

Pastor Morris Mureithi



STOP CONFUSING YOUR EMOTIONS WITH GOD'S VOICE

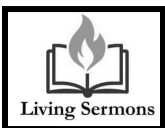
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Stop Confusing Your Emotions With God's Voice

Preacher: Pastor Morris Mureithi

Publisher: LivingSermons.com

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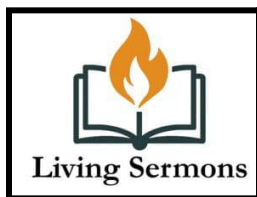
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For Kingdom impact worldwide.



Foreword

In a generation saturated with voices—opinions, impressions, emotions, and spiritual language—one question has quietly become urgent among believers: *How do I truly know when God is speaking?*

With remarkable clarity and pastoral honesty, he confronts one of the most subtle yet dangerous confusions in the life of a believer—the tendency to mistake internal noise for divine direction. In doing so, he does not merely challenge the reader; he equips them.

Throughout these pages, you will encounter a framework that is both deeply spiritual and intensely practical. The distinctions drawn between the voice of God, the activity of the mind, the pull of emotions, and the influence of the enemy are not theoretical—they are lived realities for every believer seeking to walk in truth.

And perhaps most importantly, it will restore confidence in what Jesus declared in *John 10:27*:

“My sheep hear my voice, and I know them, and they follow me.”

May this work serve as a tool for alignment, a call to maturity, and a pathway into deeper spiritual clarity.

— *Wisdom Epsi*
Chief Editor, LivingSermons.com

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Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

The live sermon from which this message was transcribed can be accessed here: [Official YouTube Channel](#)

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Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

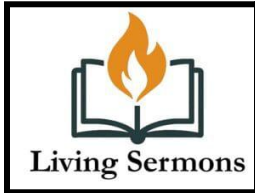
It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— *Livingsermons.com*

A Spirit-led Publishing Stewardship

Main Message

Begins Here



Introduction

Welcome back to another episode. I am really glad you are here for this one today, because we are going into something that I think almost every believer wrestles with—even if they do not always name it out loud.

Here is the question most people are sitting with: When a thought comes to my mind, when I feel strongly about something, when I get a sense that I should or should not do something—where is that actually coming from?

Is it from God?

Is it just my own mind working something out?

Is it my emotions responding to past experiences?

Or is it the enemy trying to steer me in the wrong direction?

That question matters more than most of us realise, because when discernment is low, deception feels like destiny.

You end up following feelings that were never from God. You call fear discernment. You call desire revelation. You call trauma a warning from the Holy Spirit. And you spend years making decisions that were never actually rooted in the voice of God—just in your own unexamined inner world.

I have been there.

I remember a season where I was so convinced God was telling me to move in a certain direction. And the more I examined it honestly, the more I realised the voice I was following sounded a lot more like my ambition than His instruction.

That was a hard thing to admit, but it was the beginning of actually learning how to discern.

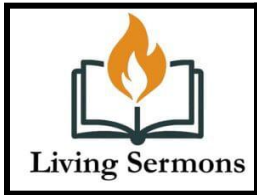
So in this teaching, we are going to do four things:

- How to tell when something is coming from God
- How to tell when it is coming from your mind
- How to tell when it is coming from your emotions
- How to tell when it is the enemy

For each one, I am going to give you practical markers—not theory, but things you can actually test in real time.

Then we are going to go deeper into the mechanics of discernment, including the four spirits that disguise themselves as discernment and fool believers who are spiritually untrained.

By the time this is done, you should have a working framework for navigating the voices inside you with a lot more clarity.



The Foundation

Every impression, thought, feeling, or nudge you experience has a source. God never intended for you to be confused about which source you are hearing from. The problem is that most believers were never taught how to test them. So everything gets lumped together as either God or the devil. There are four sources you need to know.

When God Speaks

God speaks.

He speaks through His Word, through the Holy Spirit, through peace, through other believers, and through circumstances. But His voice has a very specific texture. Once you know what to look for, it becomes recognisable.

1. It Aligns with Scripture

Very simple.

God will never speak anything that contradicts His written Word—not in tone, not in direction, not in character. If what you are sensing leads you towards something the Bible calls sin, or asks you to violate a clear biblical principle, it is not of God—regardless of how strong it feels.

This is the first and most common filter. Open your Bible and test it.

2. It Produces Peace, Not Pressure

John 14:27

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.”

When something is genuinely from God, there is a settled quality to it. Even if the thing being asked is hard, you can be uncomfortable with the direction and still have peace about it.

What you will not have is frantic urgency—a sense that you must decide right now or you will miss it, or a pressure that removes your ability to pause and pray.

