

**The Therapy of Transparency**  
*Secrecy is the leprosy to living by faith*

Hey, nobody's perfectly normal!!! Perfection ended with the choice to partake from the tree of knowledge of good and evil, described in the third chapter in Genesis. So, the struggle to attempt living the faith life is not by trying to make the unreachable choice to be perfect. No, it's admitting that we struggle. That's when we should begin to realize and then admit it; we're not alone. That's when we'll understand: Secrecy is the leprosy to living by faith.

Please always remember, it's never a sin to be tempted. No never. Jesus was tempted; He spoke against it every time. Our therapy commences when we can realize we're not alone. Our faith to resist is reinforced when we can walk and talk with others who struggle with the same challenges. That's when we discover comfort. These temptation challenges may even be the result of damaging choices made by others in earlier times.

It's when we realize the benefit of accountability to others who know our struggles that we become encouraged and receive the Spiritual anointing to serve and inspire others. We may discover that we're ministering to the very ones who are helping us follow through regarding our old tainted emotional behavior.

Be comfortable with who you are, warts and all. After all Jesus said, "*no one is good except God alone*" (Mark 10:18 & Luke 10:19). It might be difficult to love someone who's absolutely perfect because we subliminally think they don't need our love. However that's not true. Our Lord, our Creator is perfect and He created us to present our agape love (*a purpose driven verb, not just an emotional feeling*) to Him.

Life will always be filled with temptations, whether it's that raw fear rendered depression or the pride to hide self-worth feelings or perhaps greed from childhood depravity or same sex attraction, sexual lust or porn. Or maybe it's just the guilt of not being Christ like enough. Whatever it is, remember this:

Romans 14:23 says in part "*anything not from faith is sin.*"

1 Peter 5:8 & 9 tells us "*Be alert, of sober mind. Your enemy, the devil, prowls like a roaring lion looking for someone to devour. Resist him, stand firm in the faith, because the family of believers throughout the world is undergoing the same kind of sufferings*"

So, how do we stand firm in the faith? We become open-minded and transparent about our struggles. I don't know anyone who has never struggled, and you don't either; right? To walk into a room where you don't need to explain your emotions because everyone there already knows them is a wonderful comforting experience.

Always be ready to be transparent with your struggles. You will experience way more love than you ever could with a cover-up facade. Role-players are difficult to like; we can't ever really get to know them. Usually they become image graspers. Their self - esteem may morph into 'GRASPING' which can easily gravitate into narcissistic or atheistic reasoning. I love sinners who are saved by grace; don't you?