

June 17, 2026

# Don't Believe Everything You Feel

**June Series: Live What Was Built**

**Week Focus: Living Above Your Feelings**

**Scripture – Jeremiah 17:9** - *"The heart is deceitful above all things and beyond cure. Who can understand it?"*

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## Devotional Reflection

One of the most common phrases in today's culture is, "Follow your heart." While that advice may sound encouraging, Scripture offers a different perspective. Jeremiah 17:9 reminds us that the human heart can be deceptive. This does not mean our feelings are always wrong, but it does mean they are not always reliable. Feelings can be influenced by fear, stress, disappointment, fatigue, past experiences, and countless other factors. If we treat every feeling as truth, we can easily find ourselves moving in the wrong direction.

Many believers struggle because they assume that what they feel must be what is true. If they feel alone, they conclude God has abandoned them. If they feel afraid, they assume something terrible is about to happen. If they feel inadequate, they begin believing they have nothing valuable to offer. Yet feelings and facts are not always the same. God's truth remains constant even when our emotions fluctuate. What God says about us is more dependable than what we happen to feel in a particular moment.

This is why believers must learn to filter their feelings through Scripture. Instead of asking, "How do I feel?" as the final authority, we should ask, "What has God said?" Feelings may alert us to something happening in our hearts, but God's Word helps us interpret those feelings correctly. When fear arises, Scripture reminds us that God is with us. When insecurity surfaces, Scripture reminds us that we are chosen and loved. When discouragement comes, Scripture reminds us that God is still working in our lives.

Living above your feelings does not mean suppressing your emotions or pretending they do not exist. God invites us to bring every emotion to Him honestly. The Psalms are filled with people expressing fear, frustration, grief, and confusion before God. The difference is that they did not stop with their feelings. They allowed God's truth to reshape their perspective. They moved from emotion to faith, from uncertainty to trust, and from fear to confidence in God's character.

Today, pay attention to the emotions you are experiencing. Instead of immediately accepting them as truth, bring them before God and compare them with His Word. Ask yourself whether your feelings are aligned with what God has said. When feelings and truth collide, choose truth. Feelings may change throughout the day, but God's promises remain secure.

## Focus for Today

**My feelings may be real, but God's truth is more reliable.**

## Practice

- Identify one feeling you have been struggling with recently.
  - Find a Scripture that speaks directly to that emotion.
  - Write down both the feeling and God's truth beside it.
  - When the feeling returns today, intentionally repeat God's truth aloud.
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## Prayer

Father, thank You for giving me Your Word as a reliable foundation for my life. Help me not to be controlled by every emotion I experience. Teach me to bring my feelings to You and to filter them through Your truth. Strengthen my faith so that I trust what You have said more than what I happen to feel. Let Your truth guide my thoughts, my decisions, and my responses today. In Jesus' name, Amen.

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## Reflection Question

**What feeling have you been treating as truth, and what does God's Word say about that situation instead?**