



***“Emotionally Healthy
Spirituality:
Hitting The Wall”
February 20, 2022
Psalm 22***

I. The “Dark Night Of The Soul” of “The Wall” – what is it?

II. How do you know that you’re at the Wall?

A. You _____ where God is at and what he is doing. (vss.1-2)

B. Your faith is on a _____. (vss.3-5)

C. Not only are you doubting _____ but you’re doubting _____. (vss.6-8)

III. How does the “dark night” differ from ordinary trials?

IV. My first vivid memory of hitting the wall.

A. The dark-night experience

B. The breakthrough

V. What changes after we break through our Wall?

A. We’ll experience a greater level of _____.

B. We’ll have a greater appreciation for _____.

C. We’ll show a greater ability to _____ on God and are more _____ from earthly things.

VI. Thoughts on Psalm 22

VII. So what do we do when we’re at the Wall?

A. Don’t let go of _____.

B. Be _____ with God and others.

C. Don’t let go of _____.

What is God speaking to my heart today?