

## **Real Sharing**

We are all made for communion. When God created us, he designed us in such a way that we only function properly when we share with others heart to heart. In temperament terms, that means introvert to introvert. Anything less than that is limiting and damaging. For example, if I don't share at that level each day with my wife then both of us would feel we are missing out and 'unsatisfied.'

That isn't about simply sharing if I have a problem – it is about sharing - myself, the whole of me! Now if I don't live at that level of communion I will have a problem – many of them – and then I end up feeling bad because it seems as if I only share when I have a problem! It becomes a vicious circle.

What does this mean in practice? It means that to need to share is not a weakness, nor a luxury, but intrinsic to what it means to be human. It is weaker not to share than to share. The problem is, who with? I will not give my heart to someone who is likely to let it slip through their fingers and onto the floor. We don't give our hearts away to be bruised and damaged – but nor must we protect our hearts so we lose the ability to commune. Ask God to lead you to that person with whom you can enjoy real openness, trust and honesty. This is one of the reasons that God calls people together into his church, the community of believers, so that, under his guidance, we can discover again that quality of communion with him and with each other.