

# GO WITH YOUR GUT

BISHOP RC BLAKES, JR.

The world constantly tells us to just trust our gut. If you stand at a crossroads in your career, in your relationships, or in your finances, secular wisdom will advise you to look inward and follow your instinct to protect yourself.

In a purely human sense, a gut feeling is exactly that - human intuition.

It is fleshly instinct rooted in survival, personal preference, or past trauma. It is a natural response to environmental data. But as believers, we do not operate on mere human instinct.

When your mind is renewed by the Word and your spirit is surrendered to the Lord, that deep, lingering internal knowing shifts from natural instinct to divine inspiration. It becomes a G.U.T. feeling:

God Unctioned Thought.

1 JOHN 2:20 KJV

But ye have an unction from the Holy One, and ye know all things.

The word unction literally means an anointing, a divine smearing of the Holy Spirit upon your life.

John was writing to believers who were dealing with deception and confusion, and his instruction was not to wait for a lightning bolt or an audible voice from heaven. His instruction was to rely on the unction. The Holy Spirit has taken up residence inside of you, and He communicates by dropping thoughts, burdens, and convictions directly into your spirit. If we want to walk in true spiritual authority, we have to learn how to be led by this holy lingering.

**Quote: "The voice of God is rarely a shout that disrupts your ears; it is an unction that settles in your spirit. Don't ignore the holy**

**lingering in your mind."**

## **HOW TO GO WITH YOUR GUT:**

### **1. LOWER THE VOLUME OF YOUR LIFE**

You cannot hear a whisper in a hurricane. If you want to be led by a God Unctioned Thought, your first responsibility is emotional and spiritual regulation.

We live in a culture of relentless noise. Between the scroll of social media, the demands of your career, the constant stream of entertainment, and the internal chatter of your own anxieties, your inner man is often drowned out by the volume of your life.

The Holy Spirit is a gentleman; He does not usually scream over your distractions. He waits for you to get quiet. If your life is a constant playlist of chaos, you will mistake the silence of God for the absence of God, when in reality, He is speaking, but you are just too loud to hear Him.

#### **PSALM 46:10 NKJV**

**Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!**

Notice the progression in that text. The knowing comes after the stillness. You will never catch the unction if you are constantly moving. A gut feeling requires you to pause. To be led by the Spirit, you have to intentionally create pockets of silence in your day.

Turn the podcast off in the car. Put the phone in another room. Stop trying to fill every empty second with stimulation. When you lower the volume of your environment, you raise the clarity of the Holy Spirit. Spiritual growth requires margin. If you are burned out, over-scheduled, and emotionally depleted, your flesh will dictate your decisions. But when you establish a stronger foundation of stillness, that internal witness becomes loud and clear.

### **2. DON'T DISMISS THE HOLY HESITATION**

Once you get quiet enough to feel the unction, you have to know how to recognize it.

The Holy Spirit often speaks through a sudden drop in your spirit - a loss of peace, an unexplainable roadblock in your mind, or a heavy hesitation.

The mistake many believers make is confusing a holy hesitation with ordinary anxiety.

Anxiety is a fear of the unknown that paralyzes you; a holy hesitation is the Spirit of God putting up a guardrail to protect your future.

We are so driven by ambition and momentum that when we feel a sudden loss of peace, we try to push through it. We call it "spiritual warfare" when it is actually the Holy Spirit trying to save us from a bad decision.

#### **ACTS 16:6-7 NIV**

**Paul and his companions traveled throughout the region of Phrygia and Galatia, having been kept by the Holy Spirit from preaching the word in the province of Asia.**

When they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not allow them to.

Look at how the Apostle Paul operated. He had a great strategy, he had a clear mission, but he hit an internal wall. He was "kept by the Holy Spirit." He didn't see an angel with a flaming sword blocking the road to Asia. He just felt an unction that said, "Not this way, and not right now."

When you are about to sign a contract, enter a relationship, or make a major move, and your gut suddenly drops - do not dismiss it. Do not force a door open that the Holy Spirit is trying to close. Honor the hesitation. That lack of peace is not a glitch in your faith; it is the Holy Spirit regulating your steps.

### **3. VET YOUR INSTINCT WITH THE WORD**

This is the ultimate safety net. Because we are human, our emotions can be incredibly deceptive. You might have a "gut feeling" that you should curse someone out, quit your job on a whim, or hold onto a bitter grudge. That is not a God Unctioned Thought; that is an unhealed fleshly reaction.

We cannot elevate our feelings to the level of scripture. To be safely led by your spiritual gut, you must vet every internal instinct against the eternal Word of God. The Holy Spirit and the Holy Bible are never in contradiction.

#### **HEBREWS 4:12 NIV**

**For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.**

The Word of God is the only tool sharp enough to separate your soul (your human emotions and fleshly instincts) from your spirit (the unction of the Holy Ghost). The Holy Spirit wrote the Bible. He will never give you a gut feeling that violates His own book.

If your unction tells you to break covenant, walk in pride, or refuse to forgive, it is not from God. A true God Unctioned Thought will always push you toward holiness, selflessness, and the nature of Christ. If you want to know if that thought is from God, put it next to the Bible. If it doesn't align, throw it out.

## **4. YIELD WITHOUT REQUIRING AN EXPLANATION**

The final step in being led by your gut is the hardest one for our logical minds: the conscious yield. When you have lowered the volume, recognized the hesitation, and vetted the thought through the Word, you have to act. Often, God will unction you to do something - to give an unexpected offering, to apologize when you feel justified, to walk away from a lucrative opportunity - without giving you the five-year plan. Your brain wants a spreadsheet; God gives you a feeling.

Your intellect wants a guarantee; God gives you a prompt.

#### **HEBREWS 11:8 NIV**

**By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going.**

Faith is not having all the facts; faith is trusting the One who gives the unction. If you wait until everything makes perfect logical sense, you will miss the

supernatural timing of God. Yielding means you step out on the lingering thought in your spirit, trusting that the Holy Spirit sees around corners that your natural eyes cannot. You have to develop the self-assurance that comes from knowing who is leading you. When you learn to yield without demanding an explanation, you step out of stagnation and into the dynamic flow of your personal potential. God is not obligated to explain Himself, but He is faithful to lead you if you will simply follow the unction.

## **Declaration**

I have an unction from the Holy One. My mind is renewed, and my spirit is sensitive to the voice of God. I do not walk by fleshly instinct; I am led by the Holy Spirit. Today, I will lower the volume of my life, vet my thoughts with the Word, and yield to every God Unctioned Thought.