

A Marriage Minute™

A simple help to make your marriage just a little better this week.

FOLLOW YOUR HEART? ---NOT!



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

—Jeremiah 17:9

One of the biggest lies deceiving an entire culture is one we still hear too often in the counseling room: *“I have to follow my heart.”*

It sounds so nice and pure, doesn't it? The truth is that divorce courts are filled with people who follow their hearts, and live to regret it. Homes are broken and lives are ruined because someone just had to follow their heart. It's a formula for disaster. Why would anyone follow the heart when *the heart is dumb!* If the heart had any sense it would be a brain! God gave us brains to rule over our hearts. Yes, we must consider our hearts, and deal honestly with real feelings, but we must never let feelings rule us. We must consider the feelings of our hearts and process them through the mind God gave us, and choose to do the right thing. Happiness is the result of obeying God with a willing heart. That's not often easy, but that must be the goal of our spiritual growth. So it is in marriage. Our hearts will deceive us. Let's use the mind God gave us to rule over our hearts, even when our hearts object. Let's press into God and His word until obedience to God will bring joy to our hearts, and our marriage and our lives will be a success.

Questions For The Both of Us: Do you think I tend to follow my heart instead of processing through the mind God gave me? Can you think of examples?

Prayer For The Both Of Us: Lord, increase our faith and our self-control so that we can make decisions with the mind you gave us, and not give in to the deceitfulness of our own hearts.

This MARRIAGE MINUTE© is brought to you by Marriage & Family Savers Institute. Visit them at www.marriageandfamily.org.

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