**Journey Through the Wall**

**Emotionally Healthy Spirituality**

**Genesis 37-50**

Have you ever been in a situation where you hit a wall?

If you’ve ever trained for a marathon or a big race of any kind, you’ve heard about the dreaded wall.

For many marathoners they can hit the wall anytime after the 20-mile mark.

The wall is the point where the runner’s glycogen (stored energy) within the muscles is depleted, and when that happens runners or riders will slow down considerably. Even walk or get off their bike.

Some think hitting the wall is normal and unavoidable, but the pros tell us that by training properly there is a way to avoid hitting the wall.

This we know works when it comes to physical exercise. But what about spiritually and emotionally?

Can we hit the wall spiritually? Can we run out of spiritual and emotional glycogen? If this can be avoided when training physically, can it be avoided spiritually? I don’t think so.

Maybe you feel like you’ve hit a wall.

If we have hit the wall, how do we respond? How do we push through? How do we journey through the wall?

**Personal Confession: My own wall at this stage in my journey.**

The predominant image in scripture of the Christian life is a journey. You’ve heard it said before, it’s not a sprint; it’s a marathon race. I would even say it’s not so much a marathon race; it’s more like the Tour de France. A trans Alps or Trans Rockies race, which takes days – weeks as opposed to hours.

It’s that type of journey.

Paul uses this image numerous times in his letters.

**1 Cor. 9:24-27**

*“Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win!* ***25****All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.* ***26****So I run with purpose in every step. I am not just shadowboxing.* ***27****I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.”*

**Elsewhere we read in Phlp. 3:12-14**

*“No, dear brothers and sisters, I have not achieved it,**but I focus on this one thing: Forgetting the past and looking forward to what lies ahead,* ***14****I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.”*

The writer of Hebrews gives this image as well in chapter 12:1-4

*“Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.* ***2****We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.**Because of the joy**awaiting him, he endured the cross, disregarding its shame.”*

Paul seems to agree that to win this race, to finish this journey well one must be disciplined as an athlete. Run with a purpose. Train. Press on – pushing through the wall. Letting go of everything that might hinder us from finishing the race. Focusing on the prize. The goal. The finish line.

Forgetting the past – one must acknowledge the past; and have worked it through.

All powerful images.

**I love how Janet Hagberg and Robert Guelich describe this journey.**

They state that the key point about a journey is that there is movement, detours and stops. You need to take time for the journey, allowing yourself to see the long view. You really can’t rush a journey.

I think we all go through stages in the Christian Journey.

**Stage One**

We realize our deep need for Jesus. We come to terms with our own brokenness and sin. We realize we need someone to rescue us from ourselves. Then you realize that God is alive and all that Jesus has done on your behalf, and suddenly your life looks very different. Your eyes have been opened. Life and the world look different. You begin to learn and grow in your understanding of God.

**Stage Two**

Discipleship begins – you want to be a student of Jesus. He is your Mentor. Leader. Forgiver. Friend. You are reading scripture. You are allowing it to read your life. You’re learning about true fellowship. You are experiencing community. No longer walking this journey alone. You are absorbing and learning from God. You have taken that vital step of being baptized; the first step in being a disciple of Jesus.

**Stage Three**

You realize it isn’t about you. And you begin to discover you have been given gifts. That God gave you Spiritual gifts, a heart for the world, natural abilities, a unique personality and life experience that He wants to use. You realize that you are God’s workmanship, created in Christ Jesus to do good works. You’re creating. Building. Taking more responsibility. Not just a baby now. Now you’re giving something back to others.

**This is where many Christians hit their first wall.**

I hit my first wall when I was grade 11 or 12. It was like I was cruising along, then all of a sudden bam. Stopped dead in my tracks. This is where my journey went inward. I began to see stuff in my life that needed to be addressed.

This is where I think many evangelicals get stuck. We don’t know what to do. It’s scary to go inward so we just get busy. Do more. As a result we stay at stage 3.

But there’s another option. We can dig deeper wells.

**This is Stage 4.** Journey Inward.

This is why so may are attracted to the theological teaching of the Alliance, which is the deeper life.

Plumbing the depths of who we are, and the depths of who God is. They go together. They can’t be separated.

Having passed through the crisis of faith we emerge on the other side….

**This is Stage 5.**

Something has changed. You’re not complete, but changed. Something has shifted.

