

THIS WEEK'S PRAYER:

Jesus,

Give me the courage to be honest with You. Show me anything I have continued to carry, conceal, or protect. Help me stop agreeing with shame and start believing what You say about me. Teach me to trust You with my failures, my wounds, my regrets, and my past. Help me remember that I cannot change what happened, but through Your grace, I can decide what happens next. Give me the courage to say: *"I will not hide anymore!"*
In Jesus' name, Amen.

THIS WEEK'S CHALLENGE:

Each day this week, ask God:

"Lord, what have You been asking me to bring to You?"

Take time to listen.

- If it is sin, confess it.
- If it is a wound, acknowledge it.
- If it is a lie, confront it with truth.
- If it is a burden, surrender it.

Write down what God reveals and make this declaration:

"I cannot change what happened, but I can decide what happens next."



Week 4 – I Will Not Hide Anymore

Psalm 32:1–5

BIG IDEA:

David understood what it meant to remain silent and carry something privately while suffering internally. He said: *"When I kept silent, my bones grew old through my groaning all the day long."* But David's silence was not the end of his story. Something changed. He made a decision: *"I acknowledged my sin to You, and my iniquity I have not hidden."* David could not change his past. But he could change what he was doing with it. There comes a point when recognition must become a decision. **We cannot change what happened, but we can decide what happens next.**

KEY TRUTHS FROM THIS WEEK

- Silence does not make the weight disappear. It simply makes us carry it alone.
- We can be functioning without being free.
- Buried is not the same as healed.
- What we refuse to deal with can continue affecting us.
- We may not be able to change what happened, but we can change what we do with it now.
- Honesty with God is not weakness. It is trust.
- Freedom does not begin when shame stops talking. Freedom begins when we stop agreeing with it.
- What happened may be part of my story, but it does not have to define my story.
- I can remember where I have been without remaining there.
- Recognition must eventually become a decision.

SCRIPTURES TO REMEMBER

- Psalm 32:3: *"When I kept silent, my bones grew old through my groaning all the day long."*
- Psalm 32:5: *"I acknowledged my sin to You, and my iniquity I have not hidden."*
- Romans 8:1: *"There is therefore now no condemnation to those who are in Christ Jesus."*

PERSONAL REFLECTION

What have I been carrying silently?

What might it be costing me to continue carrying it?

What is God asking me to bring honestly before Him?

What Honesty May Look Like:

- Confessing sin I have tried to excuse or minimize.
- Acknowledging a wound I have pretended did not affect me.
- Admitting that I am still angry, afraid, hurt, or struggling to trust.
- Recognizing a lie I have agreed with for years.
- Asking for help instead of continuing to carry something alone.
- Accepting that healing may be a journey while choosing to take the next step.
- Trusting God with where I really am, not where I think I should be.