

## PRAYER

- Pray that we will be sensitive to the leading and voice of the Holy Spirit to guide us in our decision-making (John 16:13; Romans 8:14).  
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- Pray that the Lord will give us a heart of flesh that is open and submissive to obeying His will (Ezekiel 36:26,27).  
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- Ask God to fill our hearts with an understanding of His word, His will, and His plan for our lives (Ephesians 1:17,18; Hebrews 8:10,11).  
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### Follow Your Heart

Week 2

Love different.

## NOTES

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## CONNECT

- Do you believe in the saying 'Follow your heart?' Why or why not?
- What is your favorite love song? Why?
- Which influences your decisions more – your heart or your mind?



**VICTORY**  
Honor God. Make Disciples.

## WORD

Search me, O God, and know my heart; test me and know my anxious thoughts.

Psalm 139:23

## WHAT *What does the Bible say?*

The saying "Follow your heart" means to do what seems right or feels good. It is a decision based on feelings or emotions. This expression describes the worldly philosophy, "let your heart guide you." No matter how major or minor our life decisions may be, let us first look at what the Bible says about the saying "Follow your heart."

- **The heart is deceitful and cannot be fully trusted.**

*<sup>9</sup>"The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is? <sup>10</sup>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

Man's fallen heart can harbor secret and selfish motives that may lead to wrong decisions or actions that are not pleasing to God (Proverbs 16:2). The Bible tells us, a person who trusts in the mind and heart alone is a self-confident fool (Proverbs 28:26, Amplified Bible). Tell of a time when you followed your heart apart from God. What happened?

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- **The heart should be guarded at all times.**

*Above all else, guard your heart, for it is the wellspring of life.*

Proverbs 4:23

It is often said that deep emotions come from the heart; out of it flow the passions of hope and fear, love and hate, and joy and sorrow. Truth is, oftentimes the heart controls the intellect more than the other way around. Since the heart has the ability to

influence our thoughts, how should we guard it? How important is keeping it pure?

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- **The heart should follow God and His leading.**

*<sup>5</sup>Trust in the LORD with all your heart and lean not on your own understanding; <sup>6</sup>in all your ways acknowledge him, and he will make your paths straight.*

Proverbs 3:5,6

The good news is, God can keep our hearts on track. When we let Him direct our feelings and emotions, He will give us good judgment, wisdom, and discernment, helping bring success to everything that we do (Proverbs 4:11-13). How has following God instead of your heart helped you succeed in some decisions?

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## SO WHAT *What is the relevance of the Word to my life?*

- Why should we not trust our hearts alone in decision-making?
- What might happen if we just rely on our hearts?
- How can God direct us when we trust Him with all our hearts?

## NOW WHAT *How do I apply the Word to my life?*

- What practical steps can you take to guard your heart? When will you start doing so?
- Who are the people who can help you when you are not sure about the decisions you are about to make?
- What can we do to trust God more and not our feelings?