



new life fellowship

**Sermon Title: Secret Life: Spiritual Power or Spiritual Poverty**  
**Speaker: Ron Walborn, VP & Dean of Alliance Theological Seminary**  
**Scripture: Matthew 6:1-4**

“Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven. <sup>2</sup>“So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. <sup>3</sup>But when you give to the needy, do not let your left hand know what your right hand is doing, <sup>4</sup>so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

(NIV)

#### **Sermon Outline:**

The Johari Window is a tool that was created to help us understand ourselves and others and can be helpful for us as we look at our lives. The four “panes” of the Johari Window are:

- The Arena – public life where everybody knows who you are.
- The Blind Spot – place where everybody else knows things about you but you lack self-awareness.
- The Unknown – place of repressed memories.
- The Façade “Secret Life” – the things that we know about ourselves that nobody else knows about.

If our identity is found in the arena and who we are in public, then our secret life will always be corrupt. The secret life, our life with God, is where we need to grow and cultivate our identity.

**It is safe to say that we ALL have a secret life.**

**The content of our secret life will determine either our spiritual power or our spiritual poverty.**

What we do in the secret place affects our public life, but this does not have to mean that our secret life has to be unhealthy. We can have a healthy secret intimacy with God.

When it comes to our secret life, our default setting might be about sin and darkness but the answer to this is to nurture a secret healthy life with God so that it overwhelms a life of darkness.

God wants a people that belong to him who have a secret reservoir of life with Him, so the world doesn’t see it all. When He comes and exposes it to the world, His people will be shown to be the people of God who have a secret reservoir of life with Him.

As we nurture our secret life with God, we can overcome our secret life of sin and darkness.

Tips for Secret Life vs. Poverty Life:

1. Turn the light on in every place there if darkness.
2. Embrace Secret Life Spiritual Disciplines.  
**“The disciplines themselves, however, are not transformative. The transformation in us is God’s work. It is a work of grace. That deeply transformative graces come to us not through our own doing but as a pure gift.”** --  
**Richard Foster**
3. Believe that a secret life with God will always outperform the secret life of darkness.

**The “Greater Than” Principle: a moment logged in the secret presence of God’s power has the ability to erase months, even years, of secret life poverty.**

Suggested Secret Life Disciplines:

- Solitude & Silence
- Fasting
- Journaling
- Prophetic Journaling
- Giving
- Bible Study
- Prayer (listening as well as intercession)

God give us what we need and not what we want. It is only God who can do what no one can do in our lives.

**Sermon Summary:**

This Sunday, Guest Speak Dr. Ron Walborn, Vice President and Dean of Alliance Theological Seminary and Nyack College in New York City and San Juan, Puerto Rico leads us in a sermon on The Secret Life. Today Dr. Walborn leads us in a discussion regarding what it means to have a secret life in Christ and what this looks like in our lives today.

**Sermon Questions:**

1. Do you feel an invitation from Christ in today’s scripture passage? Do any of the words resonate with you? If so, why?
2. We all have a secret life where we know things about ourselves that no one else knows. Holding onto the dark places in our lives can keep us living fully in Christ. Where in your life do you need to turn on the light so that they you are no longer holding onto these dark places? Make it a point this week to speak with a trusted close friend or a spiritual mentor to share some of what you are holding onto, so that you can allow the light of God to enter your life.
3. When we practice spiritual disciplines, we make space for God to come and do transformative work in our lives. Which of the spiritual disciplines listed above are you currently practicing in your secret life with Christ? Is there a new discipline that you might consider starting this week? Maybe you are not currently practicing any of the disciplines listed above. If not, decide that you are going to put something into practice – starting your day off with sitting in solitude & silence or ending your day with journaling a couple of times this week.