

Emotionally Healthy Spirituality

IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE
WHILE REMAINING EMOTIONALLY IMMATURE

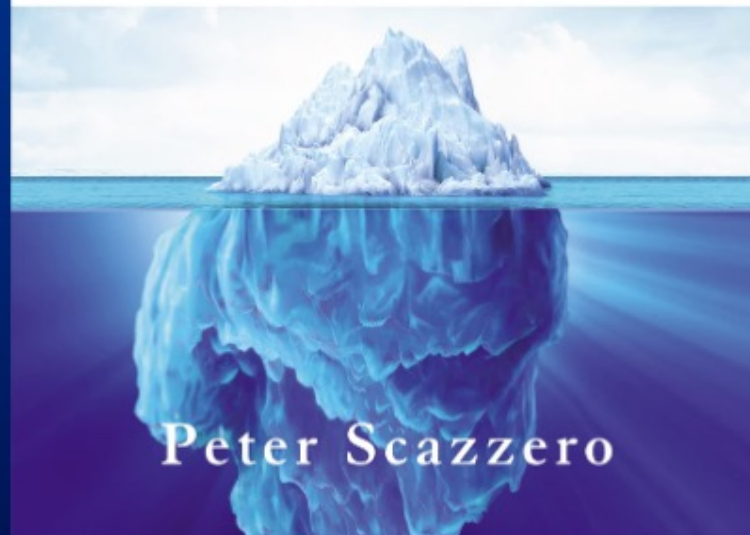
More Than 1 Million Sold



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UPDATED EDITION

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Peter Scazzero

Journey Through The Wall

Letting Go of Power and Control

5 Stages of Faith

1. Life- Changing Awareness of God

2. Discipleship

3. The Active Life

4. The Wall and Journey Inward

5. Journey Outward

6. Transformed Into Love

Stage 1- Awareness
of God

Stage 6 -
Transformed Into
Love

Stage 2-Discipleship

Stage 5- Journey
Outward

Stage 3-Learning

Stage 4- Journey
Inward

Stage 1- Awareness of God

Stage 2-Discipleship

Stage 6 - Transformed Into Love

Stage 3-Learning

Stage 5- Journey Outward

Stage 4- Journey Inward

THE WALL

Navigating the Wall

The Dark Night of the Soul

-St. John of the Cross

7 Deadly Spiritual Imperfections

1. **Pride**

2. **Greed**

3. **Luxury**

4. **Wrath**

5. **Spiritual
Gluttony**

6. **Spiritual
Envy**

7. **Sloth**

"God is purging the soul, annihilating it, emptying it or consuming in it (even as fire consumes the moldiness and the rust of metal) all the affections and imperfect habits which it has contracted its whole life...These are deeply rooted in the substance of the soul. At the same time, it is God who is passively working here in the soul."?

-St. John of the Cross

For you, O God,
have tested us; you have
tried us as silver is tried.

Psalm 66:10

In addition to purging our will and understanding of the deadly sins mentioned above, God also adds something into our souls. He mysteriously infuses or imparts his love into us. God powerfully invades us when we persevere patiently through this suffering. Our great temptation is to quit or go backward, but if we remain still, listening for his voice, God will insert something of himself into our character that will mark the rest of our journey with him.

TRIALS v. WALLS

WALLS

1. David Fleeing Saul for 10-13 years
2. Abraham waiting 25 year for a son
3. Job losing everything in a timeframe of a day

1. Divorce
2. Death of a Loved One
3. Cancer Diagnosis
4. A Disillusioning Church Experience
5. A Wayward Child
6. Inability to Have Children
7. Singleness
8. Dream Unfulfilled

HOW DO WE
NAVIGATE THESE
WALLS

1. Make the choice to trust and wait on God
2. Obey God while you wait
3. Remain Faithful when you want to quit
4. Trust in God's slow and deep transformation in you.



1. A Greater Level of Brokenness
2. A Greater Appreciation for Holy Unknowing
3. A Deeper Ability to Wait For God
4. A Greater Detachment

Genesis 22:1-14, NIV