

## Is it “Fake” to Do the Right Thing When it Doesn’t “Feel Natural”?

### Description

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Have you ever wanted to do something that you knew was the right thing to do, but it didn’t feel natural to do it, and then you felt like doing it would be “fake” or “not genuine”? Here is a different way to think about such scenarios:

The type of person we are is not determined by what “feels natural” to us; it is determined by our

choices. Of course, we can choose to be the sort of person who allows their feelings to govern them, but that doesn't make for a genuine character, it just makes for a vacillating character (feelings change). We can choose to be the sort of person who does what is right, regardless of feelings. If you determine that that is going to be the type of person you are, then the only way to be genuine – to not be fake – would be to fight against your feelings whenever they would lead you to do something wrong or to not do something right.

What makes something “feel natural” anyway? When we form a habit, it only “feels natural” to follow that habit. This is true whether it is a good habit or a bad habit. So if we break bad habits and form good habits in their place, over time we will actually change what “feels natural” to do. Consider this statement by Ellen White:

Shall we not break off our sins by righteousness, and have our conversation in heaven, whence we look for our Saviour? Shall we not talk of our Saviour until it becomes natural for us to do so? {RH April 21, 1891, par. 9}

“Until it becomes natural for us to do so...” This is such an important phrase. If we postpone doing what is right until it feels “natural” to do it, it just isn't going to happen. We shouldn't expect that one day some great change overcome us, like a miracle changing what “feels natural.” In fact, Ellen White said that as well:

I was shown God's people waiting for some change to take place—a compelling power to take hold of them. But they will be disappointed, for they are wrong. They must act, they must take hold of the work themselves and earnestly cry to God for a true knowledge of themselves. {1T 261.1}

We each need to choose to be the sort of person who does what is right *because it is right*. It won't always “feel natural” to do what is right at first, but that is just because we haven't formed habits of right-doing. But let us not be governed by feeling; let us be governed by principle.

If we do not order our conversation aright, we shall not see the salvation of God. {RH April 21, 1891, par. 9}

Likewise, if we do order our conversation aright, we shall see the salvation of God.