Once we begin to experience the deeper life, we might be just as “busy” as before, but only now it comes from a place of depth. Grounded in a whole different reality of who we are in Christ.

There’s maturity. There’s depth.

**Then comes the final stage.**

**Stage Six.**

Is all about growing in love. Being transformed by the love of God and it’s pouring out of you. Streams of living water flow out of you in greater measure. Sure there are more “Walls” to come, but there is a finished work that can be noticed.

I don’t think we just hit this wall once or go through these stages once. We repeat them in an ever-widening spiral as we continually experience the breadth and depth and width of God. It’s not just one wall that we hit. We hit multiple walls throughout life.

One of the most significant walls we hit is this wall called emotionally healthy spirituality. It’s the most significant, and for that reason pretty easy to avoid. It’s a tough place to visit. You can be at the wall for a long time.

Just watched the new Hobbit installment, and there’s one scene as the dwarfs and Bilbo finally reach Lonely Mountain and are stuck. They have come up against the wall; and can’t find their way in. The opening isn’t revealing itself. They have to wait. Think. Rely on one another before the keyhole is finally revealed.

All to often that is our experience at the wall. We can be at the wall for a long time.

**So how do you know when you’ve hit a wall? Here are some indicators.**

For some the wall appears when a crisis comes into our lives that turn our world upside down. It might be a divorce. Your’s or your parents. A failed marriage. Betrayal. It might be a job loss. Death in the family or a close friend. A cancer diagnosis or a crisis in the church that caught you off guard. Maybe its depression that has left you feeling paralyzed. Maybe a shattered dream or a troubled child or a car accident or an inability to get pregnant.

It could be so many things.

Maybe it’s an unexpected dryness in your spiritual life that you never expected. A loss of joy that you can’t seem to figure out. All you know it doesn’t seem to be working for you anymore and you’re wondering where God is.

When we hit these kinds of walls we often question God, ourselves, others, the church, the bible. Everything is put on the table.

And we always have more questions than we have answers.

The very foundation of our lives feels shaken to the core. We don’t know where God is, where He’s going, what He’s doing, when we’re gong to get there, and when this stage of the journey will be over.

This is a pretty heavy concept when you think that many Christians who hit this wall never seem to make it through.

I wonder how many of you are sitting there saying, “What is he talking about? Life is good. God is close. All seems to be working.”

Awesome! Enjoy the season, but what you might want to do is file this message away for a few years. Don’t toss it. File it away because even though it doesn’t seem to apply to your life now, one day it will.

So keep the notes handy until a rainy day.

But for others of you, you know exactly what I’m talking about. For some of you, you have just hit the wall. Or perhaps you have hit the wall some time ago and have backed off. Retreated into a safer place. Maybe where you now hedge your bets with God all the time. Where you are afraid of trusting again.

Maybe you’ve shut the wall out of your life. You’ve settled. Believing that you’ll never get through.

Maybe it’s time to revisit the wall, and break through to see what God has for you on the other side.

Paul writes these texts because he’s very familiar with the wall. Can you imagine what he experienced when he met Christ on the road to Damascus, realizing that his spirituality, all his spiritual achievement up to that point was a hoax. When he came to realize he was a faker, a wanna-be. A poser. And had to start from scratch. He had to consider all his religious works rubbish. Empty.

Sure he considered all this rubbish compared to knowing Christ; but there would have been a grieving. A letting go. Which is what he was probably fighting prior to the Road to Damascus.

Where this leader had to be led. Where he came to terms with his spiritual and physical blindness. Think of the pride that was exposed through that experience alone.

Think of the emotional trauma he went through to leave all that behind; his religious community – his mentors, his rabbis, his friends, his fellow Pharisees, his teachings. All he knew.

Think of the wall he must have hit when Paul is in Asia.

**2 Cor. 1:8-9** Paul speaks about the trouble they faced in Asia, where they were crushed and overwhelmed beyond their own ability to endure. Where they thought they would never live through it.

Scripture says that through that experience Paul and his companions stopped relying on themselves and learned to rely upon God, who raises the dead.

In that experience they learned…it couldn’t have been easy to learn. This wasn’t just some kind of intellectual assent. This was a deep work of letting go.

Think of the wall Paul must have hit when he was ship wrecked. Another trial. Another tribulation.

How about the time he was just about stoned to death.

Or the time Paul experiences his thorn in the flesh.

