

## "FOLLOW YOUR HEART" | TOUGH TOPIC

*In connection with the following Bible Story:*

### **THE TEN COMMANDMENTS** - Exodus 19-20

Our kids are growing up in a culture in which they are encouraged to do whatever feels right to them. The message of today's culture is "follow your heart" and "you do you." However, our hearts are not always trustworthy and our emotions can lead us down the wrong paths. In this week's lesson, kids learned that God shows us how life works best. Your kids may sometimes question why they should follow what God says. You can help them see that He is trustworthy and the true source for all wisdom. Living life His way is always the best way.

#### **HERE'S HOW YOU CAN DISCUSS THIS TOPIC WITH YOUR KIDS . . .**

**Ask:** How do kids or others usually make decisions about the right things to do?

**Ask:** What does it mean if someone says to "follow your heart"?

**Ask:** What do you think God has to say about that?

**Say:** You may have heard someone give advice to "follow your heart." In other words, they are saying to do whatever feels right for you. God tells us in Jeremiah 17:9: *"A human heart is more dishonest than anything else."* We can't always trust our emotions or our own thoughts to help us know the right thing to do. One day we will feel happy about something, and the next day we will feel sad. Sometimes we trust in what the Internet says or in what other people say. God says trust Him first. He has given us guidelines for how life works best. He gave us His commandments so we would know what is right and wrong and don't have to guess. His ways are the best ways because He is trustworthy. Our hearts and emotions may lead us astray, but God never will.