

**Jesus Never Said That, Pt. 1**  
**“Follow Your Heart”**  
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Things Christians say that aren't in the Bible:

- God helps those who help themselves
- Everything happens for a reason
- God won't give you more than you can handle
- Good people go to heaven

The problem is: Just because something sounds true, doesn't mean it actually is.

John 8:31-32 (CSB): *“If you remain in my Word, you are really my disciples. Then you will know the truth and the truth will set you free.”*

Cultures says: “Listen to yourself.”

Jesus says: “Follow Me.”

Culture says: “Trust your feelings.”

Jesus says: “Trust My Word.”

Why is this dangerous? Your feelings can inform you, but they can't always lead you.

Jeremiah 17:9 (NIV): *“The heart is deceitful above all things and beyond cure. Who can understand it?”*

## **1. Trust God More Than Yourself**

Proverbs 3:5-6 (NIV): *“Trust in the Lord with all your heart and lean not on your own understanding, in all your ways submit to Him, and He will make your paths straight.”*

Solomon does not say: “Trust your heart, trust your understanding, trust your instincts.”

Before making decisions ask:

- What does God's Word say?
- What would honor Jesus in this?
- What counsel have mature believers given me?
- Am I seeking God's will, or trying to validate my own desires?

## 2. Let God's Word Shape Your Heart

Psalm 119:11 (NIV): *"I have hidden your Word in my heart, that I might not sin against you."*

Ezekiel 36:26 (NASB): *"I will give you a new heart and put a new spirit within you."*

The goal of the Gospel is not 'self-discovery' it is total transformation.

Practical steps towards heart transformation:

- Daily Scripture reading
- Daily prayer
- Christian community

## 3. Follow Jesus, Not Your Feelings

Luke 9:23 (NIV): *"Whoever wants to be my disciple must deny themselves and take up their cross daily and follow Me."*

## 4. The Holy Spirit Is a Better Guide Than Your Heart

Jesus didn't come to justify your actions; He came to justify you in spite of your sin.

Romans 8:14 (NIV): *"For those led by the Spirit of God are the children of God."*

God will lead you through:

- Prayer
- His Word
- Wise counsel
- His Spirit

The Heart Check Challenge: Before making decisions, ask:

- What am I feeling?
- What does God's Word say?
- What would following Jesus look like right now?