

HONESTY

By Brenda Spina, M.S., LMFT, LPC

Honesty. Webster defines honesty as “without deceit or fraud.” Psalm 51:6 tells us, “What you desire is honesty in the inward parts...” (David is speaking to the Lord) I have come to learn that this means consciously choosing to not deceive God or myself about what goes on underneath the “stage” Brenda. If we are all “honest” we know well how to present just the right words or behavior to let others think certain ways or see only select parts of our true selves. That is our stage personality. The problem with this is it promotes isolation and keeps us from experiencing the fullness of what God has for us in our relationships.

I had a young man sit in my office once and say, “You know...I found that it’s just easier to be honest...” He is an individual in the recovery process. I admire his courage. As we talked, his intent was not to hurt those around him with his honesty, but to promote understanding, negotiation, and change. He wanted to share his responses with others, and deal with the tasks at hand. I watched his relationship with his family only deepened. Be courageous enough to be honest with God. Then begin with those around you. Share about what he is teaching you. It is the place where belonging begins and rest is abundant.

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