

Emotionally Healthy Spirituality  
Chapter 4: Questions Taken from the Workbook

1. What stood out to you most from this chapter's teaching on Journey Through the Wall?
  
  
  
  
  
  
2. In this season of your life, what is the greatest obstacle that you face? Explain.
  
  
  
  
  
  
3. If you have been through a wall – “or as the ancients called it, ‘the dark night of the soul’” (page 97), briefly share one way it impacted you and your view of God.
  
  
  
  
  
  
4. Scazzero mentions six stages of faith (pages 99-101). Which stage best characterizes your life of faith now? Explain.
  1. Life-Changing Awareness of God
  2. Discipleship (Learning)
  3. The Active Life (Serving)
  4. Journey Inward
  5. Journey Outward (from my inner life)
  6. Transformed into Love
  
  
  
  
  
  
5. When God takes us through a wall, we are changed. From the following four primary characteristics of life found on the other side of the wall (explanation found on pages 108-115), which one do you sense God may be seeking to work in you now?
  1. A greater level of brokenness
  2. A greater appreciation for holy unknowing (mystery)
  3. A deeper ability to wait on God
  4. A greater detachment (from the world)