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FEELINGS ARE NOT TRUTH.

- **Feeling** – 1) an emotional state or reaction. 2) a belief, especially a vague or irrational one.

⁹ “The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is? ¹⁰ But I, the Lord, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve.” **Jeremiah 17:9-10 NLT**

- The biblical definition of “heart” encompasses a person’s mind, will, or center of being where originate thoughts, emotions, desires, and feelings.
- What can feel very right can actually be very wrong.

FEELINGS ARE REAL BUT NOT ALWAYS RELIABLE.

- Because we feel a certain way doesn’t make that feeling a fact, it only means that we feel that way in the moment.
- Oftentimes we allow our feelings to determine our decisions and, ultimately, our destiny.

⁵ Trust in the Lord with all your heart; do not depend on your own understanding. ⁶ Seek his will in all you do, and he will show you which path to take. **Proverbs 3:5-6 NLT**

Seeking God involves diligently listening to God and doing what His Word says, rather than “listening to your heart” and doing what it says.

JESUS IS TRUTH.

⁶ Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me.” **John 14:6 NLT**

GOD’S WORD IS TRUTH.

¹ In the beginning the Word already existed. The Word was with God, and the Word was God. ² He existed in the beginning with God. ³ God created everything through him, and nothing was created except through him. ⁴ The Word gave life to everything that was created, and his life brought light to everyone. ⁵ The light shines in the darkness, and the darkness can never extinguish it. **John 1:1-5 NLT**

¹⁴ So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father’s one and only Son. **John 1:14 NLT**

- Even Jesus, in His humanity, experienced a range of emotions: joy, compassion, frustration, disgust, sorrow, and agony. • Feelings can be a good thing.
- They just can’t ever trump God’s Word.

Next steps for me today...

- To know the truth, which is Jesus, God’s Word.
- To trust in the Lord with all my heart.
- To not allow my feelings to rule my life.