

# Your Secret Life

## Proverbs 28:13

Most of us love to be part of a secret. When someone begins a sentence with, "You can't tell anyone what I am about to share with you..." our ears perk up. Usually something is a secret, because the information shared is damaging concerning an individual or organization. Many of us have secrets that we have never shared, because of shame and regret.

Things are hidden because of fear and self-preservation. People often go into hiding because they have been hurt or have done something or are still doing something shameful. Some run and hide away simply because of burn out—life happens, the long grind & over-commitment.

I call all of this: Your Secret Life. What happens in Your Secret Life greatly determines the results, especially the levels of joy and peace, of your life. Is Your Secret Life healthy or destructive?

## Deeds of darkness

- Nothing good ever happens after midnight
- **John 3:17-21**
- **Ephesians 5:8-18**
  - Rebellion, sin & shame
  - Addiction
  - Self-pity
  - Over-commitment to "good things" which crowd out relationship with the Lord
- **Your out-of-control Secret Life**
  - You can run from others, but you can't hide from yourself.
  - You can run from your actions, but can't hide from their consequences.
  - You can run, but you can't hide from God.
  - Instead of running from God, it is time to run to God.
  - The only way to fix Your out-of-control Secret Life is by establishing a solid, consistent Secret Life with God.

## Your Secret Life with God—Matthew 6:1-21

- Giving—Praying—Fasting
- Private (secret) & simple—keeps our motives pure
- Use the Lord's Prayer as a daily guide for your prayer life.
  - Our Father: worship & exalt name of God
  - Your will: asking & surrendering to God's will
  - Give us this day: supplications
  - Forgive us: give & receive
  - Lead us: asking for leadership of Holy Spirit
  - Yours is the kingdom: thanksgiving & praise

# Discussion Guide

Primary Text: Proverbs 28:13

Most of us love to be part of a secret. When someone begins a sentence with, "You can't tell anyone what I am about to share with you..." our ears perk up. Usually something is a secret, because the information shared is damaging concerning an individual or organization. Many of us have secrets that we have never shared, because of shame and regret.

Things are hidden because of fear and self-preservation. People often go into hiding because they have been hurt or have done something or are still doing something shameful. Brene Brown said, Shame is the most powerful, master emotion. It's the fear that we're not good enough." Some run and hide away simply because of burn out—life happens, the long grind & over-commitment.

This is Your Secret Life. What happens in Your Secret Life greatly determines the results, especially the levels of joy and peace, of your life.

## Questions

- Is Your Secret Life healthy or destructive?
- Are you afraid that if people knew your secrets that they would think less of you?
- Why do we bury our secrets rather than asking for help?