

**The 7 Things God Hates**  
**Feet That Run to Evil: Walking by the Spirit in a Fast-Moving World**  
**Dr. John Carmichael**

**[Pro 6:16-19 NASB95] 16 There are six things which the LORD hates, Yes, seven which are an abomination to Him: 17 Haughty eyes, a lying tongue, And hands that shed innocent blood, 18 A heart that devises wicked plans, Feet that run rapidly to evil, 19 A false witness [who] utters lies, And one who spreads strife among brothers.**

- Notice what Proverbs does not say. It does not say, “Feet that occasionally drift.” It says, “Feet that run rapidly.” This is about pace.
- Running speaks to history and training. You can run unless you have walked. The person who runs rapidly to evil has been walking toward it for a long time.
- But I believe the Holy Spirit is saying something to the Church: In a culture that runs toward impulse, God is releasing a fresh anointing to walk in righteousness.
- This message is not about shame. It is about reset. It is about rhythm. It is about reclaiming spiritual pace.

**How do we overcome running rapidly toward evil?**

**Here are five truths that will help us to overcome running rapidly toward evil.**

**I. RUNNING TOWARD SIN BEGINS WITH PROVISION**

- a. [Rom 13:13-14 NASB95] 13 Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. 14 But put on the Lord Jesus Christ, and make no provision for the flesh in regard to [its] lusts.
- b. Provision means preparation. Many people say, “I fell into sin.” But often we: left the door unlocked. Kept the number saved. Stayed in the environment. Scrolled knowing where it leads.
- c. Provision for the flesh is as much about what you did not do as much as it is what you did.
- d. Application: Remove digital triggers. Establish practical boundaries. Delete what weakens you. Rearrange rhythms that feed temptation.
- e. The Spirit is empowering the Church to close doors that have been open too long.

**II. YOUR FLESH DRIVES - THE SPIRIT WALKS WITH YOU**

- a. [Gal 5:16-17 NASB95] 16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. 17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.
- b. It says walk. Walking implies deliberate steps, ongoing dependence, and sensitivity to guidance. The flesh drives you. The Spirit guides you.
- c. Impulse is the enemy of discernment. If you always react quickly, you rarely hear clearly.
- d. Application: Pause before responding. Pray before posting. Breathe before reacting in anger. Delay emotional decisions.
- e. God is restoring spiritual rhythm to His people.

**III. UNCHECKED IMPULSE CREATES CALLOUSED HEARTS**

- a. [Eph 4:17-19 NASB95] 17 So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, 18 being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart; 19 and they, having become callous, have

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given themselves over to sensuality for the practice of every kind of impurity with greediness.

- b. Callouses form slowly. They form when conviction is ignored repeatedly. Fast feet eventually produce numb hearts.
- c. If we continually override conviction, we lose sensitivity. But sensitivity can be restored.
- d. Application: Respond immediately when the Spirit nudges. Confess quickly. Restore what you've ignored. Fast from constant stimulation.
- e. **God is softening hardened places tonight.**

**IV. LAY ASIDE ENCUMBRANCES TO WALK IN THE SPIRIT**

- a. [Heb 12:1 NASB95] 1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,
- b. Some things are not inherently evil, but they accelerate you in the wrong direction.
- c. Encumbrances in our day include: constant notifications, addictive entertainment, toxic relational cycles, and unhealthy emotional rhythms.
- d. [Pro 4:26 NASB95] 26 Watch the path of your feet And all your ways will be established.
- e. Your feet follow your focus.
- f. Freedom is not only deliverance from sin; it is deliverance from unhealthy pace.
- g. Application: Establish Sabbath. Schedule silence. Limit digital intake. Create margin for prayer.
- h. God is breaking the addiction to speed.

**V. A FRESH ANOINTING FOR RIGHTEOUS WALKING**

- a. This is where we lift the message.
- b. [Gal 5:22-23 NASB95] 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.
- c. Self-control is Spirit-produced. The more we focused and feed we are on in the Spirit, the more self-control is produced.
- d. [2Ti 1:7 NASB95] 7 For God has not given us a spirit of timidity, but of power and love and discipline.
- e. You are not doomed to impulse.
- f. The same Spirit who: broke chains in Acts, healed the oppressed, filled believers with boldness is releasing fresh power to walk uprightly.
- g. God is not only slowing your feet, He is strengthening your will.
- h. Application: Ask for fresh infilling. Declare freedom over compulsive patterns. Walk daily in surrender.
- i. I believe God is releasing grace tonight to reset spiritual pace and restore disciplined freedom.

- **When we surrender our pace to the Holy Spirit, He transforms impulse into discernment and releases fresh power to walk in righteousness.**
- Feet that run rapidly to evil reveal unrestrained impulse but feet that walk by the Spirit reveal transformed desire.
- You don't have to live at the mercy of your impulses. You don't have to sprint toward destruction.
- There is a fresh anointing available, not just to run faster, but to walk holier.