

INSPIRED **2**GO

DAILY DEVOTIONAL

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## THE FOLLY OF IMPULSIVENESS

## SCRIPTURAL REFERENCE

Proverbs 14:29.

## ADDITIONAL STUDY

Proverbs 16:32, Proverbs 29:20,  
Ecclesiastes 5:2 & 6-7, Ecclesiastes  
7:9 & James 3:17-18.

## PRAYER POINTS

+ Lord help me to rein in on my emotions and not be one who acts on impulse. May I be Spirit controlled, more than I am emotion-controlled.

+ I declare over myself that I exhibit the fruit of self-control in all my relationships.

*He who is slow to wrath has great understanding, but he who is impulsive exalts folly. - Proverbs 14:29*

One Chinese proverb says, "In the midst of great joy, do not promise anyone anything. In the midst of great anger, do not answer anyone's letter."

In other words, it is very possible to do stuff, say things or make decisions one may regret in moments of emotional highs or lows. Your capacity for analytical reasoning is greatly impaired in times of emotional extremes.

People who swing between sudden emotional bursts tend to live a roller-coaster kind of life: up today and down tomorrow, unpredictable and given to last minute and unpredictable changes.

Anger, Excitement, Depression, Mood Swings and other extreme emotional highs and lows have gotten many in trouble, they've lost money, ruined cherished relationships, missed out on good business opportunities, left a lucrative job, walked out on their marriage and destroyed much good in their lives.

Many spend uncontrollably when excited, some overeat because of sadness and get overweight, some have insulted their loved ones and said things they later regretted. Solomon said, "He that has no rule over his spirit (emotions) is like a city with broken down walls."

That is, he is open to all kinds of attacks...he can't be depended upon, he can pull a surprise on you when you least expect it. Impulsiveness is indeed a manifestation of foolishness.

Your emotions are not your master but your helper; you must learn to use them to your advantage and make them serve you for good. Don't be rash and impulsive, be **EVEN TEMPERED**.

Don't be irrational but be cautious and thoughtful in all you do and say. Remember the Chinese proverb above and the scripture that says, "God will keep you in perfect peace if you stay your mind on Him." So, before you say it or take that action, sleep over it and make sure you are emotionally balanced. *Don't be impulsive, it is folly.*

## CONTACTS

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