

# Hitting the Wall

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## **Christian spirituality with the integration of emotional health is transformational!**

**Question:** When was a time you have hit a wall (a crisis that turned your world upside down) in your spiritual life?

‘Hitting the wall’ is:

- a very normal experience in our Christian walk.
- something that God can actually use to shape us and draw us to Himself.
- a place He doesn’t leave us and by His grace He’ll bring us through.

**Read:** Genesis 22

**Question:** When have you experienced circumstances and situations that contradict everything that God has said and promised (“The dark night of the soul” - St. John of the Cross)?

Read Psalm 30

**Questions:** What verses point to David feeling like he has “hit the wall”? Which ones give hope that you can come through?

**The dark moments in our lives become God’s chrysalis, where the ugly caterpillar enters the darkness of the cocoon only to emerge with the beauty of a butterfly.**

**Question:** What are some “ideas” that God was testing in Abraham’s life?

Take some time in quiet contemplation, and be honest with yourself in answer to these questions:

- Do you love God, or do you love God’s blessings?
- Who’s really in control of your life?
- Where do you find your identity?
- Who do you really trust to take care of you?

**God did not want the death of Isaac.  
God wanted was the heart of Abraham.  
God wants our heart.**

**Questions:** How did God shape your heart in the seasons of the wall? What are the walls you’re facing right now? What do you need to surrender to God?

**Questions:** What are the consequences of ignoring “the wall”? Running from “the wall”? Submitting to “the wall”?