3. It Requires Faith, Not Just Logic

God’s direction often makes sense—but not always on the surface. Sometimes what He is asking does not compute naturally. Abraham was told to go to a land he had never seen. Joseph’s path to his destiny ran through a pit and a prison.

If every voice you are hearing is completely logical and comfortable, pay attention. God frequently calls people into things that only make sense through the lens of faith—not the lens of strategy.

4. It Is Confirmed Over Time and Through Community

God is not random. If something is truly from Him, it tends to come back. It is confirmed in prayer, confirmed in the Word, confirmed through people who have no idea what you are wrestling with. It builds rather than evaporates.

A genuine word from God does not collapse the moment someone questions it.

John 10:27

“My sheep hear my voice, and I know them, and they follow me.”

God’s voice leads. It does not chase you.

If you feel like you are being pushed, rushed, or threatened into a decision—slow down. God does not manipulate His children into obedience.

When It Is From Your Mind

The mind is powerful—and it is not neutral. It processes information, makes connections, draws conclusions, and produces thoughts constantly—many of which feel authoritative, even spiritual.

Believers often mistake their own reasoning for divine direction because the mind can be very convincing.

1. It Is Built from What You Already Know

Your mind works with what it has been given.

So thoughts from your mind tend to follow patterns. They build on your past experiences, on things you have read, on conversations you have heard.

They feel familiar.

If a thought is simply organising information you already possess and drawing a conclusion from it, that is your mind working. Not wrong—but not the same as revelation.

2. It Can Be Argued With

Thoughts from your own mind can be debated, reasoned through, and changed by new information. If someone presents a strong enough counter-argument and your conviction shifts, that was probably your mind.

A genuine word from God does not dissolve under intellectual pressure.

Your mind is flexible. God's Word is stable.

3. It Tends to Serve Your Own Interests

Pay close attention to what a thought is actually serving. If you trace it to its end result and it primarily benefits your comfort, your reputation, your preferences—that is a sign your mind generated it.

The mind is naturally self-protective. It is not sinful—but you must recognise when your mind is dressing up preference as direction.

4. It Struggles with Silence

The mind generates noise. When you sit in genuine stillness before God, you begin to notice the difference between what your mind produces and what arises from a quieter, deeper place. If you have never practised sitting in silence long enough to let the mental chatter settle, you will keep confusing your own thinking for God's voice.

Romans 12:2

“And be not conformed to this world: but be ye transformed by the renewing of your mind...”

A renewed mind is not a silent mind—it is a submitted mind. The goal is not to stop thinking, but to think through a framework shaped by Scripture rather than culture, fear, or self-interest.

When It Is Your Emotions

Emotions are real. They are God-given. But they are terrible leaders. They matter, but they cannot lead well. They are not a reliable guidance system on their own.

Emotions respond to circumstances, to memory, to unhealed wounds, to what you ate, and even how much sleep you got.

When you confuse an emotional reaction for spiritual discernment, you build decisions on something that shifts the moment circumstances change.

1. It Changes with Your Emotional State

A strong emotional impression that disappears after you have slept, prayed, or had a good conversation was probably your emotions processing something. Genuine discernment has persistence. It stays.

2. It Has a Clear Emotional Trigger

If you trace the feeling back and find a specific event, conversation, or memory that activated it—that is your emotions at work.

Fear from a past betrayal will feel like discernment about a new person. Grief from a previous loss will feel like a warning about a current situation. Your nervous system cannot always tell the difference between a present threat and an echo from the past.

3. It Demands an Immediate Response

Emotions create urgency. They want resolution—now. If you feel like you cannot pause or pray before responding, pay attention. True discernment is patient. Emotions are not.

4. It Bypasses the Word

When emotions are driving, you begin to seek validation rather than truth. You look for Scriptures that confirm what you already feel instead of allowing the Word to test what you feel.

Jeremiah 17:9

“The heart is deceitful above all things, and desperately wicked: who can know it?”

This does not mean emotions are evil. It means an unexamined heart cannot be trusted as its own judge.

Emotions must be submitted to the Spirit and the Word—not suppressed.

When It Is From the Enemy

The enemy does not always come with obvious darkness. Scripture calls him an angel of light.

2 Corinthians 11:14

“And no marvel; for Satan himself is transformed into an angel of light.”

His most effective strategy is to sound reasonable, spiritual, and wise. Most believers will recognise a blatant demonic attack. What they miss is the subtle counterfeit.

1. It Produces Fear, Confusion, or Condemnation

Romans 8:1

“There is therefore now no condemnation to them which are in Christ Jesus...”

