

Morning Thoughts: Openness

As a young Christian it was hard for me to be “open” about my struggles. I had never been a person to share my feelings and so it was challenging to be open about what I felt and confess my sin. Confessing first to God, then to others was incredibly freeing. As I learned to open up about my heart, there was such a sense of relief. I felt like I was not alone. There was a freedom that came from being transparent.

The Promises of God About Openness (Psalm 32:3-5, James 5:16, 1John 1:9)

Healing and being purified are incredible. Forgiveness comes from God and only God, but there is healing in being open with others who are righteous. It is so easy to forget this.

Q: What happens to us when we are not open and aren't dealing with our sin?

How Sin Can Effect Us

1. Destroys conscience
2. Wears on our health - Wears us out emotionally and spiritually.
3. Effects our relationships - We don't feel close to people when we are not open.
4. Depression - Hard to deal with everything alone. Need our Father and others to help us “sort out” our feelings.
5. Pride keeps us more concerned more about what others think than what God thinks.
6. We begin to dislike who we are. Feel fake I I I

Satan Is Such A Deceiver (John 3:19-21)

Sometimes we like the darkness because we can keep up an illusion of ourselves; a pretense to others. Sometimes it is just so we can avoid of reality of who we have become.

Openness shines light in all of our dark places.

Exposing our sin and being willing to “be weak” is so refreshing. The reality is that we become strong through this process. When we are willing to deal with what we find in our heart, so much freedom comes. Our confidence builds because we are living a life completely open to our Father’s guidance. However, sometimes we don’t want to find out because we don’t believe we will be able to change (of course a LIE from Satan). We struggle with being open because we know how much work will be involved and we don’t want to put in that much work. At times we don’t want to find out because in our hearts we like our sin and don’t want to get rid out it. Purity, pride, selfishness, laziness John 3:20-21

There are so many blessings and benefits that come from our openness: God guides you toward everlasting life. God is on your side. He’s your greatest cheerleader. He wants you to succeed! No matter how deep in sin we are God can deal us. There is never time in our lives to try to handle our sin alone. God, in His infinite wisdom, thought of everything we need for life and godliness. I’m so grateful for that.

Focus for the Day:

Pray through Psalm 139:23-24 this week in your personal time with God.