(a) **There is nothing that can be hidden from God.** (Hb 4.13)

(b) **Let us be brave and approach God’s throne, where there is grace** (Hb 4.16)

We used to play Hide & Seek with our sons; Ross would give himself away. But as adults we learn how to hide and seek.

We learn to hide dark secrets: deep feelings, habits, acts, words; from others, even ourselves.

We learn to seek others’ secrets: wheedling (like Delilah), spying, guessing.

If we played Hide and Seek with Ross today, he would know how to hide.

Why do we hide? To protect those whom we love, to keep a job, a marriage, a position in society.

Sometimes we justify this, make excuses. But TEXT (a).

This can seem frightening – God knows everything! We should be frightened, but not for fear of God.

One main fear is that opening up will damage our self-image, which may be frail enough, or the image others have of us, which might risk a loss of love.

Hebrews reminds us that the Jesus, in whom God is clearly visible, knows our weaknesses. He has struggled with temptation and whilst not given in he knows how easy it would be, knows we are flawed.

Does this mean we are terrible people? (though some feel that about themselves).

TEXT (b) – we can come to God. What is the bravery?

We cannot approach God’s throne without admitting to God and ourselves what God can already see.

But through admitting we open ourselves up not to damage, but forgiveness/love/grace which we need.

Often we seek confidential relationships that can heal us (marriage, friendship, counsellor).

This opening up need not be a public thing, like shamed televangelists with seemingly false tears.

No one need know except you and God, who already knows.