

Silence Is Killing Us

Mark 5:25-34

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Picture this:



A man sits alone at night. Lights off. Phone in hand. Messages unread.

- He is calculating debts
- Replaying conversations
- Fighting thoughts no one can hear

Outside—he is “fine.” Inside—he is breaking. Nobody knows. Not because nobody cares... but because he has said nothing, because kept silent.



A woman laughs with friends. Posts online. Looks happy.

But in private:

- She cries silently
- She is overwhelmed
- She feels stuck in life

She believes: “If I say it, I look weak.” So she keeps quiet, stay silent... and keeps breaking.

Have you ever been surrounded by people... yet completely alone inside?

How many people here are tired—but pretending?

Have you ever wished someone would just “understand”... without you explaining?

But how will they understand what you never said?

How many are carrying something nobody knows about?

Silence is not just quietness. Silence is not solving it... it is hiding it.

- If a wound is covered and never treated... will it heal?
- No—it will decay. That is what silence does.

Mark 5:25-34 – Woman with the issue of blood

For 12 years:

- She suffered physically
- She was isolated socially
- She was drained financially

She tried everything silently. But the turning point came when *“She said... ‘If only I may touch His clothes, I shall be made well,’ and Jesus said... ‘Who touched My clothes?’ But the woman...fell down before Him and told Him the whole truth. And He said to her, ‘Daughter, your faith has made you well.*

Insightful Question:

- What if she stayed at home that day?

She would have remained in that condition.

She acknowledged, spoke, acted, and reached out, that unlocked her healing, that changed everything.

Jesus was passing—but many people were there. Only the one

who reached out intentionally was healed.

THE HIDDEN STRUGGLE

Silence has destroyed people long before today. This is not a 2026 issue.

- People have suffered in silence for decades
- Marriages have collapsed because no one spoke early
- Businesses have failed because issues were hidden
- Individuals have lost direction because they isolated themselves

This is a recurring human pattern across generations.

Many people are not just going through problems— they are hiding inside them.

There are people smiling—but silently dying.

- struggling not for 12 years—but 2, 5, 10 years
- Have tried solutions privately
- Have been disappointed repeatedly
- Have become used to suffering silently
- Financial pressure—but no one knows
- Depression—but they laugh outside
- Addiction—but they hide it
- Family pain—but they act “strong”

The danger is not just what you are facing... it is what you are refusing to reveal.

The most dangerous suffering is **the one nobody knows about**.

Some people don't need more strength— they need honesty.

Hard Truth: Some people don't die from the problem... They die from **keeping quiet about it**.

WHY PEOPLE STAY SILENT

Let's confront the real reasons:

Misplaced Expectation

People should understand me without me talking. They should just know.

This is assumption—an emotional assumption—not wisdom - not reality.

Proverbs 18:13 *"He who answers a matter before he hears it, It is folly and shame to him."*

People cannot read your mind. Silence creates misunderstanding.

Even Jesus asked questions like: "What do you want me to do for you?" (**Mark 10:51**)

If Jesus asked... who are you expecting to guess?

Emotional Fatigue

"I've tried explaining before— no one understood." So they stop talking completely.

Feeling Inferior/My problem is shameful/Silent Comparison Trap

- "Others are doing better than me"
- "What will people think?"
- "I'm not supposed to be like this"
- "I shouldn't be in this situation"
- At my age, I should have figured life out
- *Posting success online- Struggling offline*

Sometimes, we feel behind, we want to protect image at the cost of reality - so we hide, we stay silent. We stay silent because of image - we hide to protect our image.

Identity Crisis: "If I speak, I look weak"

Pride disguised as strength

- "I can handle it myself"
- "I don't want to look weak"
- *"I don't want people to see me like that."*





A young professional—about 32—good job, well dressed, always smiling.

