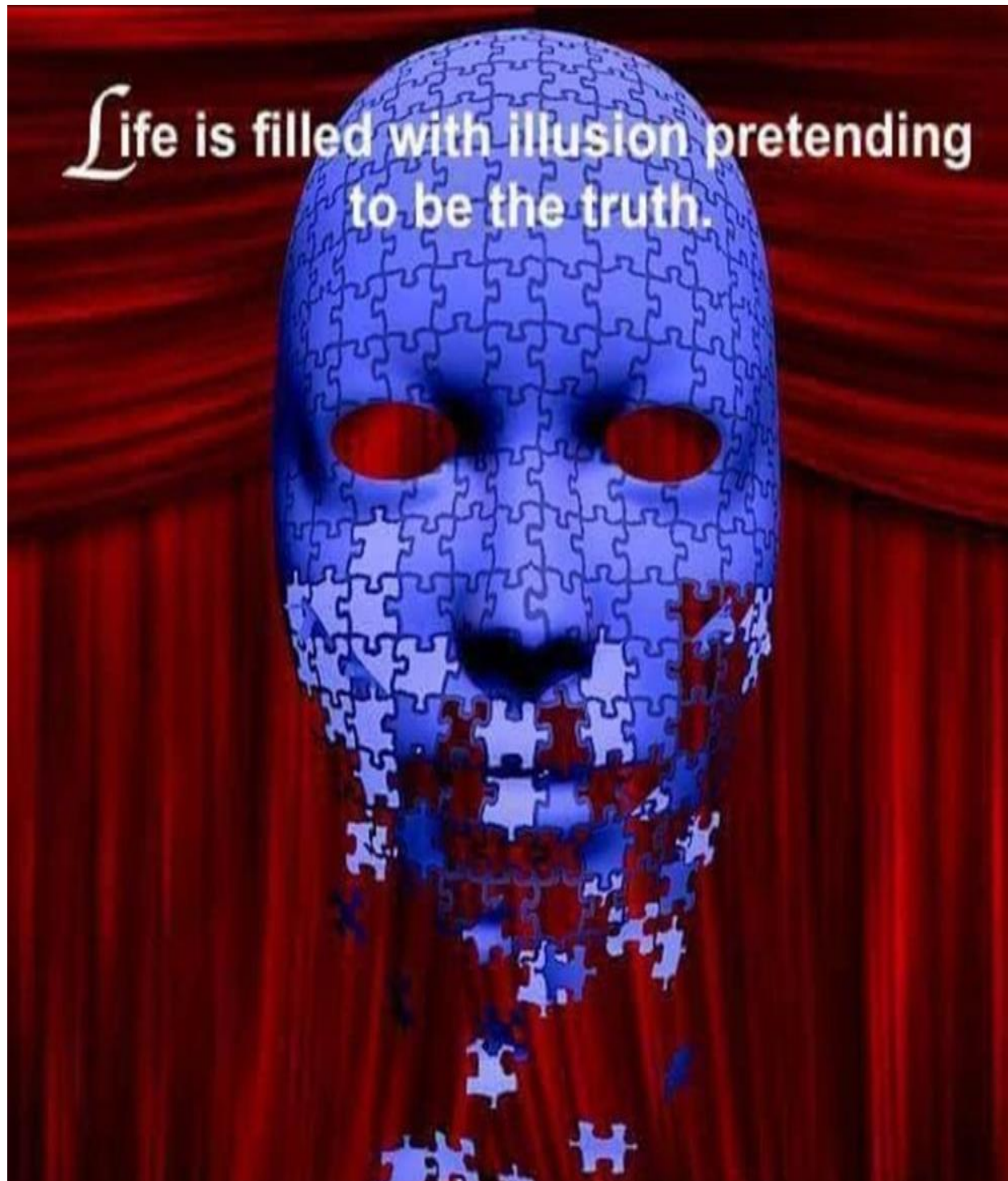
