

The Dangers of Secrets – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Keeping a secret is like holding poison inside your body. It slowly kills you. Have you ever had an experience when keeping a secret led to worse things? What was the secret? What was your motivation for keeping it a secret? What were the effects of it? Did it ever become known to others? Write out your experience and what you can learn from it about secrets.

Day 2

What did Jesus have to say about keeping secrets?
Are they able to be kept for very long?
Spend some time reading the New Testament or searching a concordance for “hidden” or “secret.” Write out what you find.

Day 3

Memorize

PROVERBS 28:13 (NIV)

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

Day 4

One of the things the devil wants to do most is to isolate us. How does keeping a secret isolate you? Does it make it more difficult to maintain a solid relationship with someone when you are keeping secrets from them? What about in a marriage? Does keeping secrets from your spouse help or hurt the relationship?

Day 5

One of the fascinating things we come to realize when we begin to share things that we have kept secret is that those temptations we talk about lose their power. It is like someone sucking the poison out of a wound. The devil uses emotions and feelings and desires to tempt us to sin, but when we expose those, it is amazing how quickly they dry up. What are some areas in your life where you have been keeping secrets? Have you ever had God expose something you have been keeping secret in your life? Was it more painful or less painful than if you would have come clean with it on your own? Spend some time seeking God and asking Him if there is anything you need to share with someone.