



The
emotionally
HEALTHY CHURCH



NORTHRIDGE FRIENDS CHURCH



Phase 1: Paying Attention

2 Samuel 1:17-27

- ▶ 17: David took up this lament concerning Saul and his son Jonathan,¹⁸ and he ordered that the people of Judah be taught this lament of the bow (it is written in the Book of Jashar):
- ▶ 19 “A gazelle^[a] lies slain on your heights, Israel.
How the mighty have fallen!
- ▶ 20 “Tell it not in Gath,
proclaim it not in the streets of Ashkelon,
lest the daughters of the Philistines be glad,
lest the daughters of the uncircumcised rejoice.
- ▶ 21 “Mountains of Gilboa,
may you have neither dew nor rain,
may no showers fall on your terraced fields.^[b]
For there the shield of the mighty was despised,
the shield of Saul—no longer rubbed with oil.



▶ 22 “From the blood of the slain,
from the flesh of the mighty,
the bow of Jonathan did not turn back,
the sword of Saul did not return unsatisfied.

23 Saul and Jonathan—
in life they were loved and admired,
and in death they were not parted.
They were swifter than eagles,
they were stronger than lions.

▶ 24 “Daughters of Israel,
weep for Saul,
who clothed you in scarlet and finery,
who adorned your garments with ornaments of gold.

▶ 25 “How the mighty have fallen in battle!
Jonathan lies slain on your heights.

26 I grieve for you, Jonathan my brother;
you were very dear to me.
Your love for me was wonderful,
more wonderful than that of women.

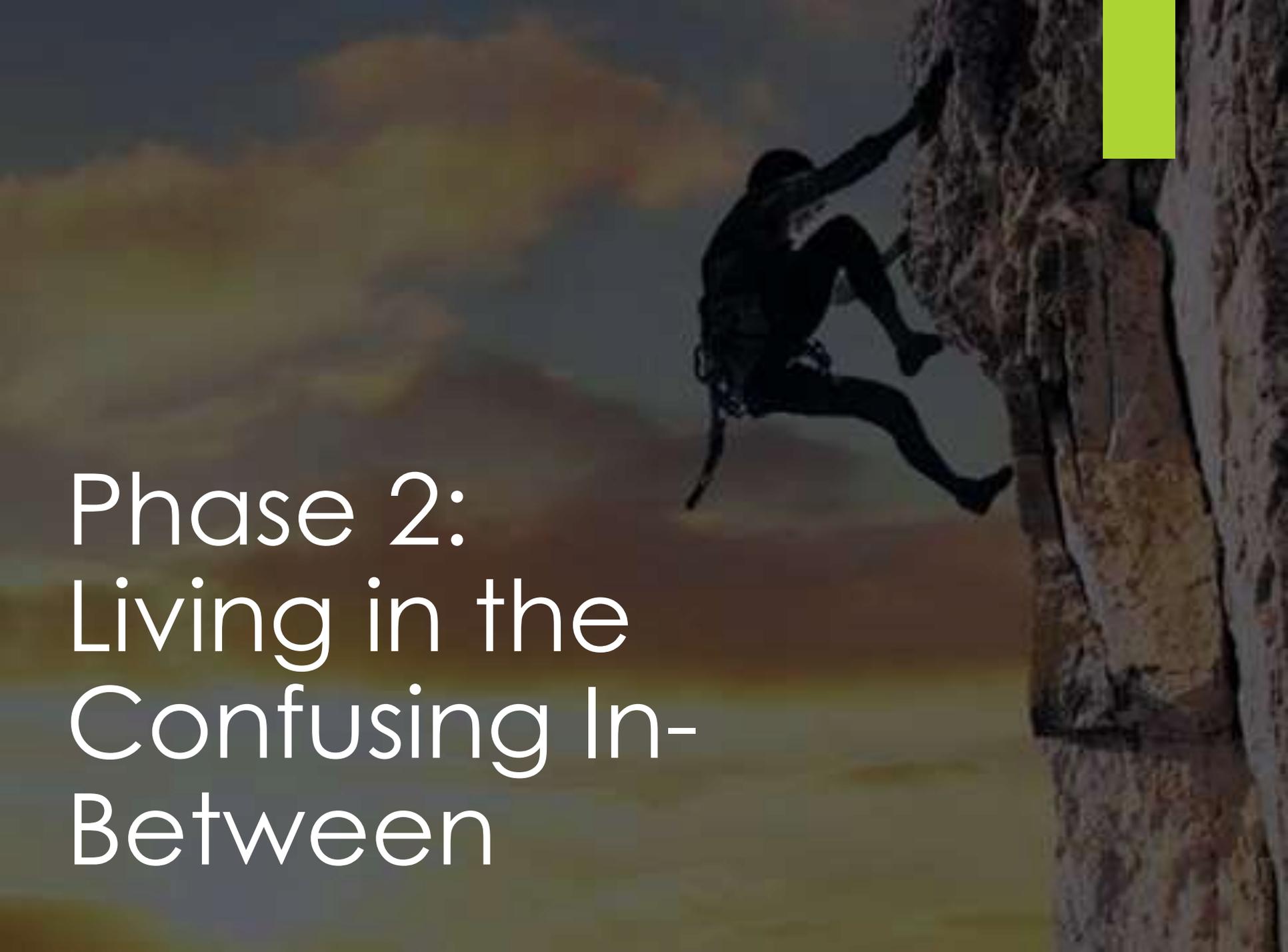
▶ 27 “How the mighty have fallen!
The weapons of war have perished!”



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A person is climbing a rock face at sunset. The person is silhouetted against the bright, hazy sky. The rock face is on the right side of the image. A bright yellow vertical bar is on the far right edge.

Phase 2: Living in the Confusing In- Between

Lament for a Son by Nicholas Wolterstorff

- ▶ “God didn’t shape the mountain so my son wouldn’t fall off. Neither could I say that there is nothing God could do about it. I can only endure. I do not know why God didn’t prevent Eric’s death. I live without the question. To live without the answer is precarious. I have no explanation. I can do nothing else but endure in the face of this deepest and most painful of mysteries. I believe in God the Father Almighty maker of heaven and earth and the resurrection of Jesus Christ. I also believe that my son’s life was cut off in its prime. I cannot fit these pieces together, I am at a loss. To the most agonizing question I have ever asked, I do not know the answer. I do not know why God would watch him fall, I do not know why God would watch me wounded. I cannot even guess.”

A person in a long, dark robe stands in a cave, their arms outstretched towards a bright, glowing light source. The cave's interior is dark, with the light source creating a strong silhouette effect. The person is positioned on the right side of the frame, facing left. The light source is a large, bright circle, possibly representing the sun or moon, positioned in the center-left of the frame. The cave's ceiling and walls are visible, with some stalactites hanging from the ceiling. The overall atmosphere is one of hope and transformation.

Phase 3: Allowing the Old to Birth New



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