



**CAN WE  
TRUST OUR  
FEELINGS?**

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# HOW CAN WE KNOW THE TRUTH?

Many people assume that because they feel or believe something...it must be true. Some people may even have legitimate experiences that seem to validate those beliefs. But is this really a trustworthy way to determine what is true?

## CAN WE TRUST OUR FEELINGS (HEART)?

Jesus taught that our sins are not merely an issue of wrong behavior but that a person's true corruption comes from his heart ([Matthew 5](#)). Our sin causes us to feel wrongly about many things. In fact, the Bible does not consider our heart an asset, but a liability!

*"The heart is deceitful above all else, and desperately sick; who can understand it?" (Jeremiah 17:9)*

Because our feelings have been corrupted in this way, our hearts cannot be trusted to accurately determine truth.

## CAN WE TRUST OUR BELIEFS (CONVICTIONS)?

Some people think that they can trust their beliefs simply because they *feel strongly* about them. But just because a person is so convinced of something that he is willing to take drastic action does not mean that he is *right*.

Perhaps the most thoroughly convicted group of people in the Bible was the Pharisees. Yet, their beliefs led them to kill the Son of God. While they believed they were righteous, Jesus said that they were believing a lie ([John 8:43-45](#)). Conviction then – no matter how strong – is insufficient for determining what is ultimately true.

## CAN WE TRUST EXPERIENCES?

Imagine a child lying awake in bed on Christmas Eve, eagerly awaiting the arrival of Santa Claus. She hears thumping from the roof above her, and then rustling beneath the Christmas tree downstairs. When the sound has stopped, she runs downstairs to see a beautifully wrapped present under the tree with her name on it. To the girl, this experience is PROOF that Santa Claus came!

The experience WAS REAL, and yet the girl was wrong in her conclusion. Had she not had the presupposition that Santa was coming, she might have realized that the thumping on the roof above was actually a family of squirrels, and that the rustling beneath the tree was caused by her parents. Experiences are not certain ways to know what is true. This is why the Bible commands us to...

*"Test everything. Hold fast what is good." (1 Thessalonians 5:21).*

## GOD'S WORD IS TRUTH

Our thoughts, our feelings, and our desires are very important, but we should not place sole reliance on subjective means to determine what is really true. Jesus teaches us that to determine truth we must ABIDE in HIS WORD. This is why Christians love the Bible, and are eager to submit our feelings, beliefs and experiences to God's Word...not the other way around.

*"Jesus said to the Jews who had believed him, 'If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free'" (John 8:31-32).*