

## WALLS

*This is from a chat with an Iranian believer who talked about a coldness that had stolen over her heart. Our discussion led to talking about walls of protection. I kept it in the language of internet chat - so it will read a bit rough.*

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All of us put up walls to keep from being hurt - and being cold in your heart is one wall. The reason for the wall is to protect someone inside who is wounded and hurting and not very strong. I think the walls are held up by other kids inside who are trying to protect a very young, deeply wounded kid behind the wall. So when that kid is being threatened or afraid or anxious, a wall goes up to protect her.

Most of us can see when another person puts a wall between us. For example, you are talking to a friend and all of a sudden something happens and it becomes harder to talk to them. You met their wall. These walls are usually VERY strong because they are there to protect someone very weak. At least that is how the kid with the wall sees the kid behind the wall - as weak and vulnerable

When people see our walls go up they usually do one of 2 things - they back away, feeling hurt and confused or they try to push over your wall (e.g., maybe they yell or they keep asking "Why are you so cold?"). But the reason the wall is there is to protect someone. So if we push on the wall, the other person only builds BIGGER walls to protect the kid even more.

For example, if I think a person is not safe for me to be around, I put up a wall. If they push on it - try to make me talk, for example - then I begin to think: "See, they aren't safe. They keep trying to hurt me." And so I get colder and stronger and keep building my wall until they stop or I win.

Being cold and pushing people away is a strong wall. You learned it a long time ago. There could be many reasons why you never saw it before. Maybe because you had other walls that you put up first. But now that you have found some healing they are gone. So this is a new wall. Or maybe it was there all the time and you just never saw it. But now God has opened your eyes because He wants you to be free from it. One way to know is to ask someone else: "Did I put up this wall before?" It is hard to ask people to tell us the truth. Choose someone you know loves you enough to be honest - to speak the truth in love.

I think that whatever the reason for this wall, God is allowing you to see it now. And He is saying it is time to be free! Even though you look at feeling this coldness as bad, God is saying, "I let you see it for your good, so I can help you. And this is not just for you. This is something to always remember when you help others. They will see bad things in themselves and feel terrible and ashamed and guilty and angry at themselves. But you can help them by letting them know that God already knew this about them and He is letting them see it now - finally - because they are ready to be free. It is a place to start. And God has loved you with this problem for many years. So be at peace."

So here is what I see God doing when we encounter walls in our prayer times. He usually goes around them in order to heal the kid **behind** the wall. Then the kid holding up the wall sees that she is no longer needed, that her job is over, and she can just let go of the wall (which has been so heavy for so long) - and be free!

God does this with walls like anger and coldness of heart. But He also does this with other walls (like addictions). When you understand this truth about the walls protecting small, hurting kids, and you understand that God can heal the kid behind the wall, you will be amazed at how God sets free people who are in great bondage.

So a question I often ask others I will now ask you: What do you think is behind that wall? What is it that you would feel if the wall wasn't there?

*(The woman in Iran answered) But I think this wall is so strong. I feel this wall becomes deeper - deep in my feelings. I can feel it.*

That is exciting! Because that means God has done some good healing for you already. And now you are hitting some of the deeper and harder walls, the more wounded kids. He only does this if you are ready. Even though it feels harder to fight and win, you know so much now that you didn't know before. And so you are more ready to find God's freedom. Be encouraged! God would not show you this wall, this kid, unless he knew you were ready to overcome it - with His help, of course. You are on the right path!