

## Feelings Don't Always Equal Facts

Philippians 4:8 is a very significant verse regarding what we think about. It says, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Look at that list again. We are told to think on things that are true, honest, just, pure, lovely, of good report, of virtue, and of praise. No doubt people in general have feelings that change, but certainly those who battle mental health issues know about changing or uncertain feelings. Sometimes our feelings can influence us to "think" on things that are not necessarily true.

A good example of this is Psalm 13:1. While the Holy Spirit of God inspired this writing, He used David as the human instrument to record the words. Here is the question asked in this verse, "How long wilt thou forget me, O LORD? for ever? how long wilt thou hide thy face from me?" Study the life of David in the Bible and see if you can find any time that God forgot David. God did not forget David, but it appears that David may have "felt" as though God forgot him. This is a great example of how our "feelings" do not always agree with "facts."



A true believer in Jesus will never be forgotten or forsaken by God. Yet believers who battle depression, anxiety, and/or other mental health issues may at times "feel" like God has forsaken them. That is why Philippians 4:8 is such a tremendous verse for these times. Think on what you know to be true, not on what your feelings may say. Take a few moments and write down some ways this verse can be applied to your own life and any struggles you may be facing at this time.