**2 Cor. 12** Paul talks about these spiritual revelations, where he was caught up to the third heaven – even though it seemed to happen only once 14 years prior, he refers to the experience. He could have become proud but God disciplined him and provided a thorn in the flesh to keep him from becoming proud and self-reliant.

We don’t know exactly what this was, but Paul calls it a messenger of Satan that tormented him to keep him from becoming proud.

Scripture says he begged God to deliver him 3 X but each time God simply answered “My grace is sufficient for you; my power is made perfect in weakness.”

That’s it.

**It’s reminiscent of Brene Brown’s statement I used at the last CWG.**

“That faith wasn’t an epidural at all; instead it was a mid-wife who just said push. It’s supposed to hurt a bit.”

It was as if God replied. “Paul, my presence is enough. Push through. It’s supposed to hurt.”

Paul moves through this wall only because he has been through other walls. God has done a profound work in his life; he knows God. He presses in; he works it through but comes through the other side intact. Still moving forward. Not stalled.

It comes back to journey doesn’t it?

Journey is all about movement forward. Sometimes it’s a walk, sometimes it’s a run, other times it’s a crawl…but it’s all forward.

I love the lyrics of **Rend Collective’s Movements**.

*“I wanna soar with You  Upon wings like eagles  But I'll crawl with You too  When the dark and lonely questions come   I wanna stand true  No matter what's new or comes through  I can't stand still  Whatever hits I'll keep making movements to You   I'm running fast and free to You  'Cos You are the movement and fight in me  I'm running fast and free to You  'Cos You are my home where I wanna be  Come move in me  Where I wanna be, come move in me   I wanna float with you  The currents driving me  But I'll paddle hard too  When the waves and rapids overcome   I wanna stand firm  When my mind's weak and my emotions squirm  I must stand true  Whatever hits I'll keep making movements to You   I won't walk away, won't walk away.”*

**When we hit the Wall it often is about exposing our Will versus God’s Will.**

We often pray, “Lord, your will be done, your kingdom come.”

The wall often exposes a clash between our own kingdom and God’s kingdom.

I don’t know what goals you have for your life. Maybe you have career goals. Maybe you have educational goals. Maybe you have athletic goals.

Good things. Ever consider that God has goals for your life? Ever wonder if your goal for your life is the same as God’s?

What’s His goal? That we simply live life in the rich experience of the love of God for us.

**Psalm 46:1-4** describes God’s as a mighty river.

*“God is our refuge and strength,     always ready to help in times of trouble.**So we will not fear when earthquakes come     and the mountains crumble into the sea.**Let the oceans roar and foam.     Let the mountains tremble as the waters surge! A river brings joy to the city of our God,     the sacred home of the Most High.**God dwells in that city; it cannot be destroyed.     From the very break of day, God will protect it.”*

Ever see God’s love like that? Like a flood? Niagara falls coming at you day and night? Mighty. Overpowering.

I think it’s God’s desire that we live in that love. Not just visit from time to time. That we drink from that flood. That we swim in it. Not just intellectually know God’s love – “O yes, God loves me. God is love. God is good.”

God wants it to be our experience with Him. God desires that our will and His will become more and more in unison. That we live in that Oneness. That our self-will become so transformed that what we want is exactly what God wants. That the two wills become one.

That I think is what it means to be transformed into His image. God comes into our lives to heal that image; restore us to reflect more and more God’s original intention for us.

That we become more and more the person God designed us to be. Living in His presence. Secure in His love for us.

**Do you know what I am talking about when I say clash of wills?**

Part of what happens at the Wall is that we realize that what we think is best for us, is often really the worst. And what we think is the worst, can really be the best. And we begin to see things right side up.

Janet Hagberg and her husband had built their whole life on studying anger and rage management. She and her husband became quite well known and very successful, traveling all over North America teaching and speaking publically for businesses, churches and corporations.

She said that over a 15-year period, while all this teaching was going on, their marriage was disintegrating and they weren’t living out any of the principles they were teaching.

She said that she thought this was all the best thing happening to them in terms of fame and wealth, but it ended up being the worst. God was trying to move her and her husband to a place of brokenness and failure, so they could begin to do life God’s way, but instead they kept pursuing the exact opposite.

When everything finally came crashing down, and she had to face the shame and embarrassment, everything falling apart, she finally realized it was the best thing. This was where God was able to take over and begin to re-do her soul.

