

Repent for your sins from your heart and put your trust in **Jesus**. Believe that **Jesus** paid the ultimate price by being cruelly crucified, then rising from the dead three days later to conquer death. **Jesus** led a perfect life but was sacrificed to pay for the sins of mankind. Belief in **Jesus** is the only way to God and to achieve eternal life in the presence of God.

**"For God so loved the world that He gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life". John 3:16**

**"I am the way, the truth, and the life. No one comes to the Father except through me". John 14:6**

Do you want to find out more? Here are some useful resources to begin your journey:

davidpawson.co.uk  
derekprince.com  
bibleproject.com  
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## You Should Always Follow Your Heart

Really? This is certainly what popular culture encourages us to do. What wonderful words they are, usually said with a big smile and an expectation that this can only lead to joy. And doesn't 'follow your heart' sound so enticing and empowering? However, there are three key reasons why this might not be such a great idea.

### 1. Our hearts are deceitful and **selfish**.

Is it easier to be selfish or selfless? Is it easier to be bad or good? You don't have to teach a 2-year-old to say 'mine', but you have to teach them to share.

Our hearts are also deceptive. They deceive us into thinking we must have something, and we must have it now. It's only after it's too late that we experience the awful consequences of blindly following our heart-led impulses. The truth is, if we follow our hearts without wisdom and moral restraint, we will by nature act in a selfish and destructive way.

### 2. Our hearts are **conflicting**.

Notice we often have two hearts warring within us. We want that new car, but we don't want the debt. We want to get married, but we still want to play the field. We want children but don't want the responsibility. So which heart are you going to follow? Since we are often conflicted, the road to 'Happyland' will require us to say 'no' to many of our hearts' desires. Giving in to the desires of our flesh does not lead to freedom and life as many people assume,

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but instead to slavery and in the worst case, addiction.

### 3. Our hearts are **changing**.

Do you have the same desires you had 20 years ago? 10 years ago? Even 5 years ago? Your heart changes and grows, and this is especially true of children who go through one long transition to adulthood. It is estimated that 80% of young teens who experience true gender dysphoria grow out of it by the time they're 18 years old. So why would anyone permanently disfigure and sterilise a child by encouraging them to follow an immature heart that will probably change on its own very soon? A comedian once said, "I wanted to be a pirate as a kid, but thankfully no one scheduled me for amputation and a peg leg".

The ethos of 'Follow your heart' starts to release you from moral obligations and consequences of your actions, very much in line with the thinking of: 'You can be anything you want to be'; 'You can create your own future'; 'Do what you want'. Unfortunately, this type of thinking leads to self-idolatry, pride, becoming self-centred and, therefore, sinful behaviour.

So, what should we do with our hearts? The Bible says King Solomon was nearly led to despair by blindly following his heart. He wrote this urgent proverb:

***Above all else GUARD your heart because everything you do flows from it.*** (Proverbs 4:23). He meant that our thoughts, attitudes, beliefs, and actions flow from the

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heart, and can therefore lead us down either a path of righteousness or a path to destruction.

Rather than follow the heart and the teachings of modern culture, which is dominated by deceptive and satanic powers that can lead us astray, why not try following the Word of God as told in the Bible? Use the Bible as your compass. Pray to be aligned to the will of God. Guard your heart by seeking wisdom and eternal hope from God, otherwise there is a danger that your **selfish, conflicting, and changing** heart will take you down the wrong path. Because, when we guard our hearts, we then take responsibility for our mental, psychological, and spiritual well-being, therefore we protect ourselves from sinful influences that impede spiritual progress.

The Bible also teaches that the heart impacts our relationship with others. It can draw us closer to others or estrange us from them. For example, if we cultivate an attitude of love, kindness, and compassion toward others (Ephesians 4:32), we will build strong and meaningful connections with them. A heart of patience, understanding, and forgiveness creates a culture of trust and mutual respect (1 Corinthians 12:25–27). Consequently, sometimes we should do the opposite of what the world wants us to do and think, and this can feel difficult and uncomfortable. But where can we find the strength to swim against the tide of public opinion and resist heart-led decision making?

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