

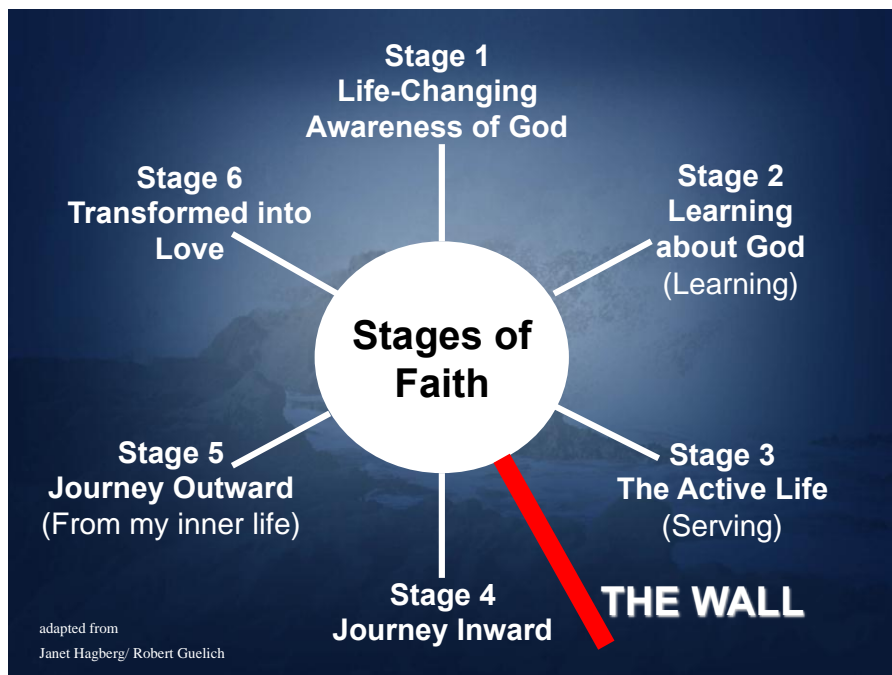


BEGIN THE JOURNEY INTO EMOTIONALLY HEALTHY SPIRITUALITY

Part 4: Journey through the Wall
Genesis 22:1-15

7 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