



Why Do We Build Walls?

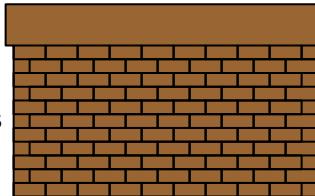
Because God designed us with a need to live in relationships, we reach out to others in hopes of love and acceptance. When these relationships don't meet the need we hoped they would, we feel hurt, lonely, or sometimes want to give up trying.

As we counsel with people we have discovered that most all of us have built a protective wall around our selves. There are many reasons for constructing these walls, but most of them boil down to self protection.

A dear lady we met with recently gave us some reasons why she wanted to stay behind that wall and she gave us permission to share them with you.

- ◆ I'm used to it—it's comfortable back here!
- ◆ There is a certain amount of security and safety back here!
- ◆ I can focus on my good and their bad from back here!
- ◆ I can protect myself from getting hurt back here!
- ◆ It is so open, light, exposed and vulnerable out there! -Who knows what may happen!?!

Even though these reasons may seem good, it does get lonely behind the wall. We long for relationships that fulfill a God given need to connect with someone. After we are hurt, we find



ourselves arguing inside as to whether July 2018

we should take another risk and reach out to someone. When the hurt is repeated the wall gets thicker and higher. Some people decide they will not try again. Many will connect with an animal, but not with another person.

So often we try to help someone by logically explaining truth. Truth is important and necessary, but if the person doesn't feel accepted, understood or cared for, they will resist your efforts by locking up.

Unless we understand and care for the broken hearted we will not be able to help them. We need to understand how to lead them in a prayer to actually resolve the emotional damage in their past.

I love the Word of God, because it defines and cares about our emotional pain. God cares about what we've experienced. In Psalms 30:2, "*O Lord my God. I called to You for help and You helped me.*" Psalms 34:18, "*The Lord is close to the broken hearted and saves those who are crushed in spirit.*" The problem is, emotionally, most of us don't even know that God cares. We don't know how to take our pain to Jesus to actually get peace from the pain we've experienced in our lives. In Isaiah 61:1 and Luke 4:18, Christ was sent to heal the broken hearted—to set at liberty those that are bruised. Not only did Christ come to bring salvation through His death on the cross as a payment for our sin, but Christ also came to care

Mission

Freedom Ministries of the Quad Cities exists to help couples and individuals experience freedom in Christ through identifying and resolving spiritual and emotional conflicts thus strengthening, empowering and helping fulfill their relationship with Jesus Christ and others.

HELPING YOUR SMALL GROUP OR CHURCH

Wayne and Jeanine are available for :

- ◆ Retreats: Intro to Emotional Issues
- ◆ Seminars: Spiritual Issues
- ◆ Six week SS Class on Forgiveness
- ◆ Occult Issues; Dating, Moral Failure

about our emotional pain that we were to experience. Jesus knew we would be living in a world of sinful/fallen people and that we would be spiritually & emotionally wounded. As a result of that, Jesus wants to bring peace to our heart in the midst of the damage we've experienced in our personal life.

Why do we build walls? To protect ourselves. But protecting ourselves leads to loneliness and sometimes even hurting others by not allowing them to get close. I encourage you to let Jesus heal the hurts inside so you can experience the joy of loving relationships.

Praise and Prayer

Praise

- ◆ For Homewood Free Church for providing an office for Freedom Ministries.
- ◆ For our faithful God who reaches into hearts to heal deep pain and set captives free.

Prayer

- ◆ For couples who are struggling in their marriage, that their hearts will be open to forgiveness, love and truth.
- ◆ For the CFTH Annual Conference this November, that God will move in hearts and many relationships will be healed.



CFTH Annual Conference

"From Performance to a Heart That is at Rest"

November 4–8, 2018
Maple City Chapel
Goshen, Indiana

Evening sessions are free and open to the public.
Afternoon workshops for teaching and training will require registration and fee.

Register on line at:
Www.caringfortheheart.com

Birdies for Charity

Thanks to all who sent in pledges for the Birdies campaign. We are so grateful to you for your gifts. July 9 is the cut off, so there is still time to send in your pledge!

Thank You!



Thank You

Thank you, Wayne and Jeanine, for the way you both make the world a better place by giving us and all those you have helped tools to take care of hearts and overcome through remedying our love issues. Now we can enjoy a successful marriage!

If you no longer want to receive the newsletter, please contact us. Our email address is: freedomministries@att.net or write to: Freedom Ministries, P.O. Box 953, Moline, IL 61266-0953