

Discussion Questions – Journeying through the Wall / Valley

Reflection Scripture: Ps 23

Emotionally Healthy Spirituality asks all of us to journey through the pain of the Wall or the Valley of the shadow of death – also called ‘the dark night of the soul’

This is the place of radical character change. If we fail to understand the transforming power of this Wall / Valley we will fail to receive God’s gift of a transformed life.

For most of us, the wall appears through a crisis that turns our world upside down. It comes, perhaps, through animals, a job loss, the death of a close friend or family member, a cancer diagnosis, a disillusioning church experience, that betrayal, a shattered dream, a wayward child, a car accident, an inability to get pregnant, spiritual dryness, or a loss of joy in our relationship with God.



Running into walls

- 1) If you have been through a Wall / Valley briefly share one way it impacted you and your view of God.
- 2) In light of your experience, how was your image or idea of God challenged?
- 3) What are some possible reasons you have a hard time accepting and moving through the Walls and Valleys of life?
- 4) To grow in Christ, every believer must go through walls or ‘dark night of the soul’. This is God’s way of rewiring and ‘purging our affections and passions’ that we might delight in his love and enter into a richer and fuller communion with him. In this way, he frees us from our unhealthy attachments and idolatries of the world. How might this larger perspective serve as an encouragement to you today?
- 5) When God takes us through a wall or a Valley we are changed. The following fall primary characteristics of life are found on the other side of the wall.
 - A deeper level of brokenness
 - A greater appreciation for the wholly unknown (mystery)
 - A deeper ability to write on God
 - A greater detachment from the world

Choose a characteristic from the above list where you sense God is seeking to work in you now and share it with the group.