

## Secrets in the Dark

Sometimes we don't want to know God's will and don't experience the "good life" because there are areas in our life that we aren't ready to deal with yet. Recovery is a process for us. We may be ready to pray for God's will in some areas but feel uncomfortable with having God's light shine into areas that are still hidden in shame. We are afraid of scorn or misunderstanding. Sometimes, we simply want what we think is the "best of both worlds." Jesus says we can't have light and things of the darkness as well. The longer we cooperate with the darkness, the more difficult it will be to recognize hope and help when it comes our way.

When talking about those who refuse to trust him with their whole life, Jesus said, *"The light from heaven came into the world, but they loved the darkness more than the light, for their deeds were evil ... They stayed away from that light for fear their sins would be exposed and they would be punished."* Later, in one of his talks, Jesus said to the people, *"I am the light of the world. So, if you follow me, you won't be stumbling through the darkness, for living light will flood your path."* (John 8)

*When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts,*

*eagerness for lustful pleasure, idolatry, participation in demonic activities, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, envy, drunkenness, wild parties, and other kinds of sin. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Here there is no conflict with the law.* (Galatians 5)

Darkness is great when we are trying to hide something but light is needed when we are trying to walk without stumbling. When we are hiding our shameful behaviours and hold on to our addictions, the darkness seems like our friend. In reality, it is hurting us just as surely as darkness contributes to the pain of skinned knees when we stumble. God wants to bring His light into every corner of our hearts, not to harm us but to help us. We don't need to be afraid of God's light and of bringing all of our lives "to the light" because we have forgiveness and healing for it all through Jesus Christ. He wants to safely guide us on the right path that gives us joy and satisfaction.

### Questions for Reflection and Discussion

1. What are the secrets that I hide?
2. How do those secrets continue to harass and hurt me?
3. Why do I hide them? Is it fear of pain or fear of the unknown of life after letting them go?
4. What result does Jesus promise me for bringing my secrets out and confessing them to Him?
5. How do I (or can I) invite God's light into more areas of my life today?