



A light to my path. Psalm 119:105

Impulsiveness

Few people think about the situation they are experiencing before acting. Action without forethought is impulsiveness. It often comes at a high price. King Solomon said in his book Ecclesiastes 5:6, *The fool folds his hands and consumes his own flesh*. An impulsive outcome can bring great financial debt. Debt comes in different forms, including obligational demands. It is imperative we learn from our impulsive acts. Proverbs 18:2 states, *A fool has no delight in understanding, but in expressing his own heart*.

Physical, mental, and emotional factors such as hypoglycemia (low blood sugar), bipolar disorder, and anger can bring an impulsive act.¹ The latter is a learned behavior and the most prevalent cause of impulsiveness. God describes anger in Proverbs 29:11 as a fool who vents their feelings, but a wise person practices restraint. Therefore, God teaches us in James 1:19-20 to be *swift to hear, slow to speak, and slow to wrath*. Anger comes from our thoughts. Changing our thoughts changes our emotions. David could have acted out his anger against King Saul. Instead, he put his thoughts on the LORD became encouraged, then God strengthened his heart (Psalm 27:14).

Beloved, think and wait on the LORD! Do not act hastily. Count the cost of your decision before deciding. (Isaiah 28:16, Luke 14:28).
Shalom!

1. Is Impulsive Behavior a Disorder? Timothy J. Legg, PhD, PsyD — by Ann Pietrangelo, May 12, 2020.

Love Life Ministry

Touching People with the Healing Power of God's Love[©]

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