

Follow Your Heart?

by Sebastian R Fama

When faced with a consequential decision, I have often heard someone say: "I am going to follow my heart on this one." But is that ever the best course of action? The Bible tells us: "The heart is deceitful above all things, and desperately corrupt; who can understand it?" (Jeremiah 17:9). All too often "Following one's heart" is used as an excuse to ignore the very real possibility of negative consequences.

Despite our self-deceptions, God sees what is truly in our hearts and he will judge accordingly. We may succeed in convincing ourselves that a certain path is the correct one, but that will not change the results of a bad decision. Once again, the Bible instructs us: "There is a way which seems right to a man, but its end is the way to death" (Proverbs 14:12).

The mind and the heart are connected. We see this principle illustrated in Scripture: "I delight to do thy will, o my God; thy law is within my heart" (Psalm 40:8). Thus, the mind informs the heart. If this is true in spiritual matters, it is certainly true in temporal matters as well. The point here is that one should never disengage the intellect when making important decisions.

How many people blind themselves in romantic relationships because they are enamored with a potential mate's looks or social status? Obvious problems are ignored in favor of feelings. All too often what started off in bliss ends in bitterness and anger. And all of it could have been avoided by looking past our feelings.

We sometimes make decisions based on what everyone else is doing. Peer pressure can be a powerful thing. But the popular thing is not always the right thing as history has taught us so many times. We live in the world, but we are not of the world. Therefore: "Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect" (Romans 12:2).

There is something else to consider. Jesus said: "Enter through the narrow gate; for the gate is wide and the road broad that leads to destruction, and those that are on it are many. How narrow the gate and constricted the road that leads to life. And those who find it are few" (Matthew 7:13). If you are always following the crowd, you might just be on the wrong road.

As King Solomon said: "In everything a prudent man acts with knowledge" (Proverbs 13:16). Bottom line; Think before you act! You will be happier in the long run.

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