

Reactions or Responses

(August 7, 2025)

I really like Proverbs 18:13 which says, “He who answers a matter before he hears it, it is folly and shame to him.” It reminds me to slow down and refuse to react quickly. It tells me to take the time to listen and consider before issuing a response. It has kept me from folly and shame.

We are most dangerous to others when we are unaware of our own unhealthy emotional state, because in that condition we unknowingly make foolish decisions and critical judgments. That is why it is so important to slow down, so we can respond wisely rather than react impulsively.

There is a noted difference between reacting and responding.

Reactions are typically impulsive, shortsighted, and come out of our emotions.

Responses are typically intentional, objective, and come out of our values.

Think back to your last difficult conversation: were you primarily reacting or responding?