Now she runs a ministry all about Real Power: All about healing and inner transformation.

**Personal story** while I was at North Shore Alliance I hit a wall in preaching. I had always thought I was a pretty good preacher in Seminary. Homiletics was always one of my best courses. Until I started Pastoring at North Shore Alliance, where there were many other accomplished gifted speakers. This is where my pride was uncovered; where it mattered more what people thought of me than what God did. And I bombed on a regular basis. Until after one weekend, where I preached 3 services and crashed and burned on every one. After that I gave up. I said to God that I quit. I hit a wall. I confessed to God that I couldn’t do it. I let go. This very thing that gave me affirmation while in seminary, was sucking the life out of me.

When I laid it down on the alter as it were, my boss came into my office and asked me to preach for him the next weekend because of an emergency, he couldn’t be able to speak the next week. I said no way – that I quit. I would serve God behind the scenes. That it wasn’t about public ministry; it was about serving God behind the scenes.

He said no way, that I was a gifted preacher and that I was preaching. No if’s and’s or but’s.

So I had no choice. I felt the whole way that God was in this whole mess.

What happened? Something shifted in my heart. I was free. It was like I found myself. And people noticed too. They said that it was like I discovered myself. I became who God wanted me to be, not what I thought everyone else wanted me to be.

There’s something significant that can happen at the wall isn’t there? Where we finally let go.

There’s a famous book entitled **“The Dark Night of the Soul” by St John of the Cross**, written all about hitting the wall.

He says that there are certain things that happen at the wall – there are certain things that get rooted out of us. There are certain things that can happen there that can happen in no other place.

St John of the Cross says that at the wall is where our spiritual DNA is changed; where the wiring in our minds and hearts are reworked. Where we come out of babyhood and adolescence and become who God designed us to be. He says this is where God purges our pallet or our spiritual taste buds where the God begins to taste so much better – we taste and see that God is good, and as a result the world is filled with so much more colour and vibrancy.

We see his creation not as things to possess or cling to, but see them as gifts of grace to hold loosely to.

St John of the Cross says it’s not about trying to push down our dark propensities; our brokenness and dysfunction, or restraining them. It’s about allowing God to root them out.

This is where his book addresses the 7 things that the Wall addresses.

**First, is Pride.**

Pride for St John is this tendency to be judgmental. Putting yourself above others. Better than. As if it’s up to you to judge. If we look for people’s approval, he says that’s pride. This is speaking about the unhealthy people pleasing stuff. Can’t say no b/c you need to be liked. The root of that is pride.

**Second, is Greed.**

But don’t be mistaken. He’s not talking merely about wealth. For him he’s talking about being discontent with where you are at in your journey. Comparing yourself with other people – their talents, spiritual maturity, spiritual gifts etc. It’s complaining. “Why do I have it so hard. Look at them. They seem to have it so good. I want what they have.”

You don’t like the fact that God is trying to teach you about being poor in spirit. You don’t want to be poor in spirit. You want new teachings. New revelations. New insights. New challenges. He calls that Greed.

**Three is Luxury.**

This is where we use God for our own pleasure. It’s more about the good pleasures and good feelings of God than about God Himself. God wants to pull this out of us. We must learn to love God for God, not for the feelings he gives us. How God does this is allow us to hit the Wall.

**Four is Wrath.**

This is a lack of patience to wait on God. Being easily irritated. Which is anger. We end up living with a deep seated low lying anger with God because He’s not giving us what we think we need, when we think we need it.

**Fifth is Gluttony.**

This is not just a physical reality; he’s talking about spiritual gluttony. You love following Jesus as long as it doesn’t involve the cross or a personal crucifixion. You like the pleasures of following Jesus. Get more sermons. More worship songs. More conferences. More podcasts. More than you can possibly process or obey. But it’s not about obedience; it’s about the feeling these things provide.

**Sixth is Spiritual Envy.**

You are unhappy when others do well. Have a hard time celebrating other’s wins and successes. You want what they have. It’s more about what you don’t have, than a celebration of what others have.

**Seventh is Sloth.**

This is when we run from the things in the Christian life, which are hard and look for the easy way out. Eugene Peterson says, “Busyness is the enemy of spirituality.  It is essentially laziness.  It is doing the easy thing instead of the hard thing.  It is filling our time with our own actions instead of paying attention to God’s actions…It *is* an either/or situation.  Busyness has nothing to do with activity, and spirituality is not the absence of activity.  You either enter into what God is doing or you don’t.  A busy person is a lazy person because they are not doing what they are supposed to do.”

