

“Feelings are Real, but Seldom Reliable”
“Above all else, guard your heart, for it affects everything you do”
Proverbs 4:23 NLT

Feelings are Real but Seldom Reliable

Most of the Proverbs were written by Solomon. 1 Kings 4:32 tells us that Solomon spoke 3000 proverbs and, according to Proverbs 25:1, Hezekiah compiled them into the book of Proverbs. Proverbs teach wise behavior, and it is a good idea to take the advice from Proverbs.

- Proverbs 1 says that wisdom begins with fearing God.
 - It also advises us to pursue wisdom by listening to those who are looking out for our best interests.
 - Wisdom cries out for us to consider God’s view on our behavior and to consider the consequences of our choices.
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Proverbs 4:23 (GNT)

- **“Be careful how you think; your life is shaped by your thoughts.”**

Proverbs 4:23 NLT

- **“Above all else, guard your heart, for it affects everything you do.”**
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Feelings are real, but seldom reliable, neither to be ignored nor fully trusted.

- Do you ever consider how much of your everyday life is governed by emotions?
 - There is a close connection between what you think and what you feel.
 - Thoughts and emotions are usually the origin of what people believe, and therefore how they live and act.
 - But is that the way it should be?
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- Emotions are a gift from God to enhance and enrich our lives here on earth, adding color and joy to life.
 - Don’t be shy about them; enjoy feelings richly, but don’t allow them to be the guide of your lives.
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Many times, we will be tempted to cater to our feelings (emotions), directed by whims and wants.

- When that happens make sure you realize how unreliable, therefore misleading, our feelings (emotions) can be, and remember that you have the authority over your emotions.

You might wonder; “How can I ignore my feeling?”

- **I'm not asking you to, but there are times when you simply must.**

After allowing myself to be ruled by feelings and permitting them to decide and direct my attitudes and actions for too long, I learned two things:

- Feelings are real but **seldom reliable**
- Neither to be **ignored nor fully trusted**.

**When they are right, enjoy them; when they are wrong, choose to rise above them.
Feelings are Real but Seldom Reliable**

Certainly, it is important to acknowledge your feelings (emotions).

- Ignoring them does not remove them.
- Examine them honestly & according to the truth of the God's Word.

Godly emotions align with reality; they are helpful and healthy; they agree with God's truth; they direct you in a Godly path.

"We refute arguments and theories and reasoning's, and every proud and lofty thing that sets itself up against the true knowledge of God; and we lead every thought and purpose away, captive to the obedience of Christ."

2 Corinthians 10:5 AMP.

When your thoughts and emotions are "captive" obedient to Christ, you walk with "love . . . a pure heart . . . a good conscience . . . and a sincere faith." 1 Timothy 1:5 NIV.

Emotional maturity is choosing to trust truth above feelings, and so following truth instead of feelings.

Feelings (emotions) flicker, changing by the moment sometimes without cause or reason.

You might feel badly with no idea of why, or feel wonderfully though all is not well.

- Unexplainable? Yes, **but you get to choose how you will respond**; choose to trust the truth only.
 - Obey God at all times.
 - Trust Him in everything.
 - Love Him completely.
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If you want to feel good we must remember the full life is found when your heart is right with God. John 10:10

10 "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

Allen Randolph once said;

“A friend told me I once counseled him to, “**Be true to the Truth,**” in a situation where his emotions were all over the map”

the word of God is the “true north” the same is true for all of us, when confused or uncertain,
turn to Gods truth.”

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Above all else, I want to **be true to God’s Truth. That’s how you successfully “guard your heart,”** and all else is affected from there.
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Philippians 4:8-9 (NLT)

“8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is **true**, and **honorable**, and **right**, and **pure**, and **lovely**, and **admirable**. Think about things that are **excellent** and **worthy of praise**.

9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you”

So as we go through our day, we need to take stock of our thoughts (emotions) and we need to ask ourselves:

- Are these thoughts of mine
 - **true?**
 - **honorable?**
 - **right?**
 - **pure?**
 - **lovely?**
 - **admirable?**
 - **excellent?**
 - **worthy of praise?**
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Proverbs 4:23 says, “**Be careful how you think; your life is shaped by your thoughts**” (TEV).

“A man is but the product of his thoughts. **What he thinks, he becomes.**” ____

Mahatma Gandhi

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neither to be ignored nor fully trusted.**