

Volume 2, Day 9: Feelings Follow Faith

Your relationship with God will only become deeply satisfying when you let His Holy Spirit guide you into God's truth, not the truth which has been passed on to you by well-meaning but sadly mistaken trusted sources. You may even have deduced these beliefs through your own wrong 'common sense.' Relationships in general, and particularly with God, require correct information about the other party. I was personally very dissatisfied with my relationship with God after 40 years of expecting God to do or be something that He is not!

"The fear of the Lord is the beginning of wisdom." The fear of the Lord is respecting what He says about you and about Himself. If you will give yourself permission to change what you believe, that is when the wisdom of God's can finally change your heart. When you believe what the Holy Spirit tells you instead of your formerly trusted information, He brings peace as all confusion is eliminated. "You cannot be wrong, **sincerely enough**, to be right!" And you cannot properly interpret what is being said if you are mentally impaired.

Depression is rarely a cause. It is an effect. Usually it is the effect of biased reception of what is being expressed by others. And bias is simply the by-product of previously formed beliefs. The gospel of Jesus Christ is an example of this. The Pharisees called for Jesus' execution because their religious bias hindered them from accepting His newly proclaimed truth. So if you continue to languish, making little progress in these new teachings, explore the biases of your own beliefs that keep you from embracing these truths. Our emotions follow our beliefs as water seeks the lowest level. So, if you want to change your feelings, give yourself permission to change your beliefs.