



Hey everyone! I'm so glad you're here today. Whether this is your first time joining us or you've been coming for years, I believe God has something incredible to teach us tonight.

Let me start with a question: Have you ever been told to “follow your heart”? Maybe it was in a Disney movie or during a heartfelt pep talk from a friend. It's one of those feel-good pieces of advice we hear all the time. But is it good advice? Where does following your heart lead to? That's what we're diving into tonight.

But first, let's pray. [\[Pray.\]](#)

Let's break this down. When someone says, “follow your heart,” what do they mean? Essentially, it's about trusting your feelings, desires, and intuition. It's this idea that your heart knows what's best for you.

This sounds good. I mean who wouldn't want to live authentically and chase their dreams? Movies, music, and social media all preach this message of self-expression and ignoring the haters.

This message and anthem are everywhere. You may not even realize all the places it is imbedded. Take *Frozen*, for example. At its core, the story of Elsa is a journey of self-discovery and empowerment. Early in the movie, Elsa's struggle with her powers leads her to suppress who she really is, out of fear and societal pressure. When she finally decides to “let it go,” the anthem becomes an embodiment of following her heart. She embraces her true self, ignoring what others might think.

[\[Share a personal, pop culture, or movie example.\]](#)

But is your heart trustworthy? Have you ever wanted something that is not good for you? Imagine you have a chance to be a part of the “cool” group at school. You start getting invited to hangouts and social events, which feels exciting because they've always wanted to feel included and accepted. This is all that you have been waiting for.

Over time, you notice that being part of this group means you are pressured to compromise your values. Maybe it is gossiping, skipping class, or participating in activities they know aren't right. Your heart may still want to be included in this group, but you know that this is not right.

Has your heart ever changed or contradicted itself? Imagine you've decided to get in shape by exercising regularly and eating healthier. You're feeling motivated and ready to commit! But the next morning, when your alarm goes off early, your heart just wants to stay in bed a little longer. Later, after a long day at school, you walk into the kitchen to find your mom has just baked fresh chocolate chip cookies. Suddenly, all your good intentions are challenged, and your heart is pulling you in a completely different direction.

[Share personal story of how your heart has changed its mind.]

Our hearts are inconsistent, and they don't always want what is best for us. Unfortunately, they change with our feelings and circumstances. So, if our hearts are so changeable, how can we trust them to guide us?

Before we answer that question, let's take this one step further. What do we do if everyone is following their own hearts? what happens when our desires conflict with others' desires? Whose heart should we listen too?

Imagine this, you have just been assigned to work on a group project. You care about your grade, so you're ready to work hard. But your partner's heart says, "I don't feel like doing any work." Now what do you do?

In situations like this, we realize we need something bigger than personal feelings. We need an authority. Someone or something to define what's fair, what's true, and what's right. Otherwise, it's just chaos. This authority can be fair and determine what is good and right.

The truth is that our hearts are not trustworthy, and scripture clearly says so. Let's open our Bibles to **Jeremiah 17:9 (NIV)**

"The heart is deceitful above all things and beyond cure. Who can understand it?"

You may have heard this short verse before, but it is important to understand the context. Jeremiah was addressing the spiritual state of the nation. Judah had turned away from God, putting their trust in human strength, wealth, and idols rather than in the Lord. In the verses prior to this one, Jeremiah contrasted two types of people: those who rely on human wisdom and strength (like a bush in the desert, parched and fruitless) and those who trust in the Lord (like a tree planted by water, flourishing and steady even in drought).

The imagery of a bush versus a tree that Jeremiah used is quite clear and relates very well to our hearts. A bush in the desert is bare and easily blows with the winds of change. But a tree is firm and solid when planted by water. It can withstand a lot more than the wind.

Lets turn in our bibles to **Mark 7:20-23 (NIV)**

He went on: “What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.”

This verse makes it very clear what comes from the heart. These are sins that can bubble up from within. If this is what my heart can produce, then what should I be doing with my heart?

Let’s read **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.*

We are called to trust in the Lord and not rely solely on our own understanding, and this is incredibly freeing. Imagine trying to get to a place you’ve never been before. Would you just “follow your heart,” turning whichever way feels right in the moment? That sounds like a sure way to get lost. Instead, you’d likely put the address into your phone and let it guide you. Submitting to those directions isn’t burdensome or difficult—it’s

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