- *His rent is overdue for 4 months*
- *Salary is not enough, but lifestyle must “match class”*
- *He is borrowing quietly from apps*
- *Sleeping poorly, thinking constantly*

People around him say: “This guy is doing well.”

One day, he suddenly disappears from work. Later, they discover—he was drowning in debt and depression.

Nobody knew. Not because nobody cared— but because he said nothing.

This is not a rare story. It is everywhere.

Silence is not just quietness. It is a decision to hide reality.

Many people tie their worth to appearances.

You are not strong because you hide pain and stay silent. You are strong when you *confront it correctly*.

But refusing help is not strength—it is resistance to healing.

Learned Silence (Upbringing/Culture)

- “Don’t talk too much”
- “Handle your issues privately”
- “Men don’t cry”

These mindsets create *emotionally trapped adults*.

Fear of Judgment or Rejection

- “What if they mock me?”
- “What if they expose me?”

Isolation mindset

- “I’m the only one going through this”

This is psychological isolation. This is one of the enemy’s greatest lies.

1 Corinthians 10:13 *“No temptation has overtaken you except what is common to man...”*

1 Peter 5:9 *“...knowing that the same sufferings are experienced by your brotherhood...”*

Across the world, people are fighting similar battles—quietly.

You are not alone. You have never been alone.

THE REAL DANGER OF SILENCE

Silence creates false impressions

You may be struggling spiritually, emotionally, or financially but acting okay.

People respond to what they see, to what you speak out—not what you hide and what you keep silent.

If you hide your struggle, people will relate to your appearance—not your need.

People assume you are fine → No help comes → Pressure builds → He collapses spiritually, emotionally, even financially.

Silence makes people misjudge your reality.

Silence attracts wrong conclusions

- “He is proud” (but he is actually struggling)
- “She is fine” (but she is breaking inside)

Silence causes people to misinterpret you.

Silence turns small issues into complex problems

Problems grow in silence

Example:

- A minor health issue ignored → becomes critical
- A small misunderstanding in marriage → becomes separation

A husband and wife are living together... everything looks fine on the outside.

They talk, they greet each other, they go about daily responsibilities.

But something is wrong. One partner—maybe the wife, maybe the husband—begins to feel *starved emotionally... even physically*. They feel neglected... disconnected... unseen.

But they don't say anything. Why? Because in their mind: “*You should know... I shouldn't have to say it.*” So they stay silent.

Days turn to weeks... Weeks turn to months... And that silence is not empty— ***it is storing hurt***. They start interpreting everything negatively:

- “You didn't call me” → *You don't care*
- “You came home late” → *I'm not important*

Meanwhile, the other partner is just living... unaware. Then one day... just one day...

The other partner says something simple: “*You don't seem to care about me these days... what's happening?*”

That sounds like a question, right?

But suddenly—there is an explosion: *“I’m done with this marriage!”*

Now everyone is shocked. *“How can one small statement destroy a marriage?”*

No. It was never the statement. That statement was just the **spark**. The real problem was:

- Weeks of silence
- Months of unspoken pain
- Years of assumed understanding
- A manageable debt → becomes overwhelming - Debt increases
- Sin becomes addiction
- Depression deepens

What could have been solved early becomes complicated. *What you hide... grows.*

Proverbs 28:13 *“He who covers his sins will not prosper...”*

Silence isolates you from your helpers

You deny others the chance to help you.

There are people assigned to your life—but your silence blocks them.

God often sends help through people—not miracles alone.

But if you don’t speak, your helpers cannot locate you.

It can destroy destiny

- Opportunities missed
- Relationships broken
- Spiritual growth stunted

Silence feeds mental battles

You damage your mind.

A young lady battling depression keeps quiet.

- Outward: smiling
- Inward: breaking

Without expression, the mind becomes a **prison**.

Psalms 32:3 *“When I kept silent, my bones grew old...”*

Silence has physical, emotional, and spiritual consequences.

Silence leads to:

- Overthinking
- Anxiety
- Emotional breakdown

Many mental battles are prolonged by isolation.

