

DON'T FOLLOW YOUR HEART



OPENING REFLECTION

One of the greatest myths of our generation is this: *“Follow your heart.”* It feels inspiring. It sounds empowering. But Scripture warns us that our hearts are not reliable guides. They drift. They deceive. They often pull us toward what feels good but leads us away from what is true.

God never designed your feelings to be your leader—He designed them to be indicators, not decision-makers. Your heart may be real, but it is not always right. And when your emotions rise louder than God’s Word, confusion follows.

But God has not left you without direction. His will is not a mystery; He faithfully reveals it in ways you can recognize. Just like pain has purpose, **God’s guidance has patterns**. And when you understand how He leads, you no longer have to live at the mercy of your emotions.

Here are four ways God reveals His will—ways you can trust, even when your heart feels unsteady.

1. GOD GUIDES THROUGH OPEN DOORS

1 Corinthians 16:8–9 (ESV)

“...a wide door for effective work has opened to me, and there are many adversaries.”

Paul recognized God’s leading not by how he felt, but by the opportunities God placed before him. An open door doesn’t mean an easy path—Paul said there were *many adversaries*. But when God opens a door, no opposition can close it.

Not every opportunity is from God, but every opportunity from God will align with His Word. He will never open a door that violates His character.

Your heart may chase what is convenient; God leads you toward what is *consecrated*.

When God opens a door, don’t follow your feelings—follow His favor.

2. GOD GUIDES THROUGH CLOSED DOORS

Acts 16:6–7 (ESV)

“...the Spirit of Jesus did not allow them.”

Sometimes the clearest direction from God comes through His “No.”

Paul had passion. He had a plan. He had a heart that wanted to preach. But God closed the door—and in doing so, He redirected Paul to Macedonia, where a greater work awaited.

A closed door is not rejection—it is protection.
It is God keeping you from what you cannot see.
It is His mercy, not His displeasure.

Your heart may want what God is blocking, but God closes doors because He can see what your emotions cannot.

3. GOD GUIDES THROUGH FRUSTRATED PLANS

1 Corinthians 16:5–7 (ESV)

“Perhaps I will stay... if the Lord permits.”

Paul lived with surrendered flexibility. He planned diligently but held every plan loosely. Why? Because he trusted God more than his own understanding.

Israel experienced this too.

Exodus 13:17 (ESV) says God led them “the long way around” so they could be strengthened before battles they weren’t ready to face.

Sometimes God develops your character through delays.
He builds your endurance through uncertainty.
He trains your trust in zigzags, not straight lines.

Your heart wants immediate answers. God wants deeper faith.

4. GOD GUIDES THROUGH EVERYDAY CHOICES

Acts 15:36 (ESV)

“Let us go back and visit the believers...”

Sometimes God doesn’t give a sign—He gives wisdom.
Sometimes He doesn’t give a voice—He gives a choice.

Paul made this decision not because of a vision or a feeling, but because it was wise and honoring to God. If you are walking in God’s moral will—obeying Scripture, loving people, seeking His kingdom—then you have freedom. You don’t need a special sign to make a faithful decision.

Augustine said, “Love God and do as you please.”
When your heart is anchored to God, your choices will honor Him.

Your heart may feel uncertain, but God gives wisdom for the next step.

CLOSING REFLECTION AND PRAYER

Lord, thank You for leading me with Your truth instead of my emotions. When my heart pulls me toward what feels easy, teach me to choose what is right. When You open doors, give me courage. When You close doors, give me trust. When plans change, give me peace. When choices come, give me wisdom. Anchor my heart in You so my life is led by Your Word. In Jesus’ name, amen.

