

The Danger of Secrets – Lesson

Lesson summary: To the degree that you allow sinful secrets to remain in your heart, to that degree you will be sick and weak and unable to grow in Christ.

PROVERBS 28:13 (NIV)

He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

- Your life is like a house. It is possible to allow Christ in, but not allow Him into every room.
- Coming here to this group and pretending that you are doing great when you are struggling in your heart, is like going to the work out gym and spraying water on yourself and walking around and saying, “Wow! What a great workout!”
- It is possible to be a Christian and be walking in victory and then begin to keep secrets about something as small as your sinful thoughts.
- This is very dangerous, and the beginning of the path to destruction.

The longer you hold a secret:

1. The sicker and more distorted your thinking and reasoning becomes
2. The more miserable you become
3. The more you desire the flesh and the more difficult it becomes to resist sin
4. The more resentful you become towards others and God.
5. The more spiritually dry you become, the more difficult it becomes to pray

Why do we hold secrets?

1. We don't trust others
2. We are afraid of what others will think of us
3. We are afraid others will stop respecting us
4. We see ourselves as someone who needs to be a leader and can't let anyone know we are struggling with anything
5. We don't want to humble ourselves to others
6. We want to keep enjoying and indulging in the sinful things

What are the lies behind these reasons?

- Lie: What others think of me has some bearing on how spiritual I am.
→ Truth: What is most important is not what others think of us, but what God thinks of us
- Lie: Nobody will understand, they aren't struggling like I am, I am alone.
→ Truth: Everyone has weaknesses and struggles.
- Lie: There isn't anyone I can trust
→ Truth: You can't trust everyone, but there is always someone you can trust.
- Lie: This isn't a big deal and I can control it. It doesn't hurt anyone.
→ Truth: There is a heavy price to pay for continuing in sin, small sins always lead to a lapse in judgment and quickly goes out of control and hurts those you love.
- Lie: People don't respect you when you show vulnerability
→ Truth: Showing vulnerability shows strength, hiding things shows weakness.