

TAKE HOME SHEET



Series: Tell Yourself the Truth
Message: Follow Your Heart
Speaker: Yayo Espinosa
Date: February 23, 2025

Take some time to read the passage we focused on today. Underline the words and phrases that stand out to you as you read.

The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?

Jeremiah 17:9 (NLT)

What does Jeremiah 17:9 reveal about the human heart?

Have you ever made a decision based purely on emotions and later regretted it?

Why do you think the phrase “follow your heart” is so commonly accepted in our culture?

What are some ways we might justify following our emotions even when they contradict God’s truth?

God’s Truth vs. Our Emotions:

How can we tell the difference between God’s leading and our own emotions?

What are some practical ways to align our emotions with God’s Word instead of letting them control us?

Heart Check Self-Examination Questions:

Think about a recent decision—was it based more on emotions or on biblical truth?

Are there areas in your life where you know what God wants, but you’re struggling to obey? Why?

Have you ever resisted God’s will because it didn’t “feel” right at the time? What was the outcome?

What is one step you can take this week to trust God’s truth more than your feelings?

BIBLE TRANSLATIONS:

NLT – New Living Translation

MESSAGE NOTES



Series: Tell Yourself the Truth
Message: Follow Your Heart
Speaker: Yayo Espinosa
Date: February 23, 2025

Follow Your Heart.

The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?

Jeremiah 17:9 (NLT)

We need God's truth.

Our hearts can deceive us, but God can redeem and redirect us.

Even when we fail or let our emotions mislead us, God is patient with us.

God, in His mercy, gives us second chances.

Restatement: Don't follow your heart—follow God's truth for a life of peace and clarity.

HEART CHECK

- Am I following my emotions, or am I following God's Word?
- Are there areas in my life where I know what God wants, but I'm resisting?
- Am I making decisions based on feelings or on biblical truth?

Let's align our hearts with God's Word and allow His truth to guide our steps.

When we submit to His Word, we find peace, direction, and purpose that emotions alone could never provide.

Don't follow your heart—follow God's truth.

God's truth is the only truth that leads to life.

Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me."

John 14:6 (NLT)