

“Feet That Are Quick to Run to Evil Are an Abomination to the Lord”

*Proverbs 6:18 – “A heart that devises wicked plans, feet that are swift in running to evil...”*

There are sins that are pre-meditated and those that occur without premeditation.

Premeditated sins are deliberate, requiring planning and conscious steps. They are easier to resist in principle because they do not happen spontaneously—you can see them coming and avoid them. Yet, if committed before God, the punishment is far greater than sins that occur suddenly or without preparation.

Examples of non-premeditated sins include occasional anger, fear, fleeting evil thoughts, or the rare slip of inappropriate words. These are often impulsive, and though still sinful, they do not carry the same calculated intent.

Examples of premeditated sins include any form of sexual immorality (fornication, masturbation, homosexuality, prostitution), drunkenness, abortion, deceit, theft, and similar

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acts. These sins require a process—a deliberate crossing of moral boundaries. For instance, one cannot say, “I have committed adultery,” without first having met, agreed, and acted intentionally, fully aware that the act is sinful, yet proceeding anyway. Theft and other serious sins operate similarly.

Understand this: in the eyes of God, such sins are not minor, and their removal comes at a high cost. Do not assume you can simply say, “I will repent later.” Repentance is not like taking Panadol for a headache; it is not a quick fix. You cannot repeatedly commit a deliberate sin and expect grace to instantly erase its consequences.

The Bible identifies some sins as “sins leading to death” (1 John 5:16-17). These are deliberate, knowing violations of God’s law. While forgiveness may be granted after deep repentance, the inherent consequences of such sins—spiritual death—remain unless God, in His mercy, intervenes.

Even if you try to hide or rationalize these sins, the deathly consequences are still present because the acts were intentional.

Perhaps today, you are on the verge of committing such sins.

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Turn back and avoid the danger before it overtakes you. For those who have lived in deliberate sin assuming God’s grace will always cover them, abandon this misconception. With a sincere heart, repent today, and approach your Creator earnestly—He hears your prayers (Psalm 34:17-18).

*Remember, “Feet that are quick to run to evil are an abomination to the Lord” (Proverbs 6:18).*

May the Lord bless you abundantly.

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