

MEDITATION 37

Mark 4: 21-22

Jesus said to them, "Is a lamp brought in to be put under the bushel basket or under the bed and not on the lampstand? ²² For there is nothing hidden, except to be disclosed; nor is anything secret, except to come to light.

Do you have any secrets?... Why would you?... Is it guilt?... Is it shame?... Is it fear that the truth would upset people you care about or people who could do harm to you if they knew what is hidden and secret?... Are you afraid of embarrassment or judgement if something came to light?

Secrets are complicated, aren't they? Sometimes we want to protect other people as much as ourselves with a secret... Sometimes we want to protect those we feel would not be able to handle it well and we carry the secret for their benefit... At least that's what we tell ourselves and there may be truth in that for sure...

But it also takes courage to tell a truth that is hidden, face a truth that is difficult or expose a truth that can cause trouble, pain, conflict and even a breakdown in a relationship... It takes courage especially when speaking truth is a matter of care for a person or transparency and strength in oneself. But revealing a secret can also have nefarious motivations behind it like the need to gossip or malign someone because we're upset with them.

Jesus is all about truth. He is intent on exposing what the authorities are doing, their false teaching about God intended to make people feel guilty, ashamed and afraid so they can control them.

But truth is also about oneself. The Jesus who wants to shine a light on the society around him beginning with those at the top, also wants to be transparent and authentic rather than hypocritical. And this is what he calls his followers to become in themselves and with each other.

But can they? Can you?

Light is not meant to be hidden... "For there is nothing hidden, except to be disclosed; nor is anything secret except to come to light."

Jesus knows about timing. He is strategic as to what he will expose of himself and when. But the time will come whether everyone is ready for it or not. His disciples will not be at first. But their time will come.

What about you? What secret needs to come to light? What truth needs to be exposed, revealed or spoken?... What fear or hesitation prevents that happening for you?... Is it simply

because you care and don't want to bring about a negative consequence?... Or is perpetuating the secret simply something you're doing because you have now become stuck in fear or avoidance of what honesty and revelation may do?

But, may living more of your life in the light, in truth, in honesty, in trust with your vulnerability to exposure before others... may it give you greater freedom and expansiveness of being? Or, may holding certain secrets in your heart truly be a question of finding the right time or waiting till the person is better ready, less distracted and less burdened? Is holding a truth from being spoken about care and concern for the other person awaiting the right time yet to come?

PRAYER: We ask for discernment, O God... We need to live in the truth and speak it... But we also need to learn how to speak, when to speak and then how to navigate the consequences...

Help us... Give us the courage... give us the freedom... Give us the desire and the hope in living more transparently and less burdened by the weight of secrets... Help us if we feel we need to carry a secret for the benefit and care of another...

Grant us the commitment to justice so that we can speak truth, but also the humility of recognizing that we are judged by the same truth we speak to others...

Forgive us our fear and reluctance, O God... and grant us your assurance that your grace embraces our humanity in all its imperfection on a journey toward ever greater wholeness... In Jesus' name... Amen.