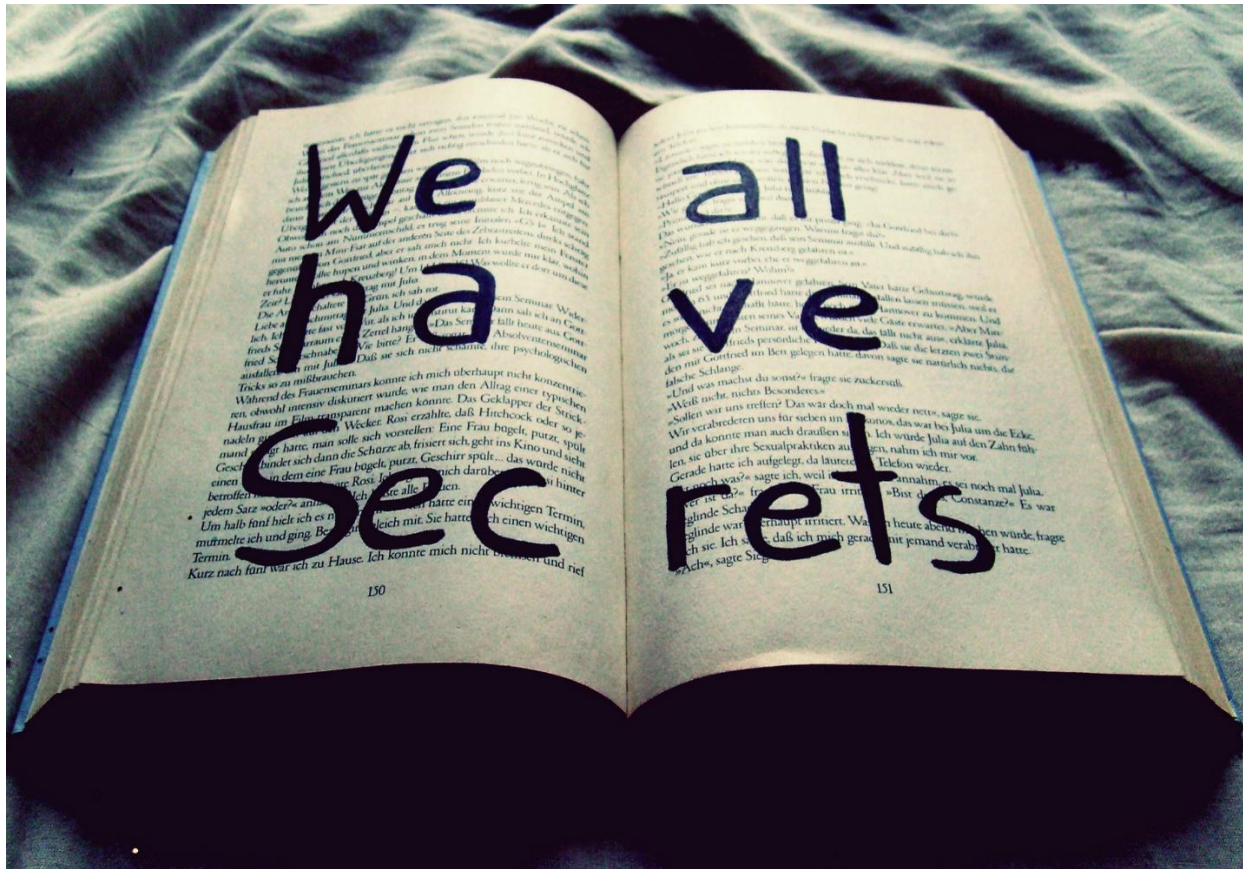


