

Resilience: Overcoming Walls in our Journey

Quotes from Lord of Rings:

“Not all those that wander are lost!”

“Even the smallest of person can change the course of the future.”

“Deep roots are not reached by the frost!”

Journeys involve movements, decisions, actions, detours, delays and even wandering.

All journeys hit a wall...

Examples:

- Abraham
- Moses
- David
- Jesus and the 12

You are on a journey. Because life is a journey. On your journey you already have, or you will, hit a wall or even multiple walls.

What many Christians and churches don't understand is that maturity in Christ requires going through the wall. Learning how to do this is key to developing a deep resilience.

Stages of Faith/Growth

- 1) Life-changing awareness
- 2) Discipleship
- 3) The Active life
- 4) The Wall/journey inward
- 5) Journey outward
- 6) Transformed into love

Let's explore the Wall

John the Cross called it the "dark night of the soul."

Psalm 13:1-2

Difference between Walls and Struggles

Benefits of the walls in our journey

1. A greater awareness of our brokenness

Matthew 5:3

"Blessed is he who expects nothing, for he shall enjoy everything."

St. Francis of Assisi

"Lord Jesus, Son of God, have mercy on me a sinner..."

Eastern Orthodox prayer

2. Appreciation of the mystery of God

"Most of the time we have no idea what God is doing."

"The more you truly know God, the less you actually know about Him."

"God is God and we are not."

3. Deeper ability to wait for God

Psalm 27:14

Psalm 130: 5-6

4. A healthy detachment from the world

The critical issue when on your journey with God is not, "Am I happy?" But "Am I free?"

Detachment is the great secret of true peace.

"The wall, more than anything else, cuts off our attachments of who we think we ought to be or who we falsely think we are. Layers of our counterfeit selves are shed. Something true, that is, Christ in and through us, slowly emerges. – Pete Scazzero, Emotionally Healthy Spirituality

Ephesians 4:22-24

Maybe those who are most detached on the journey are best able to taste the purest joy in the beauty of the created world, while not being ensnared by it!

God's desire is for us to be in a deeper connection with him. Walls have the incredible ability to do this in ways that nothing else can!

Story of the bridesmaids Matthew 25:1-8

The mistake that people make is that they think that God is only in the "good" in life. The result will be very little resilience. But if we allow ourselves to be connecting deeply to God, especially in times of great difficulty (walls), we will have much resilience to move forward in our journeys!