

Question: What does the phrase “*confusion of heart*” mean, as found in the Bible?

Answer:

In Deuteronomy 28:28 , God warns:

“The LORD will strike you with madness and blindness and confusion of heart.”

This verse is part of a list of curses that God said would come upon Israel if they refused to obey His commandments. *Confusion of heart* is not simply emotional turmoil—it is a divinely permitted condition where a person’s mind becomes disoriented, unstable, and spiritually numb. The Hebrew word translated “confusion” implies bewilderment, astonishment, or stupefaction—a deep, paralyzing mental and emotional fog.

1. Biblical Meaning and Experience

This kind of confusion happens when someone is so overwhelmed by circumstances or divine judgment that they cannot think

clearly. It’s like being in a state of shock. For instance, someone who narrowly escapes a life-threatening accident—like nearly being hit by a truck—might freeze, unable to process or act. That moment of panic and disorientation is a small taste of what “confusion of heart” describes.

But biblically, it goes deeper than panic. It refers to a *spiritual* blindness—a soul that cannot grasp truth, a heart that is numb to conviction, and a mind unable to respond to God.

2. Judgment of Hardness and Blindness

God uses *confusion of heart* as a judgment against hardened rebellion. In Romans 1:28 Paul says:

“And since they did not see fit to acknowledge God, God gave them up to a debased mind to do what ought not to be done.”

This shows that when people continually reject God’s truth, He may eventually *give them over* to mental and moral confusion. It’s not just natural chaos—it’s divine judgment. This condition is

both *psychological* and *spiritual*.

Similarly, 2 Thessalonians 2:10-11 warns of a time when people who refuse to love the truth will be sent a delusion:

“...they refused to love the truth and so be saved. Therefore God sends them aWhat Is “Confusion of the Heart”? strong delusion, so that they may believe what is false...”

3. Spiritual Consequence: Numbness to the Gospel

Those afflicted by this “confusion” often become indifferent to the gospel. No matter how strong the preaching is, or how urgently they are warned about judgment or salvation, they mock or ignore it. They cannot feel conviction because their heart is under judgment.

A clear example is in Genesis 19:14 when Lot warned his sons-in-law about God’s judgment on Sodom:

“But he seemed to his sons-in-law to be jesting.”

They thought he was joking—even though destruction was imminent. That’s confusion of heart in action.

4. Modern Relevance: Don’t Ignore the Voice of God

Today, many mock the gospel, saying things like, “You’ve waited for Jesus 2,000 years—where is He?” But some of these people may already be under divine confusion. When someone repeatedly rejects truth, their heart can become spiritually numb

Hebrews 3:15 –“Today, if you hear his voice, do not harden your hearts...”).

If you feel God speaking to you—if you sense the need to repent, to follow Jesus, to surrender—do not delay. Like Lot, you may have to leave the crowd and walk alone to obey God.

5. Value the Grace While It’s Still Available

God’s grace is not guaranteed to knock forever. As Isaiah 55:6 says:

“Seek the LORD while he may be found; call upon him while he is near.”

Don’t waste the opportunity to respond while your heart still feels conviction. Many have lost that sensitivity and are now living under the curse of confusion of heart—unable to see truth, feel conviction, or find the way back.

Confusion of heart is not just stress or anxiety. It’s a spiritual condition permitted by God as judgment for persistent disobedience. It affects both perception and discernment, and it blinds people to truth. If you feel God calling you to repent and believe in Christ, don’t ignore Him. His voice may not always be there.

The Lord is coming.

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