



EHS4 Navigating the Wilderness

A Triad is made up of three people at LWF who seek to *encourage, discern, and intercede* in each other's lives.

The goal is to become friends who meet weekly to help each other be apprentices of Jesus: learning to live with Him, become like Him, and walk in His ways. This is done in the power of the Holy Spirit, who is the transformative presence of Jesus in us.

In today's Triad meeting, we will discern how we've grown (and still need to grow) from difficult seasons of our faith. We'll also encourage one another to focus more clearly on Christ.

Use the schedule below as a basic guideline, not a rigid framework.

- 0:00 – 0:10 Catch Up and Check In – How is everyone doing?
- 0:10 – 0:15 Cover Basic Logistics
- Any concerns or questions for your triad leader to relay to the LWF team?
 - Do we sense we're moving too quickly or too slowly through this material?
- 0:15 – 0:20 Open with Scripture (Psalm 130:1-8), a 30-second period of silence/personal reflection, and then Prayer
- 130** Out of the depths I cry to you, O Lord!² O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy!
- ³ If you, O Lord, should mark iniquities, O Lord, who could stand? ⁴ But with you there is forgiveness, that you may be feared.
- ⁵ I wait for the Lord, my soul waits, and in his word I hope; ⁶ my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.
- ⁷ O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is plentiful redemption. ⁸ And he will redeem Israel from all his iniquities.
- 0:20 – 0:45 **Discern: Seasons Past and Present**
- The fourth chapter of *EHS* focuses on the seasons of our journey with Christ, from the moment of salvation onward. This chapter offers words to help articulate the seasons of your spiritual life that you may have already identified through your Story. Pray Christ's comfort and healing for one another (silently) as each of you share your responses.
- Briefly look over the “stages of faith” delineated on pp. 98-101.
 - Using your story as a reference, where are some correlations with the stages in the model and your personal timeline?
 - Using the terms and descriptions supplied in *EHS*, which stage are you in right now? How do you know?
 - Think about the last time you hit the Wall and the associated “Journey Inward”. (If you're currently enduring a “Journey Inward,” think about a previous season after you hit a “Wall”.) How was your view of God impacted during and after this season?
 - On page 105, Scazzerro quotes St. John of the Cross (who is *not* the same John who wrote the gospel or New Testament letters), “[God] is purging the soul, annihilating it, emptying it or consuming in it (even as fire consumes the mouldiness and the rust of metal) all the affections and imperfect habits which it has contracted its whole life . . . These are deeply rooted in the substance of the soul . . . At the same time, it is God who is passively working here in the soul.” St. John notes that God brings us into these seasons in order to *free* us, yet hitting a wall is by nature very difficult. How does the promise of future freedom during such a season bring encouragement to you?
 - How do *you* discern momentary trials from “Walls”?



- Looking over the four characteristics of life on the other side of the Wall (pp. 108-115), which of these do you grasp well and with which of the four do you still have the most difficulty? Speak into each other's answers. Do you discern the same for the other members of your Triad as they have for themselves?

0:45 – 1:00

Encourage: Healing from or Preparing for the Wall

It is possible one or more people in your Triad are currently enduring a “Journey Inward” season after a Wall. On pp. 106-107, Scazzero demonstrates these seasons can take months or even years. It is also possible God is preparing one or more of you for a “Journey Inward” season in the near future.

Our tendency is to want a painful season to end quickly. Instead of focusing on the pain or its duration, a more Christian approach would be to seek to focus on Jesus, increasing dependence upon Him until the storm has passed. Scazzero suggests the path of preparation or enduring such a season is to cultivate “a life of undivided devotion to him. This requires that we simplify our lives, removing distractions” (116).

- What is one primary threat to your devotion to Christ in your life? (Phone? Media? TV? Sports? Career? Family dynamics? Something Else?)
- How can you begin to remove distractions from your life in Christ this week?
- How will you focus on Christ more clearly in the next days than you have in the past weeks?
- What do each of you need right now to pursue Christ wholeheartedly?

1:00 – 1:15

Intercede: Praying for One Another to Close

Based on the discussion and final questions of the previous section, pray for one another. As you pray, don't restrict yourself to the stated prayer requests alone, but allow yourself to be guided by the Spirit (i.e., *discern!*) to pray for God to work in one another's life.

If someone is currently enduring a difficult season in their faith, pay special attention to *how* you pray for them. While you should freely pray for the Spirit to remove thorns in their spiritual life and for healing, pray also for the Spirit to guide them well and increase dependence on Christ in the meantime. Thank God for brokenness, mystery, and detachment from the world as you *wait* on Him.

Pray God would meet opportunities for growth with Christ's transformation by the power of the Spirit. Intercede, seeking God's best for one another. *Ask God to do what only He can do.*

1:15 – 1:20

Preview Your Next Triad Meeting

Before your next Triad meeting, **read chapter five of *Emotionally Healthy Spirituality***. Until you meet again, be praying for one another as you read and consider your next Triad discussion.

