

Wall of Fire: Protected by Presence
May 31 - July 5

Behind the Walls: Week 1
When Survival Became My Identity



monique myers consulting 2026

On the Journey
Growing in faith, together

Behind the Walls: Week 1 - When Survival Became My Identity

A Guided Reflection on Zechariah 2:5 *“Then I, myself, will be a protective wall of fire around Jerusalem, says the Lord. And I will be the glory inside the city.”*

What protected you in one season may be preventing healing in the next. This guide will help you gently explore the walls you've built, the burdens you've carried, and the God who promises to surround you with His presence.

INTRODUCTION

Sometimes survival becomes so familiar that we stop recognizing how exhausted we really are. We stay strong. Stay guarded. Stay busy. Stay prepared.

And while those responses may have helped us survive painful seasons, they were never meant to become permanent places to live.

This week's invitation is not to shame your survival.

It's to ask gently: *What if God never intended for you to carry the role of protector alone?*

REFLECTION QUESTIONS

1. What “walls” have I built to protect myself emotionally, spiritually, or relationally?

Examples may include:

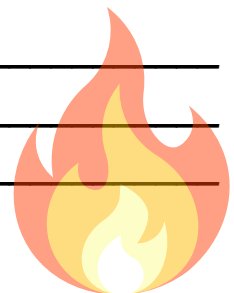
- *staying emotionally distant*
- *overworking*
- *shutting down*
- *sarcasm or humor*
- *controlling situations*
- *isolating*
- *never asking for help*
- *always staying busy*
- *avoiding vulnerability*

2. When do I feel most emotionally “on guard”? Think about:

- *certain relationships*
- *conflict*
- *silence*
- *disappointment*
- *leadership pressure*
- *family dynamics*
- *financial stress*
- *church hurt*
- *fear of failure*

3. What would change if I truly believed God was surrounding me with protection?

What would you release, stop carrying, stop fearing, finally rest from?



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SUNDAY SCRIPTURE MEDITATION

Read this slowly several times today: “I, myself, will be a protective wall of fire around you.”

Now pause and reflect:

What word stands out to me?

What emotions rise up in me while reading this?

Is it difficult for me to believe God is protective? Why?

DAILY PRESENCE PROMPTS

Day 1: Where in my life am I operating from survival instead of peace?

Day 2: What am I constantly trying to control?

Day 3: What pain am I still protecting?

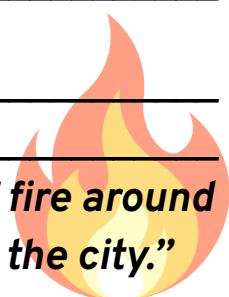
Day 4: What would emotional safety with God look like for me?

Day 5: What burden have I carried that was never mine to hold?

Day 6: What helps me feel close to God’s presence?

Day 7: What would it look like to exhale and trust God this week?

Zechariah 2:5 “Then I, myself, will be a protective wall of fire around Jerusalem, says the Lord. And I will be the glory inside the city.”



PRACTICAL NEXT STEP: One Small Step Toward Safety

This week, choose ONE area where you will stop carrying everything alone.

Maybe that means:

- asking for help
- being honest about your exhaustion
- setting a healthy boundary
- spending 10 quiet minutes with God
- journaling your fears instead of burying them
- joining a summer group or community circle
- reaching out to someone safe

Healing rarely begins with giant leaps. It often begins with one honest moment.

DECLARATIONS: Speak these slowly and intentionally:

- *I do not have to live in constant survival mode.*
- *God is my protector.*
- *I am allowed to rest.*
- *My healing matters to God.*
- *Hypervigilance is not the same thing as peace.*
- *I do not have to carry every burden alone.*
- *God's presence surrounds me.*
- *I am safe with Him.*



JOURNAL PROMPT: Complete this sentence:

“The version of me that learned to survive needed _____.”

Now complete this one:

“The version of me God is healing is learning _____.”

CLOSING PRAYER

Father,

Thank you for being gentle with the parts of me that learned survival.

You see the exhaustion I carry.

You see the walls I built.

You see the hurt underneath the strength.

Teach me what it means to trust Your presence more than my defenses.

Help me surrender the constant pressure to protect myself from everything.

Remind me that you are the wall of fire around me.

Heal what fear has hardened.

Restore what pain has isolated.

And teach my soul how to rest again.

In Jesus' name, Amen.



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