

Emotionally Healthy Spirituality Course

Sermon 5: Enlarge Your Soul through Grief and Loss

Matthew 26:36–46

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”

Two Themes

1. Listen (to the Interruption)
2. Learn (to Fall)

Son though he was, he learned obedience from what he suffered.

—Hebrews 5:8

Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. —John 12:24

Patient Trust

Above all, trust in the slow work of God.

*We are quite naturally impatient in everything
to reach the end without delay.*

We should like to skip the intermediate stages.

*We are impatient of being on the way to something
unknown, something new.*

*And yet it is a law of progress
that it is made by passing through
some stages of instability—
And that it may take a very long time.*

*And so I think it is with you.
your ideas mature gradually—let them grow.
Let them shape themselves without undue haste.
Don't try to force them on,
As though you could be today what time
(that is to say, grace and circumstance
acting on your own good will)
will make of you tomorrow.
Only God could say what this new spirit
gradually forming within you will be
Give our Lord the benefit of believing
that his hand is leading you.
And accept the anxiety of feeling yourself
in suspense and incomplete.*

by Pierre Teilhard de Chardin