

Bold as a Lion — Why a Divided Life Will

Always Be a Tired One

“The wicked run away when no one is chasing them, but the godly are as bold as lions.”

— Proverbs 28:1 (NLT)

Let me start somewhere honest. A lot of us are exhausted, and we’ve blamed it on the wrong thing.

We think we’re tired because we’re busy. Sometimes that’s true. But there’s a deeper kind of tired that no amount of rest fixes — the tired that comes from being a slightly different person in every room. One version at church. Another at home behind the closed door. Another on your phone at eleven at night that nobody knows about. Keeping all those versions straight is a full-time job, and it’s wearing you out.

why guilt makes you run

Proverbs says the wicked run when no one’s chasing them. That’s not just about villains. That’s about what it feels like to have something to hide. When your private life doesn’t match your public one, you’re always a little on edge — managing, covering, hoping no one looks too closely. You flinch at things that aren’t even threats. That isn’t strength. That’s a person looking over their shoulder.

boldness comes from alignment

Then the other half: the godly are as bold as lions. Here’s what I’ve learned — that boldness doesn’t come from personality. The boldest people I know aren’t the loudest. It comes from alignment. When who you are in private is the same person you are in public, there’s nothing to manage. Nothing to hide means nothing to fear. You can walk into any room and just be there, because there’s no second version that might get exposed.

Righteous, by the way, doesn't mean perfect. It means aligned — honest about the gaps, owning your mistakes instead of hiding them. The lion isn't bold because it's flawless. It's bold because it isn't pretending to be something it's not.

what it looks like at home

Lions don't roar constantly. They don't need to prove anything. They move calmly because they know who they are. For you and me, that looks like telling the truth when a lie would be smoother. Apologizing to your own kids when you're wrong. Being the same person in the driveway that you are in the pew. It's quieter than you'd think — and the people closest to you feel it long before they could ever explain it.

I'm wary of advice that sounds noble and costs you nothing, so here's the unglamorous version. Alignment isn't a grand confession — it's a hundred small refusals to fake it. It's answering honestly when your spouse asks how you're really doing instead of reaching for "fine." It's letting your kids see you apologize, out loud, by name, when you're the one who was wrong. It's putting down the phone you'd rather they not know you're holding. None of that is dramatic. All of it closes the gap an inch at a time — and an inch at a time is how the gap actually closes.

Three challenges before you close this tab

- 1. Find the gap.** Where is the version of you in private not matching the one in public? Name it honestly. That gap is exactly where your peace is leaking out.
- 2. Close one thing this week.** Pick one place you're managing two versions of yourself and bring them into one — confess it, end it, or bring it into the light. Alignment is built one honest move at a time.
- 3. Stop roaring, start standing.** Notice where you're trying to prove yourself, and let it go. You don't have to perform strength. You just have to be the same person everywhere.

A final word

The most courageous thing in your life this summer might not be doing something big and brave. It might be closing the gap between who people think you are and who you actually are — so that for the first time in a long while, you've got nothing to look over your shoulder for.

That's lion boldness. And it's the most rested kind of strong there is.

Love your people well. The time is now. — Duke