

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 are following their hearts, and living to regret it after homes are broken and lives are ruined because someone just had to follow their heart. That'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 be ruled by our hearts. We must consider the feelings of our hearts and process them through the mind God gave us. Then we can make intelligent decisions that will please God. Happiness is the result of obeying God with a willing heart. That's not often easy, but that must nevertheless be the goal of our spiritual growth. So it should be 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.

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.

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