

Emotionally Healthy Spirituality Course

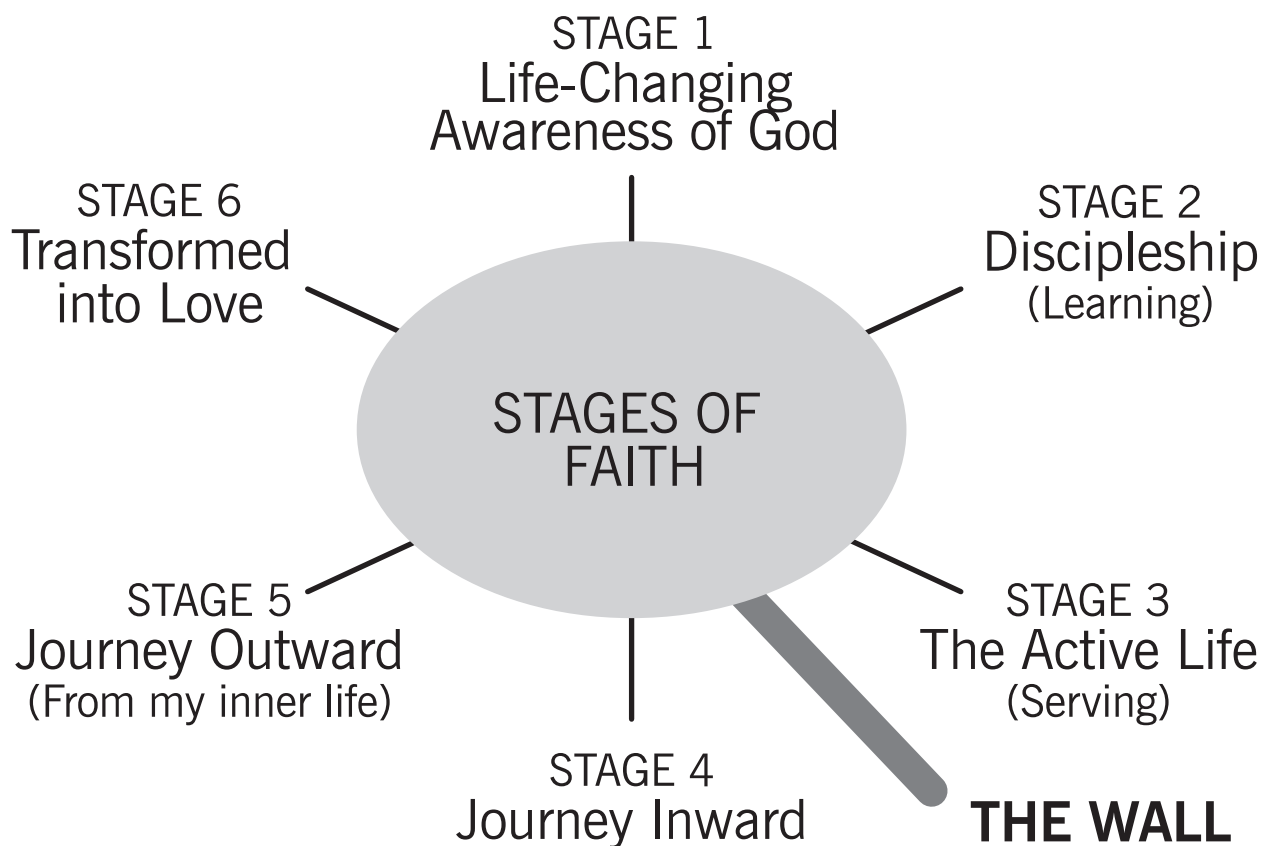
Sermon 4: Journey through the Wall

Genesis 22:1–15

THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY

Seven Pathways

1. Know Yourself That You May Know God
2. Going Back in Order to Go Forward
3. Journey through the Wall
4. Enlarge Your Soul through Grief and Loss
5. Discover the Rhythms of the Daily Office and Sabbath
6. Grow into an Emotionally Mature Adult
7. Go the Next Step to Develop a “Rule of Life”



Adapted from
Janet Hagberg/ Robert Guelich

1. My Focus: My Will vs. God's Will

The Wall roots out:

1. Pride
2. Greed
3. Luxury (using God for your own pleasure)
4. Wrath (easily irritated)
5. Spiritual Gluttony
6. Spiritual Envy
7. Sloth

2. My Work:

- Awareness
- Forgiveness
- Acceptance