**The Imitation of Christ by Thomas A. Kempis**

**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 4:** Prudence in Action

**Definition and Scriptures:**

**Impulse:** a sudden strong and unreflective urge or desire to act.

Inclined to act on transient feelings; unpremeditated.

<https://bible.knowing-jesus.com/topics/Impulsiveness>

**Proverbs 14:29:** He who is slow to anger has great understanding,  
But he who is quick-tempered exalts folly.

**2 Timothy 3:4:** treacherous, rash, conceited, lovers of pleasure rather than lovers of God—

**Luke 8:13:** Those on the rocky ground are the ones who receive the word with joy when they hear it, but they have no root. They believe for a while, but in the time of testing they fall away.

**Quote:**

"DO NOT yield to every impulse and suggestion"

**Discussion:**

How do worldly pleasures separate us from God?

How and why does impulsive rash behavior break down trust in relationships?