**The “Follow Your Heart” Fallacy**

We hear and see (and *say?*) it all the time:

* “Know Your Own Heart” or “What Does Your Heart Tell You?”
* “Listen To/Trust Your Heart” and the ubiquitous,
* “Follow Your Heart.”

This is just plain **wrong**, and terrible advice. Please stop telling others this; and please stop listening to or believing this nonsense yourself!

The ***fickleness*** of the human heart, its tendency toward ***rashness****,* its proclivity for being ***deceived*** (by *self* or *others*), and its ***deceitfulness*** does NOT warrant such *trust, devotion,* or *discipleship.*

Instead of listening to and parroting people think they are wise, listen to God’s wisdom in these regards: (cf. Prov.1:1-7 for an introduction to and the purpose of what follows)

* Prov.3:5, *Trust in the Lord with* ***all your heart****,* and ***do not lean on your own understanding***
* Prov.4:23, *Watch* ***over your heart*** *with all diligence* (because it is *deceitful* and *misleading*), *for from it springs life* (literal rendering), cf. 23:7
* Prov.5:12, *How I have hated instruction* is connected to and because of *my heart spurned reproof*
* Prov.6:14, The *worthless person, a wicked man* (vv.12-13) is he who *with perversity in his heart devises evil continually* and *spreads strife*
* Prov.6:18, Among those things *which the Lord hates* is *a heart that devises evil plans*
* Prov.10:20, The *tongue of the righteous* is as *choice silver,* but the *heart of the wicked* is *worth little*
* Prov.11:20, The *perverse in heart* are an *abomination to the Lord,* but the *blameless in their walk* are *His delight*
* Prov.12:23, A *prudent man conceals knowledge,* but the *heart of fools proclaims knowledge*
* Prov.14:14, The *backslider in heart* will have *his own ways,* but a *good man* will *be satisfied with his;* note also the next verse, which is surely connected, *“The naïve believes everything”*- especially if listening to his own heart, *“but the prudent man considers his steps,”* v.15
* Prov.15:11, “God knows my heart”? He sure does- much better than we know our own hearts!
* Prov.16:5, The *proud in heart* are an *abomination to the Lord*
* Prov.18:12, *Haughty/proud hearts* precede *destruction,* but *humility* goes before *honor*
* Prov.19:3, Hearts that *rage against the Lord* are the product of *foolishness* and *subverted ways*
* Prov.19:21, The *heart* will produce *many* (vain and fleeting/failing) *plans,* but the *counsel of the Lord* will *stand* (endure)
* Prov.21:2, Our *hearts* are *always right in our own eyes,* but God *weighs/judges* them by His standard
* Prov.21:4, *Haughty eyes* and a *proud heart* is *the lamp of the wicked,* and only produces *sin*
* Prov.28:14, The one who *fears the Lord* will be *blessed,* but the one who *hardens his heart* (which is the opposite of the previous) will *fall into calamity*
* Prov.28:26, ***“He who trusts his own heart is a fool, but he who walks wisely, will be delivered.”***

Now, there are many, many other passages that could be used to make the point that Prov.28:26 just made, but please, listen to the *wisdom of God* regarding “Follow your heart”! **It is just plan wrong, and foolish, to do so.**

**But since we’ve been overdosed with *self-esteem,* and repeatedly told to *trust* and *follow our hearts:***

1. **We’re *thinking with our hearts* (if it can be even called such) instead of *thinking with our heads!*** The metaphorical human *heart,* as the seat of *emotion,* is a necessary part of who we are. But, we must not *allow* our *hearts* to rule or overrule our *heads!* 
   1. Just because I *feel* hopeless or helpless or worthless doesn’t make any of that true!
   2. And just because I may *feel* that way today doesn’t mean that I and God can’t change things tomorrow! Don’t do *anything* that eliminates the *potential* of tomorrow.
   3. Instead, take a step back, push aside how you *feel,* and start *thinking with your head* by putting your nose back in the Book to *see/understand* better, so you can *do* better, and then you will *feel* better.
2. **Stop giving undue weight to your *feelings* by putting them in the proper place:** 
   1. But if we “follow our hearts” with our actions/bodies, then our head is left to try to make sense of it all after the fact.
   2. Spiritually and otherwise, 1) Stop, think, and then make a decision *with your head* from the best information you can find; 2) Act in accordance with that decision with your body/in your life; then, 3) the right *feelings* will follow.
   3. This is precisely what happened in Acts 2: 1) the *right* information was sought, heard, and received, vv.22-40; 2) the *right* actions were taken, vv.41-42; and then, 3) the *right* emotions followed, vv.43ff.

**Conclusions:**

Stop and think for a moment, please. How did we get to the point that people are actually suggesting that we not “assign” gender to a child until they are old enough to tell us how/what they “feel” about their own gender? **We put a priority on *feelings* over *facts* and started thinking with our *hearts* instead of our *heads!***

Ask that same child what he wants for his birthday, or what he wants to “be” when he grows up, on two consecutive days and you’re likely to get two very DIFFERENT answers! And yet weren’t supposed to ask him how he *feels* about his gender??? That’s ridiculously naïve, and just plain foolishly wrong!