



WHAT LIES

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BENEATH

Who I say I am affects how I think, how I feel, and what I do.

# Feelings:

- Powerful
- Persuasive
- Inconsistent
- Unreliable
- Sabotaging

Feelings were never  
meant to be followed.

The **heart** is deceitful above all things and beyond cure. Who can understand it?

**Jeremiah 17:9 NIV**



Those who **trust in themselves**  
are fools, but those who walk  
in **wisdom** are kept safe.

**Proverbs 28:26 NIV**

There is a way that **appears** to be right, but in the end it leads to death.

**Proverbs 14:12 NIV**

Trust in the Lord with all your heart and **lean not** on your own understanding; in all your ways submit to him, and he will make your paths straight.

**Proverbs 3:5-6 NIV**



When we are led by faith  
it informs our thinking,  
reforms our feelings, and  
transforms our doing.

Following feelings is always  
easier than following Jesus.

“But to you who are listening I say: **Love** your enemies, **do** good to those who hate you, **bless** those who curse you, **pray** for those who mistreat you.

**Luke 6:27 NIV**

If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them.

**Luke 6:29 NIV**

Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back.

**Luke 6:30 NIV**

**Do** to others as you would have  
them **do** to you.

**Luke 6:31 NIV**



**“If you love those who love you,  
what credit is that to you? Even  
sinners love those who love  
them.**

**Luke 6:32 NIV**

And if you do good to those who are good to you, what credit is that to you? Even sinners do that.

**Luke 6:33 NIV**

It's almost always easier  
to feel the wrong thing than  
it is to do the right thing.

But **love** your enemies, **do**  
good to them, and lend to them  
without expecting to get  
anything back. Then your  
reward will be great,

**Luke 6:35 NIV**

and you will be **children** of the Most High, because he is kind to the ungrateful and wicked. Be **merciful**, just as your Father is merciful.

**Luke 6:35-36 NIV**

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. **Forgive**, and you will be forgiven.

**Luke 6:37 NIV**



Jesus didn't teach his followers  
to feel a particular way as much  
as He taught them to act  
in a particular way.

# When I Follow Feelings:

1. I give people power over me.

# When I Follow Feelings:

1. I give people power over me.
2. I allow circumstances to control me.

# When I Follow Feelings:

1. I give people power over me.
2. I allow circumstances to control me.
3. I become enslaved to inconsistency.

# When I Follow Feelings:

1. I give people power over me.
2. I allow circumstances to control me.
3. I become enslaved to inconsistency.
4. I feel justified in whatever I do and whatever I say.

We are not called to  
follow feelings. We are  
called to follow Jesus.



