

# *Welcome to Journey 15*

Taking an Intentional Journey to Breathe

*SIJ - 15 Years of Celebrating Our Journey Together*



# God Knows Your Secret Struggles

## Chapter 4

There can be moments of happiness and pleasure even with  
the companion of hardship.



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## Chapter 4

What trail tells the truest tale of your hidden struggle?

Finances

Relationships

Family Dynamics



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**We don't have to fake optimism when we believe in God's omniscience.**



### **Familiarity –**

- It's an epidemic in safe Christianity.
- Kryptonite of growth, health and healing.

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### Two Categories of Secrecy

- Things we may have done.
- Things that have happened to us.

*Can you relate?*

Are you furiously trying to hide?

Are you ferociously trying to fix or defend my struggle?



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God's omniscience allows Him a unique vantage point.

He knows how deep in you are.

He knows how desperate you are.

God's wants to be our solution, in every way, no matter what our struggle winds up being.



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When we don't want to call something what it really is, we often call it something else.

### Privacy versus Secrecy

Privacy is about things that are personal that are important to keep fenced off from other people, for the good of our souls and / or the good of others.

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### Why do we call secrecy privacy?

We don't want to be real about our struggle.



We want to buy more time with our habit / struggle.



We want to keep up the façade to maintain a posture of perfection.



We want to keep trying to manage it because of pride.





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Sometimes privacy can slip into secrecy, even when we don't intend it.

Secrecy is about things we keep hidden from other people because we don't want to face accountability, behavior change, and / or repentance, or get needed help – to the detriment of our souls and many times to the detriment of others.



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Three ways to detect shame that has come from secrecy.

You avoid people to dodge probing conversation.

You feel distant from God.

You feel negatively toward yourself for something you are doing that other people don't know about.



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## Chapter 4

Recognize the problem.

Get to the root.

Confront inner thought and lies.

Replace lies with truth.



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## Chapter 4

Meditate on the Word.

Break behavior patterns and cycles tied to lies.

Resist, worship, and walk it out.

Rest in the grace of God.



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God is calling you out of a life of secrecy to protect your soul.

**Tormented soul:** high level of accusation, fear of punishment, dread over past mistakes, a heavy lack of peace.

**Romans 8:1** “There is therefore now no condemnation for those who are in Christ Jesus, who walk not according to the flesh but according to the Spirit.”

**Philippians 4:7** “And the peace of God, which surpasses all understanding, will protect your hearts and minds through Christ Jesus.”

