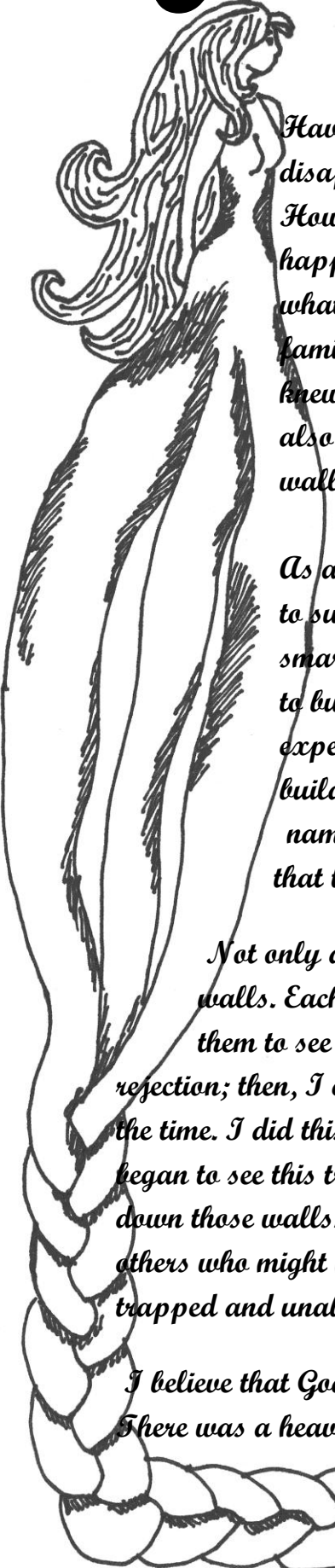


# Three Strand Woman

*Where Do You Run To?*



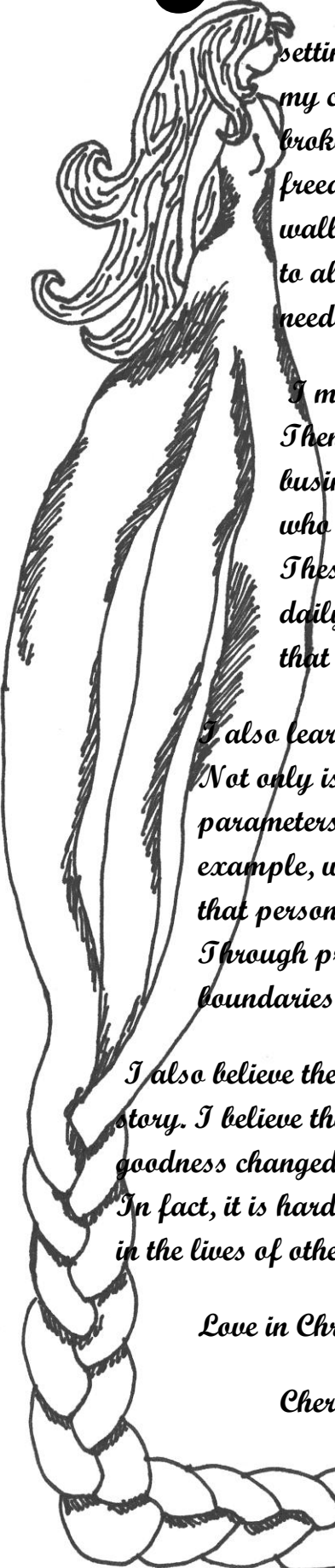
*Have you ever been hurt, scared, angry, sad, or felt betrayed or disappointed by someone or some situation that you were involved in? How do you handle these feelings or where do you run to when this happens? Pastor Tony did a teaching some time ago about Peter and what he did after Jesus was crucified. Peter went back to the “familiar.” He went back to fishing. This really spoke to me because I knew exactly where I try to run when something shakes me up – I am also tempted to go back to the “familiar.” My familiar is to build walls.*

*As a child I often found myself in unsafe situations and had to learn to survive and protect myself at an early age. One of the first “street smarts” you learn is to never show fear. The way I achieved this was to build walls to hide myself and my emotions from others. I became an expert wall-builder and became one tough cookie. I was so good at building walls that I was forty-years-old before anyone ever used my name and “sweet” in the same sentence. I became a believer at fifteen if that tells you anything about the depths and strength of my walls.*

*Not only did I separate myself from others with walls; but, I had layers of walls. Each time I allowed someone within one layer, I subconsciously tested them to see if I would be rejected. If they showed signs of surprise or rejection; then, I could reject them first using whatever silly reason I thought of at the time. I did this for many years without ever realizing what I was doing. I only began to see this truth about myself after God began working in my life and tearing down those walls. I didn’t understand that those same walls that separated me from others who might hurt me, also separated me from God. They served to keep me trapped and unable to find the full freedom that was God’s design for my life.*

*I believe that God showed me the truth in a dream. In this dream I was trapped. There was a heavy door that I could not open. God came to me and opened this door,*

# Three Strand Woman



setting me free. When I was free, I turned to look at the place of my captivity. What I saw were stone walls that were crumbling and broken. I realized that I could have easily stepped over these walls to freedom. I also realized that it was God who had been tearing down the walls in my life. He had done this because I needed Him and I needed to allow others into my life. I needed them and they needed me. They needed to see the “real” me and to see what God has done in my life.

I must confess that at first I felt really vulnerable and exposed. Then, I realized that everybody doesn't need to know all of your business. Within the Body I have found some strong, Christian women who I can trust with my heart as I continue to grow in my journey. These women know my heart and I know theirs. We can share our daily struggles without fear of being hurt or misjudged. We understand that we are all still works in progress.

I also learned that there is a difference between “walls” and “boundaries.” Not only is it okay to set boundaries, but it is healthy. Boundaries are the parameters we set when we determine what is acceptable in our lives. For example, we should forgive someone who has hurt us; but, we shouldn't allow that person to continue to hurt us. That is a boundary. That is healthy. Through prayer and seeking God's guidance, I am learning to set healthy boundaries without setting walls. I am learning to run to God.

I also believe there are those that God will place in my path who need to hear my story. I believe that they will be encouraged and uplifted by seeing an honest-to-goodness changed life. In my story they should find hope. They should find Jesus. In fact, it is hard to miss Jesus because only He could make one tough cookie sweet in the lives of others.

Love in Christ,

Cheryl Biggs



# *Three Strand Woman*