So how does God pull these things out of us? How does He purge?

St John says that it takes the loving fire of God’s cleansing.

Some of you know what I’m talking about. Some have just hit the wall. Some of you have experienced enormous walls, and have come out the other side…and God has changed for you. He is no longer just your friend. Now He has become your God.

As a result your worship has changed. There is a greater security about you. Greater confidence no longer in self but in God. A deep rest.

Some of you crave what I’m taking about.

One way to expose what we truly believe about God is to propose a prayer like this.

*“Lord, do this in me. Bring me closer to you, that I would know this kind of intimacy. Whatever it takes.”*

Now how you answer that will reveal a lot about how you see God.

If you’re like me, it reveals a lot of fear. I immediately go to a negative place. I think that God is going to take away all the things that are precious to me. My wife, my kids, my hobbies. All the things that bring me joy. I think God will take those away; or ask me to give them up.

Where do we get this idea that if we pray a prayer like that, God will immediately take what brings us joy?

I just want to expose the lie in that. That’s not the God and Father of our Lord Jesus Christ. Our Father loves to give good gifts to His kids.

I like how **Geri Scazzero** puts it in EHW.

“God never asks us to die to parts of ourselves that bring life to our souls. David, for example was never asked to give up his love for music and writing poetry. As a busy king under enormous pressure, he could easily have not spent time composing Psalms. We benefit to this day from his decision to keep writing.

But we are to die to the sinful parts of who we are – defensiveness, arrogance, hypocrisy, a judgmental spirit, finding our worth and value apart from him, as well as the more obvious sins such as gossip, lying, stealing, coveting, and so on. David did have to die to his lying, his concern around what others thought, his placement of trust in military power rather than God.”

I find that I end up dying to the wrong things, meanwhile totally missing the very thing that I should die to, which will bring me true freedom.

Easy to do.

Listen to **Henry Nouwen’s** story.

“For a very long time I considered low self esteem to be some kind of virtue. I had been warned so often against pride and conceit that I came to consider it a good thing to deprecate myself. But now I realize that the real sin is to deny God’s first love for me, to ignore my original goodness. Because without claiming that first love and original goodness for myself, I lose touch with my true self and embark on the destructive search among the wrong people and in the wrong places for what can only be found in the house of my Father.”

Isn’t that good. It’s all about being loved by the Father. And allowing Him to meet those needs in us in legitimate healthy ways.

Last week we looked at the life of Joseph – he faced numerous walls as he was betrayed, imprisoned. Before that we looked at the life of David who also faced his own walls. Paul came up against numerous walls. All these men emerged on the other side polished stones. Beautiful. More in line with God’s original intention than ever before.

Perhaps this reveals the very thing God is asking us to surrender to Him? Perhaps this fear is the very thing that is keeping us from a greater intimacy with Him?

Or maybe praying this kind of prayer is too much right now. Maybe you are like **Geri Scazzero** who wrote EHW. She admitted that she would likely need God to take her another wall in order for her to come to a deeper place of her trusting in God.

Maybe a better starting place for you is to simply pray “Thy will be done.”

This prayer was good enough for Jesus. As he prayed in the garden the night he was betrayed he prayed this to His father.

*“Father, if you are willing, please take this cup from me. Yet I want your will to be done, not mine.”*

So what does Jesus know about His Father that we don’t?

He is able to pray this prayer because he is sure of God’s love. And that God will vindicate him. That God will raise Him from the dead. He trusts. He is faithful. He obeys. He goes to the cross because He knows God is good. He moves forward. He presses through.

**Application:**

Some of you might be wondering, where do I begin with this?

Do I just pray and wait on God? Or is there something I can do?

**I think the first thing we can do is venture into a deeper self-awareness.** Allow yourself to ask some hard questions about your patterns. Take St John’s list of 7 vices and begin to pray into them. Go inward. Face your stuff. Name your issues. Own them. Admit them. Begin to realize what’s going on for you.

I think as we do this we will begin to realize that when we hit the wall, it isn’t Satan that’s doing it. We can stop rebuking the devil, and begin to see that the wall is a gift from God.