MORE REAL-LIFE CASES:

- A worker overwhelmed at site but keeps quiet → productivity drops → seen as incompetent
- A family man or woman in debt but maintaining appearance until collapse
- A student failing but too ashamed to ask → repeats failure
- A believer struggling with sin but hiding- becomes addicted—until it escalates

Silence does not solve—it *hides and multiplies*.

Silence converts *temporary issues into permanent damage*.

THE POWER OF SPEAKING OUT

Speaking clarifies your situation

Sometimes, when you speak:

- You understand your problem better
- You see solutions clearer

Silence confuses. Expression clarifies.

Speaking activates healing and creates access to solutions

James 5:16 “Confess... and you will be healed”

Healing is not just prayer—it is also expression. Expression is part of healing—not weakness.

Matthew 7:7 Many doors remain closed—not because they are locked, but because *no one knocked*.

Speaking connects you to solutions you didn’t know existed

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- Someone mentions their debt → someone else knows a restructuring option

- Someone shares career struggle → gets opportunity link
- *A young graduate finally speaks about exam struggles → gets mentorship → passes*
- *A business owner opens up about financial strain → gets restructuring advice → recovers*
- *A man confesses addiction → gets accountability → breaks free*

Many solutions exist—but are triggered by conversation.

Life is designed for support systems—not solo survival.

Speaking reduces internal weight.

You may not get immediate solution—but you gain relief and direction.

Galatians 6:2 God designed life for shared burdens—not silent suffering.

Speaking invites partnership. Speaking breaks isolation.

Ecclesiastes 4:9-10 When one falls, another lifts him.

One conversation can change direction. Help cannot come to what is hidden.

Jesus responds to expressed need

Blind Bartimaeus: **Mark 10:47** He cried out... and Jesus stood still.

Many deliverance, breakthroughs, miracles started with *a cry, not silence*.

SPEAKING OUT IS NOT A LICENSE TO ABUSE HELP

Speaking out is NOT:

Manipulating people emotionally

- Crying to gain sympathy
- Using vulnerability to gain sympathy
- Exaggerating problems for support

Becoming dependent and irresponsible

- Always asking, never improving
- Not working on yourself
- Refusing to take responsibility
- Expecting others to carry your life

Turning people into your solution instead of God

People are channels—not your source.

Help is a bridge—not a destination.

Proverbs 6:6 God supports effort—not excuses.

Repeating the same problem without change

- Asking for help
- Ignoring advice
- Returning with same issue

That is not vulnerability—that is *carelessness*.

2 Thessalonians 3:10 “If anyone will not work, neither shall he eat.”

Help is for support—not for replacing responsibility.

God expects: *Honest expression + personal responsibility*

PRACTICAL GUIDANCE: HOW TO SPEAK OUT

Speak to God first

Be honest—not religious - **Psalm 62:8** “Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us. Selah.”

Reject shame

Your struggle is not your identity.

Maintain dignity

- You are not begging—you are **engaging support**

Speak to the right people

- Mature
- Trustworthy
- Spiritually sound

Not everyone deserves your vulnerability.

Be honest, not edited

Be truthful, be specific, be accountable. Stop packaging your pain.

Breaking Silence Without Abusing Help**Ask for help clearly**

Not hints. Not silence. **Say it.**

After help comes

- Apply what you are told
- Show progress
- Don't repeat avoidable patterns

CONFRONTATION

Let's be real:

- Some of us are tired—but nobody knows
- Some of us are breaking—but still pretending
- Some of us need help—but are locked inside pride

That silence is not strength—it is **self-destruction in slow motion**. That silence is not protecting you. It is **draining you**.

DECLARATION

“Lord, break every fear, pride, and shame that keeps me silent. Give me the courage to speak, the wisdom to speak rightly, and the grace to receive help.”

SUNDAY MORNING SERMON

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