# ***The Secrets of the Human Heart***

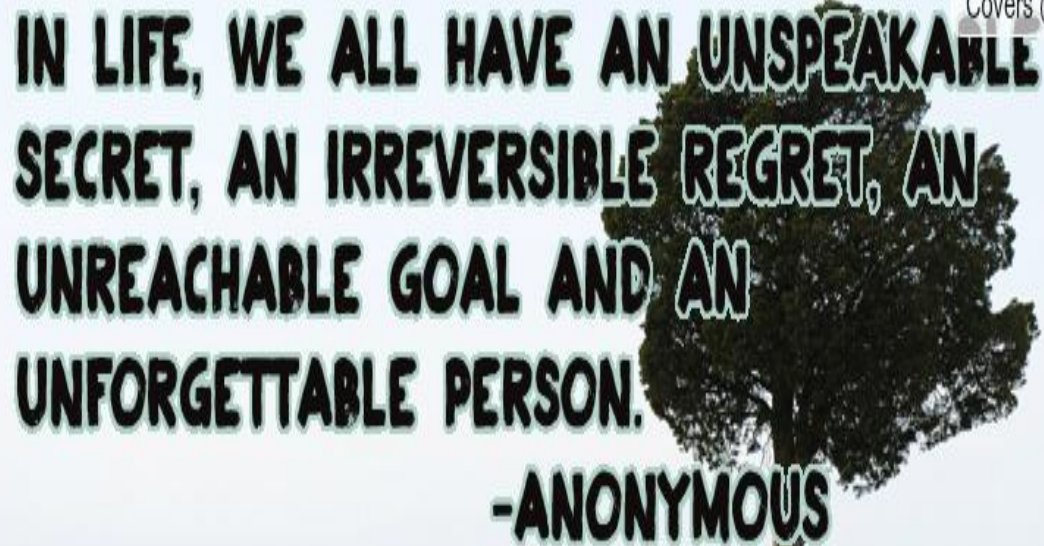
**By David Lee Burris**





“We all have secrets,  
some we share and  
some we have to keep  
to ourselves”


Anonymous  
2 June 2013 7:32 pm



**IN LIFE, WE ALL HAVE AN UNSPEAKABLE  
SECRET, AN IRREVERSIBLE REGRET, AN  
UNREACHABLE GOAL AND AN  
UNFORGETTABLE PERSON.  
-ANONYMOUS**



MAGICALQUOTE



WE ALL HAVE  
**THINGS** WE KEEP  
**HIDDEN.** SOMETIMES,  
KEEPING **SECRETS** IS  
HOW YOU **SURVIVE.**

WWW.MAGICALQUOTE.COM

COURTNEY CRIMSEN

# **Applying the Columbia Business School Study to Our Spiritual Life**

## **The Study Results Explained By The Lead Researcher:**

- # The Average Person Has 13 Secrets.
- # Of The 13 Secrets There Are 8 Shared In Trust.
- # Of The 13 Secrets There Are 5 They Tell No One.
- # Eight Shared In Trust. Often Cause Embarrassment, Require Circumstantial Explanation, or of Self-Recrimination Although Mistakes Long Forgiven.
- # Of The Five Kept Close – Kept Safe – Kept Inside:
  - # 47% Involve A Violation Of Personal Trust
  - # 60% Involve A Lie Or Financial Impropriety
  - # 33% Involve Crime Or Hidden Relationship
- # 8 Shared In Trust & 5 Never Shared With Any - Do Not Categorize On Moral Spectrum - Slide or Scale
- # Most Secrets - Shared or Not – Typically Aren't Sin
- # Most Secrets – Shared Or Not – Typically Include:
  - # UNRESOLVED INTERPERSONAL PROBLEMS/ISSUES
  - # UNACCOMPLISHED GOALS THAT BRING SHAME
  - # UNLAWFUL DESIRES & FEELINGS OF GUILT

**Being Internally Conflicted &  
Of Mixed Motive - Most People  
Are By Definition - Hypocrites**

hyp·o·crite  
(hip'ə krite)

Function: *noun*

Meaning:

1. a person who puts on a false appearance of virtue or religion
2. a person who acts in contradiction to his or her stated beliefs or feelings

## **Following Column Sourced From The Modern Survival Guide**

### **We Are All Hypocrites, It's Just a Matter of Scale**

*Hypocrisy: the practice of claiming to have moral standards or beliefs to which one's own behavior does not conform; pretense.*

We are, all of us, hypocrites. It's unavoidable. There are too many counter-indicative philosophies and expectations running around for us to be otherwise.

### **Why Hypocrisy Is Bad**

Ok, let's get this out of the way: hypocrisy is bad in general. It degrades social trust, reducing our ability to work together, communicate, and enjoy each other's company. If I cannot trust you to do things the way you say you think things should be done, I cannot trust you with much because I know that you are either (1) a liar, (2) an idiot, (3) ignorant, (4) not self-aware, or (5) some combination of those things.

### **Why You're A Hypocrite**

Part of the reason why hypocrisy is so prevalent, I think, is that there is a difference between concepts that are easily expressible versus what we actually think about a subject. That can lead to perceived hypocritical actions. People repeat one apparently simple set of moral instructions, but actually follow a more complicated rubric.

All of us have moral failings. Taking the moral path usually means personal sacrifice at some point, and at some extremity each one of us will refuse that sacrifice, particularly when we feel threatened. And then we will be hypocrites. This is an outcome to be avoided, but sooner or later we all fall. The trick is to get back up again.