The Holy Spirit convicts—but conviction is specific and redemptive. The enemy produces something vague, heavy, and paralyzing. If the voice leaves you confused, afraid, and without direction—that is not God.

2. It Contradicts Your Identity in Christ

The enemy attacks your sense of who you are in God. If the thought tells you that you are too broken, too far gone, too sinful for God to use—that is not heaven speaking. God’s voice builds. The enemy’s voice diminishes.

3. It Creates Division Without Resolution

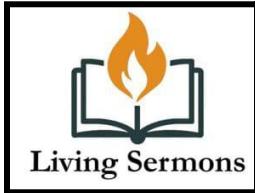
The enemy introduces suspicion—especially toward people, leaders, or community. If it isolates you without a path to truth and restoration, examine it carefully. God’s discernment restores. The enemy’s influence divides.

4. It Cannot Survive Scripture and Prayer

This is the clearest test. When you bring a thought into Scripture and sincere prayer, what happens?

- What is from God becomes clearer
- What is from the enemy fades or resists

If you feel resistance to praying about something, pay attention to that resistance.



Closing Prayer

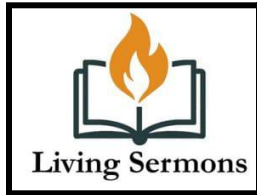
Let us pray.

Father, sharpen every dark place in us. Expose every false voice—every familiar spirit, every delusion, every controlling influence, every religious mindset dressed up as holiness.

We come before You with open hands and an honest heart. We do not want to follow our own impressions and call it Your voice.

Teach us the difference. Make our spirits sensitive to what is actually from You, and give us the courage to be honest about what is not.

In Jesus' name, Amen.



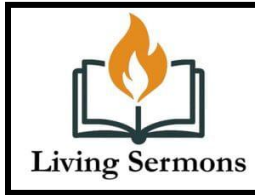
About the Speaker

Pastor Morris Mureithi is a teacher of God’s Word with a distinct emphasis on inner transformation, spiritual authenticity, and a life fully yielded to the leadership of the Holy Spirit. His ministry is marked by clarity, depth, and a sincere pursuit of truth—calling believers beyond surface-level Christianity into a genuine, experiential walk with Christ.

With a teaching style that is both thoughtful and piercing, Pastor Morris addresses the often-overlooked realities of the Christian life, particularly the tension between the flesh and the Spirit. His messages are not merely informational; they are deeply introspective, designed to awaken conviction, stir hunger for God, and lead listeners into lasting transformation.

He carries a burden to see believers grounded in truth, free from performance-driven spirituality, and anchored in the revelation of Christ’s worth. Through his teachings, many are challenged to move past routine and into real encounters with God—where true change takes place.

Pastor Morris Mureithi continues to minister with a focus on raising believers who are spiritually discerning, inwardly aligned with God’s purposes, and committed to a life of daily surrender.



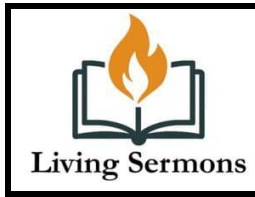
About Living Sermons

Living Sermons is a Spirit-led publishing platform dedicated to transforming timeless messages of God’s servants into books that can reach and impact lives across the world. Our mission is simple: to preserve the wisdom, revelation, and anointing carried in the preached Word and make it accessible in formats that can be studied, shared, and revisited for generations. By turning sermons into high-quality Christian books and eBooks, we extend the life and influence of each message far beyond the pulpit.

At Living Sermons, we believe that the preached Word is living and powerful (Hebrews 4:12). Every sermon carries truth that can instruct, comfort, rebuke, inspire, and transform. Our role is to faithfully capture these words, polish them for clarity and readability, and present them in a way that maintains the preacher’s unique voice and anointing.

Through our work, messages that might otherwise be heard once are preserved as lasting resources for teaching, devotion, discipleship, and evangelism. These books are designed not just for reading but for equipping believers, strengthening families, and advancing the Kingdom of God.

Living Sermons—*the preached Word in lasting form.*



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At **Livingsermons.com**, our mission is to ensure that sermons inspired by the Holy Spirit are accessible in written form for study, meditation, and reference by believers around the world. This work is growing, and we can't do it alone.

We are inviting passionate believers to volunteer in any of these roles:

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- **Editors** – Refine transcripts into polished, readable eBooks.
- **Bloggers** – Create SEO-friendly posts to share new books.
- **Social Media Managers** – Share books online and engage our community.
- **Language Translators**
- **Graphics Designers**

If you feel led to serve in any of these roles, please reach out through our [Volunteer Page](#) on Livingsermons.com. Together, let's spread the knowledge of Christ to the nations.

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