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Secrets

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Secrets

For most of us, our secrets are not life-threatening ideas, plans, or knowledge such as are featured in adventure stories, but rather they have to do with our highly personal desires, hopes, and dreams. We share such secrets only with those we trust most deeply. Youngsters will ask whether someone can keep a secret, which indicates more their desire to share than any attempt to assess another's trustworthiness. When we are seriously evaluating a decision that will have significant consequences for us and for others, we might want to consult one or two persons whose care for us, and respect for our decision-making process, we already know quite well.

Perhaps we have been surprised to hear, after sharing a secret with someone, that he or she already knew, or was fairly aware of, the issue we were considering. Those who deserve our confidence in them are often able to recognize, without necessarily putting words to their intuitions, the major issue that moves within us seeking resolution.

Some of our secrets we need to share, but not with just anyone, and certainly not for the sake of satisfying their curiosity. Often, we will clarify for ourselves a thought or movement only when we struggle to articulate it for someone else. Personal secrets can "go bad" within us if they are kept too long without the reality check of communicating with a person we trust. A secret, untended, can slip into our heads and become isolated from our hearts, with the consequence that we are left with merely one idea among many, rather than a holistic desire that, when fully formed within us, can then be enacted.

God knows our secrets even before we voluntarily share them, but "keeps" them perfectly, never using such knowledge to gain power over us or to make an impression on someone else. Sometimes we need to talk over an important matter with another person whom we can see and hear and perhaps touch. But we can share with God our significant desires when we also consult with one or more confidants, as well as when we choose to keep the issues between just the two of us.

We learn through experience how much we can trust a particular friend, advisor, or professional consultant, and in a similar fashion we also grow in our trust of God. If we find, or suspect, that someone to whom we have revealed a secret has used that knowledge for a selfish purpose, we close off communication, and seek to protect ourselves from harm. I do not know of anyone whose trust in God has been misused.

No matter what we believe about the goodness of God, we still might find that we are hesitant to let God "in" when we have a not yet fully formed idea within us that is accompanied with strong feelings. Anxiety about the unknown consequences of engaging God deliberately in a private and personal matter which we do not yet understand fully ourselves, can lead us away from our own best interests. By reflecting on occasions when we have consciously opened a concern to God in the past, we can find reassurance for being completely honest about whatever is now present in our minds and hearts.

Our secrets are too important not to reveal them to God who loves us.