

FEET THAT ARE QUICK TO RUN TO EVIL ARE AN ABOMINATION
TO THE LORD

There are sins that are premeditated, and there are sins that happen spontaneously or without prior planning.

Premeditated sins are generally easier to overcome because they do not catch a person off guard. These sins usually begin from a distance (in the mind or emotions) and give the person time to recognize and avoid them. However, when committed, these sins carry a greater weight of judgment before God, precisely because the person had time to reconsider but still went ahead.

Examples of Spontaneous (Unpremeditated) Sins:

Sudden anger

Fear

Evil thoughts

Careless or inappropriate words said in haste

These may arise quickly, without much prior intent, often from the weakness of the flesh.

Examples of Premeditated Sins:

Sexual immorality (including fornication, adultery, masturbation, homosexuality, lesbianism)

Drunkenness

Abortion

Fraud and theft

Any sin that involves deliberate thought and planning

These are not sins that “just happen.” For example, fornication involves a series of steps: meeting someone, agreeing to commit the act, suppressing conscience warnings, and finally engaging in it—all knowingly. The same applies to theft, deception, or any other intentional wrongdoing.

Before committing such sins, there is always a red flag—a warning inside the heart prompted by the conscience or the Holy Spirit. Ignoring that warning and proceeding anyway makes the sin more grievous in

the sight of God.

Don't Treat Repentance Lightly

Do not think of repentance as a quick fix, like taking a painkiller every time you feel pain. Repentance is not simply saying "sorry" with no change. The Bible teaches that genuine repentance requires a turning away from sin and a transformation of heart (see Acts 3:19 - "Repent therefore and be converted, that your sins may be blotted out...").

Some people continue in willful sin, thinking they will repent later and all will be well. But the Bible warns us that this is a dangerous mindset. There are sins leading to death, and persistent, willful sinning places a person at risk of hardening their heart to the point of no return.

Hebrews 10:26-27 (NKJV) says:

"For if we sin willfully after we have received the knowledge of the truth, there no longer remains a sacrifice for sins, but a certain fearful expectation of judgment..."

The Sin Unto Death

Some sins are so deliberate and defiant against God that they are referred to in Scripture as “sins leading to death.”

1 John 5:16 (NKJV):

“If anyone sees his brother sinning a sin which does not lead to death, he will ask, and He will give him life... There is sin leading to death. I do not say that he should pray about that.”

These are sins committed with full knowledge, with no remorse, and with complete rebellion against God. Even though God is merciful, such sins bring severe consequences—even death. Forgiveness may eventually come after deep repentance, but the consequences may still remain.

Maybe you are one of those rushing toward sin today...

If so, stop and turn around before it is too late. And if you have been living in willful sin, presuming on God’s grace, thinking “I will just

repent later,” change that mindset today. God’s grace is not a license to sin.

Romans 6:1-2 (NKJV):

“What shall we say then? Shall we continue in sin that grace may abound? Certainly not! How shall we who died to sin live any longer in it?”

Turn to your Creator today. Repent from your heart, and He will hear you. But do not delay—for tomorrow is not promised.

Remember:

Proverbs 6:18 (NKJV)

“...Feet that are swift in running to evil...” is one of the six things the Lord hates, and even seven that are an abomination to Him.

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God bless you.

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