

FamilyLife Blended® Radio Transcript

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Break Down the Wall: Let Yourself Love Again

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Ron: Finally, I let myself love again.

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: When people go through a significant breakup they sometimes get cautious about loving again with their whole heart. Carissa shared with us on Facebook that she built a huge wall around her heart after her first husband changed for the worse. She assumed then that her second husband would do the same; she expected to be disappointed. But when he didn't disappoint her she realized her wall was still up and it had to come down.

You see here's the problem: building a wall protects you from hurt but it also prevents you from loving...which ironically makes it more likely that you'll get hurt. Find courage like Carissa. Break down your wall; trust God; and let yourself love and be loved. For FamilyLife Blended I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

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