



Emotionally Healthy Spirituality

Journey Through the Wall:

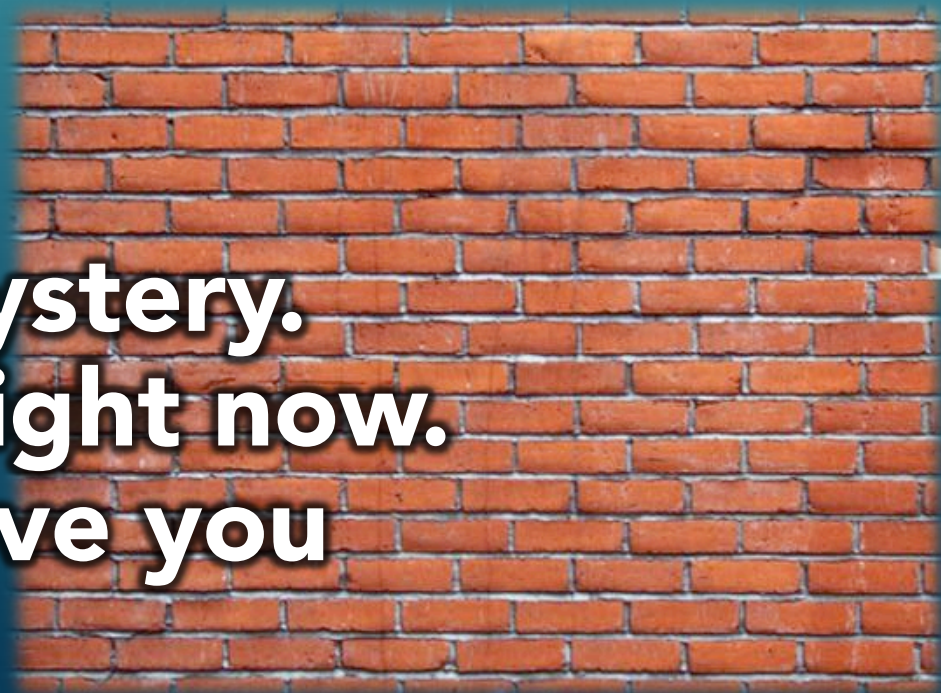
**EHS addresses the stuff beneath
what everyone else sees.**



**God uses the "spiritual walls" of
our lives to uproot things that lie
beneath the surface.**

What's being stuck at "the wall" look like?

- I am bewildered.
- I don't know what God is doing right now.
- I am hurt.
- I am angry.
- Yes, this is a mystery.
- I am very sad right now.
- O God, why have you forsaken me?




The Apostle Peter's journey through the wall.

Luke 22:24-34




The Apostle Peter's journey through the wall.

The excitement:

- "I will make you fishers of men".
John 4:18
 - The teachings.
 - The miracles.
 - Peter walks on water.
 - The anticipation of a new kingdom.
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The Apostle Peter's journey through the wall.

The walls:

- The crowds left Jesus. John 6:25-71
 - Peter's denial of knowing Jesus.
 - Jesus' death.
 - The hard work of Pastoring Christians in the 1st Century.
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The Apostle Peter's journey through the wall.

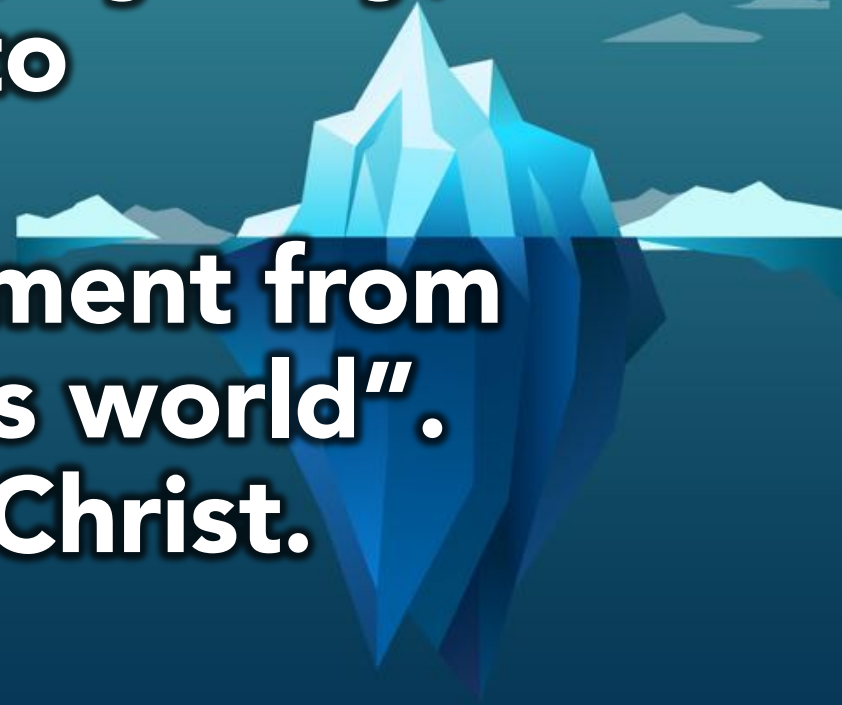
Peter's journey through the wall with Jesus:

- Peter's reinstated. John 21:15-19

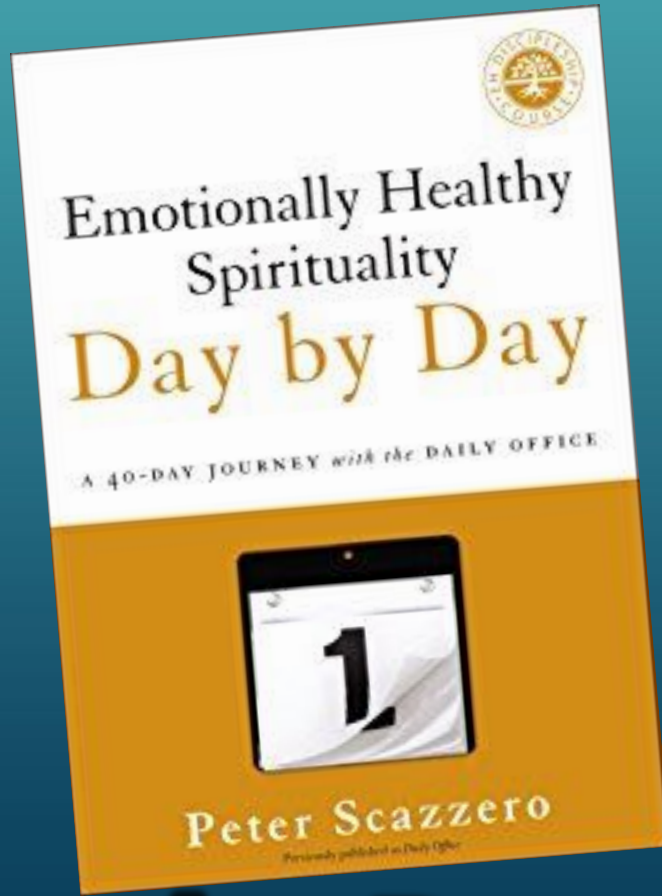


What's on the other side of "the wall"?

- Less judgmental.
- An appreciation for Holy unknowing (Mystery).
- A deeper ability to wait for God.
- A greater detachment from the "things of this world". Identity resting in Christ.



Journey through the wall in silence and stillness with Jesus:



Day by Day = Daily Office