### **Why It's Hard to *Not* Be Seen as a Hypocrite**

Look, this doesn't sound hard: say what you mean, mean what you say, do things in accordance with the things you say. So, why don't people do this?

Well, I think a lot of us just don't think about the comparative morality of our statements and actions all that much. Unless it's impacting your life in very tangible ways, *it's not something you're likely to notice on your own.*

**There's also the problem of memory.** Not being a hypocrite means you have to remember what you said and be consistent with actions across years. It is probably unfair at some level to judge people for statements and actions that are decades apart, but people often do anyway.

## How to Not Be a Hypocrite

Not being a hypocrite at *all* is difficult in the extreme, for all the reasons mentioned earlier. So that should not be the objective, or the expectation. People are always going to be hypocrites about something or other. We will forget what we said, we will change our minds or we will be forced into a new choice. That's just life. **The real goal, the serious goal, is to not be a hypocrite about *important things*.**

**You will be respected for knowing your principles and sticking to them, even if you are opposed on those principles. You will be better trusted, even by people who don't like you. And some people will like you better.**

These are big things, the things that matter. These are the things that scale up and define large chunks of your life. These are the things for which people will judge you, hard. And these are things you should have a plan for in advance, for the days when hypocrisy is just so *easy*.                      – *The Modern Survival Guide*

**Summation: Claims of Transparency Are Perceived As Hypocrisy**



# **How Greater Secrecy Robs Us Of Joy:**

The correlation between the complex mental gymnastics of rationalization & justifications of inner monologue to an individual's overall emotional & physical happiness index is a result of researcher's expanded definition of secrecy.

To examine their total effect, *secrets* were defined generally by “what we have - not just - what we keep.” In other words, “secrets” were those things we intend to conceal whether or not any omissions or withholding activities are ever taken to actively conceal them. Active concealment was defined as including – withholding social interaction, changing the subject of conversation, critical misdirection of inquiry, or the actual sin of bold-face lying.

