, however, comes when God asks him to do the unthinkable – to kill his only son Isaac. Read Genesis 22:1-14.

2 How would you hear the words inverse 2: “Take your son, your only son, whom you love...sacrifice him?”

3 What aspects of “the dark night” might be tormenting Abraham’s soul as he bound his son Isaac and laid him on the altar? (e.g. weariness, sense of failure, defeat, emptiness, dryness, unbelief, guilt, disillusionment, abandonment by God).

4 In the light of this story, how is your image of God challenged?

5 What are some possible reasons we have a hard time accepting and moving through Walls?

6 Every believer, in order to grow in Christ, must go through Walls, or “dark nights of the soul.” This is God’s way of rewiring and “purging our affections and passions” that we might delight in his love and enter into a richer, fuller communion with him. In this way he frees us from unhealthy attachments and idolatries of the world. How might this larger perspective serve as an encouragement to you today?

7 In the light of how the story ends, what do you learn about God as Provider (vs.14)?

8 When God takes us through a Wall we are changed. The following are four primary characteristics of life found the other side of the wall.

Greater level of brokenness

Greater appreciation of mystery

A Deeper ability to wait on God

A Greater detachment from the world

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