

June 15, 2026

Feelings Make Terrible Leaders

June Series: Live What Was Built

Week Focus: Living Above Your Feelings

Scripture – Romans 8:5 - *"Those who live by the Spirit set their minds on the things of the Spirit."*

Devotional Reflection

God created us with emotions, and emotions are a gift. They help us experience joy, express compassion, recognize danger, and connect with others. However, emotions were never intended to become the primary guide for our decisions. Feelings can change quickly based on circumstances, conversations, disappointments, stress, or even physical exhaustion. What feels true in one moment may look completely different the next. That is why Scripture consistently teaches believers to be guided by God's truth rather than by their emotions.

In Romans 8:5, Paul contrasts two ways of living. One mindset is controlled by the flesh, while the other is directed by the Spirit. The difference is not whether a person has feelings; the difference is who is in control. A life governed by emotions often moves from one reaction to another. Decisions become based on temporary feelings rather than eternal truth. When feelings become leaders, they can pull us away from God's wisdom and into fear, discouragement, anger, or impulsive choices.

Many of life's greatest regrets happen when emotions are allowed to lead unchecked. People often say things in anger that they later wish they could take back. They make decisions in fear that limit God's opportunities. They allow disappointment to convince them to quit too soon. Emotions are real and should not be ignored, but they must be submitted to God's truth. Feelings can inform us about what is happening within us, but they should never have the final word.

The Holy Spirit offers a better way. Rather than reacting based on what we feel in the moment, we can learn to respond based on what God has said. The Spirit helps us pause before acting, pray before reacting, and seek wisdom before making decisions. As we mature spiritually, we learn that truth remains stable even when emotions fluctuate. God's promises do not change because our feelings do.

Today, pay attention to what is influencing your thoughts and decisions. Are you being directed primarily by emotions, or are you allowing God's Spirit to guide you? Living above your feelings does not mean denying them. It means placing them under the authority of God's truth. When the Spirit leads, life becomes steadier, wiser, and more aligned with God's purpose.

Focus for Today

My feelings are real, but God's truth is my guide.

Practice

- Identify one emotion you have been experiencing frequently lately.
 - Ask yourself: "Is this feeling leading me closer to God or away from His truth?"
 - Spend a few moments reading Romans 8:5 slowly and prayerfully.
 - Before making an important decision today, pause and seek God's direction first.
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Prayer

Father, thank You for creating me with emotions, but help me not to be controlled by them. Teach me to submit my feelings to Your truth and to follow the guidance of Your Spirit. Give me wisdom to recognize when my emotions are trying to lead me in the wrong direction. Help me live with confidence, stability, and faith as I trust Your Word above my feelings. In Jesus' name, Amen.

Reflection Question

What emotion has been influencing your decisions recently, and how might God's truth be calling you to respond differently?