**Associated Terminology** - “Burden” & “Weight” & Relief In “Laying Down” Of Previous Unshared Secrets

**Mental Energy** – Time Unconstructively Wasted Spent Alone With Wandering Mind Re-evaluating Mistakes

**Physical & Emotional Damage** – Many Sleepless Nights From Bad Conscience & Dysfunctional Anxiety Awake

**Diminished Sense-of-Self** – Feeling Unauthentic, Lacking Integrity, Not Either Open Or Honest In Relationships

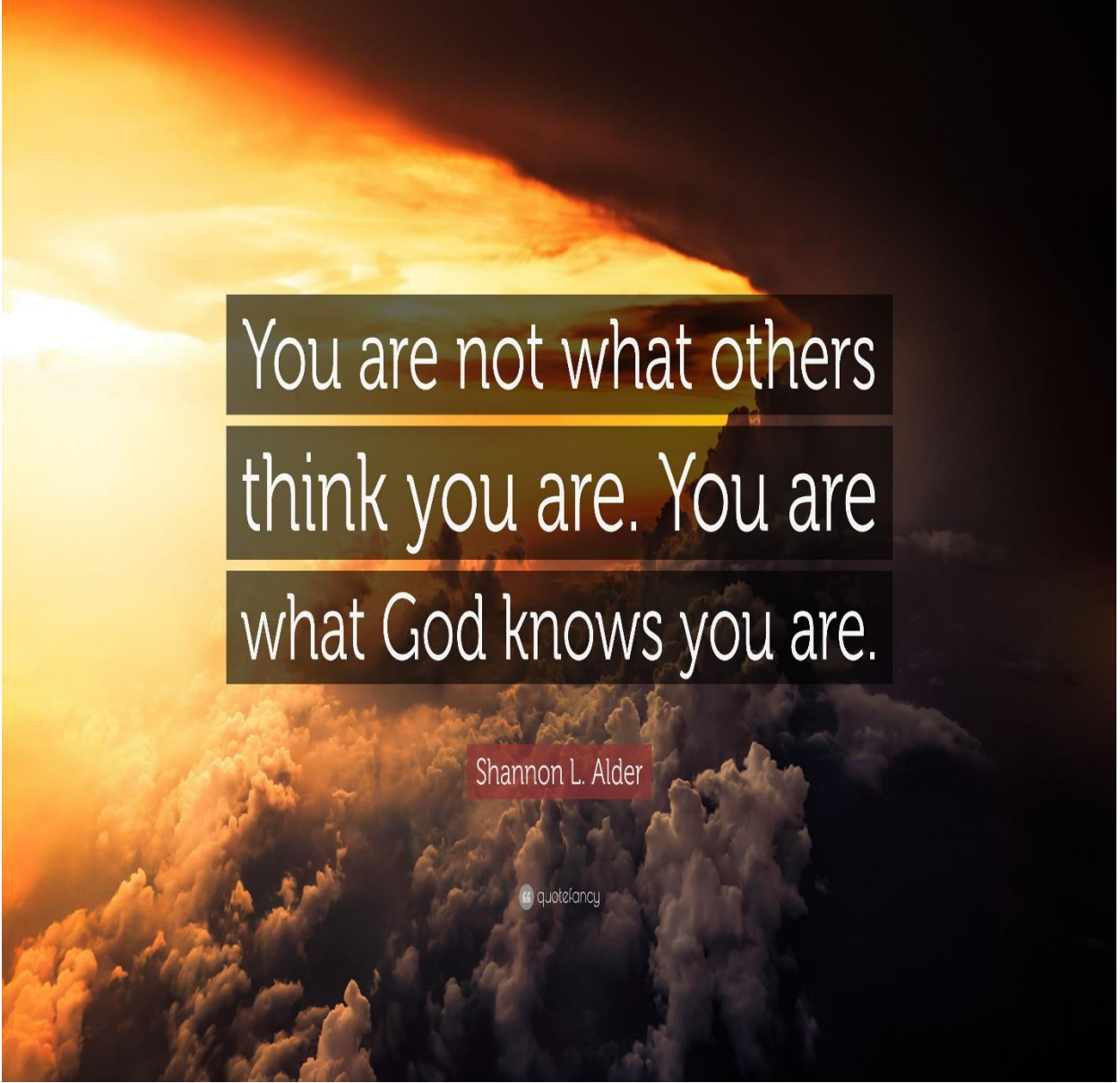
**BOTTOMLINE – AN ENDLESS GAME OF “WHAC-A-MOLE”**

THE THIEF COMES ONLY TO STEAL → KIL → DESTROY.  
I CAME THAT THEY MAY HAVE  
AND HAVE IT LIFE ABUNDANTLY.

JOHN 10:10 (ESV)

The illustration features a yellow banner at the top and a cyan banner at the bottom. The central text is hand-drawn. 'STEAL', 'KIL', and 'DESTROY' are in grey boxes with arrows between them. 'LIFE' and 'ABUNDANTLY' are in large, bold, cyan letters with yellow outlines. A yellow sun is drawn behind the word 'ABUNDANTLY'. The words 'AND HAVE IT' are written in a simple, dotted font.

# WHEN THE SECRET IS SINFUL




You are not what others  
think you are. You are  
what God knows you are.