**Hebrews 12:8** says, *“God disciplines those He loves. If you’re not disciplined, and everyone undergoes discipline, then you are illegitimate children and not true sons and daughters.”*

It’s an honor that God disciplines us. This isn’t merely a time-out. Or talking about consequences for our poor behavior. This is more like God as a shepherd purposely leading us on a rocky narrow path, so our legs get strong, and so we no longer are weak and feeble. It’s beginning to see God as your personal trainer. Work through the pain. It’s supposed to hurt. It’s OK. I’m making you extraordinary. I’m making you Holy.

He is bringing you to the wall to transform you. Pull this stuff out of you. Teach you a new way to live.

The Prodigal Son ended up wallowing in pig filth before he actually came to his senses. That place of brokenness was a gift. It led him to a whole new understanding of God as his Father.

Instead of being angry and defensive about the wall, actually begin to see this as a friend.

So that you can begin to venture into what it means to be your true self in Christ.

**The first thing is Self-Awareness and to begin to see the wall as a gift.**

**The second thing is to forgive yourself.**

We have to let God love us. Not for what we will become, but for who we are now. This means stop beating yourself up. When we’re beating ourselves up for our mistakes, how can we hope to love others in their brokenness? If I haven’t accepted my own anger and imperfections, how can I hope to accept yours?

That’s the great distinctiveness of Christianity. God is love. Love coming down in Jesus. Love with no strings attached. A God who loves us at our worst. He is a God who goes after lost sons and daughters.

He came to show us the love of the Father. He came so that we could be forgiven and forgive ourselves. This love was meant to invade us. Envelope us. And pour out of us to others.

As we come to know this love, a God who loves us at our worst, we become softer towards others and less judgmental. We are able to have compassion on others.

So the first work is awareness is a gift, forgiveness and the …

**Third is Acceptance.**

That we embrace and accept where we are. No longer fake it. No longer try to be someone else other than who we are, where we are.

Accept yourself for who you are. Accept your brokenness.

It’s accepting your poor in spirit. Accept your own limits.

Accept the depth of your own need; to realize that your issue isn’t as basic as it’s just my addiction, it’s more about your deep-seated anger about your alcoholic father that you need to forgive. It’s more about your struggling marriage.” The addiction is just a byproduct of something deeper going on inside.

Acceptance that you are God’s workmanship, and He won’t give up on you. That His workmanship is an ongoing work. That it won’t be complete until heaven.

Accept the fact that you are a work in progress.

This will enable you to embrace your own brokenness, and not fight it.

Paul knew this reality. He says in 2 Cor. 12 “Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”

There are some amazing treasures at the wall. Treasures that won’t be revealed until we face ourselves. And let go of what we’re holding onto so God can replace it with something good.

Imagine finally being free from the things that you’ve been carrying all your life. Imagine letting go of the illusions and discovering your true desires deep down, your true passions. Many of you don’t know what those are because you’ve lived your whole life under other people’s expectations for you. Whether it is your family or your culture.

Maybe it’s time to say, “Forget about pleasing everyone else. It’s time I discover and embrace what God has put in me.”

Maybe right now it feels like your whole world is falling apart. Maybe it’s hard to even get your bearings.

I’ve been in workouts like that. Where you can hardly breath. Where you are dizzy. Disoriented. Where you even hate your trainer. You might feel like that with God. That’s OK. Just know you’ll get through and on the other side you’ll see huge results. You’ll be grateful.

**Psalm 63:3** says, “O God, you’re love is better than life.”

**John 15:11** says, “My joy will be in you.”

**The Psalmist** says “Taste and see that the Lord is good.”

This will be your new reality. Press in. Stay with Him at the Wall.

**Prayer**

God asks you.

Where are you today?

Is there forward movement in your life? Or are you stuck? Have you hit the wall?

Maybe it’s time to pray, “Lord, bring me closer. Whatever it takes.”

Or maybe it’s too soon to pray that prayer.

Maybe you can pray, “Lord, your will be done. Not mine.”

Lord, re-do my image of you. Show us what you are truly like. Not these false images we’ve made of you.

Lord, grant us the courage and grace to wait on you in patience. To not quit. Not hide in the corner in fear. Help us to open our hands to let go of people and things and habits that we hold so tight out of fear – that end up becoming stumbling blocks to us. Lord help us to let go and to place our faith and trust in you more deeply.

**Communion**