Shannon L. Alder

quote fancy


**GENESIS 3:6** **if YOU CAN'T HIDE**  
**YOUR INNER SELF FROM GOD!**

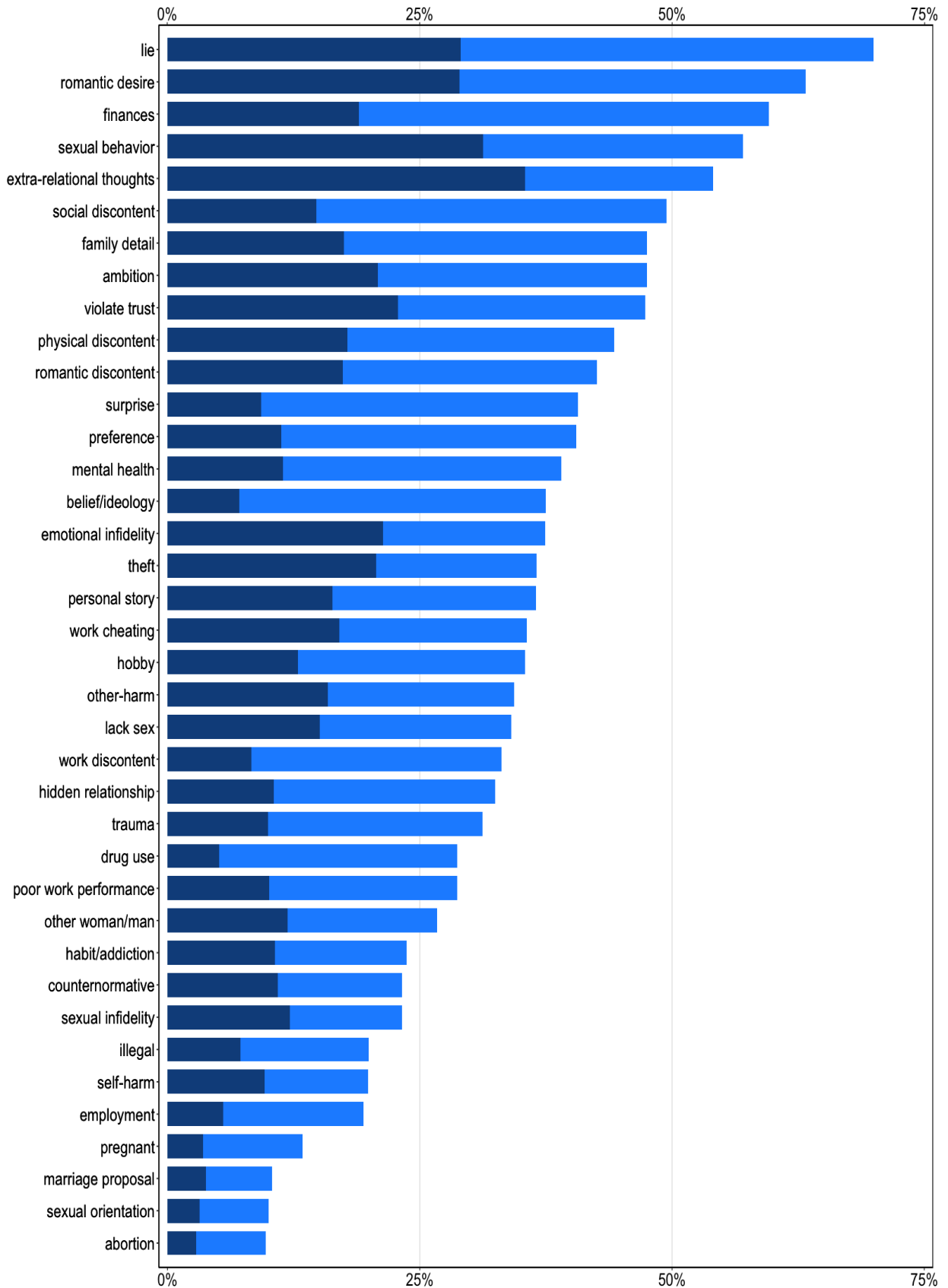
## Psalm 139 1-12



O LORD, you have searched me and you know me.  
You know when I sit and when I rise; you perceive my thoughts from afar.  
You discern my going out and my lying down; you are familiar with all my ways.  
Before a word is on my tongue you know it completely, O LORD.  
You hem me in—behind and before; you have laid your hand upon me.  
Such knowledge is too wonderful for me, too lofty for me to attain.  
Where can I go from your Spirit? Where can I flee from your presence?  
If I go up to the heavens, you are there; if I make my bed in the depths, you are there.  
If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.  
If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

## Psalm 139

- 
- *God is Omniscient*
    - it's a fact
  - ... but that's not quite what David is saying
  - David is saying:
    - *God is omniscient because he's omnipresent*



# WHEN THE SECRET IS SINFUL



EVERYONE HAS REASON TO  
ERASE, REBOOT, RESTART

# **JUDGEMENT PREPARED**

# **FIVE STATES FIVE STEPS**

## **Five Steps For Saving:**

- **HEARING:**
- Romans 10: 17; Matthew 7: 24 – 27
- **BELIEVING:**
- Hebrews 11: 6; Mark 16: 15, 16
- **REPENTING:**
- Acts 2: 38; 17: 30; Luke 13: 3
- **CONFESSING:**
- Matthew 10: 32, 33; Acts 8: 36, 37
- **BAPTISM:**
- Romans 6: 3 – 5; Acts 8: 36 - 38

**Be made innocent as a newborn infant in the sight of God without thoughts of unaccomplished goals, any issues involving inter-personal relationships, or feelings of guilt.**

**We start by getting rid of heavy burdensome baggage and we future commit to travel light.**

**The pathway to happiness in the here and now and the hereafter is to publicly unburden through confession & obedience to God.**





