



"The Wisdom of Healthy Emotions"
Selected Proverbs
July 9, 2023

Questions for Application & Fellowship

QUICK REVIEW

How does wisdom cultivate emotional health?

1. Wisdom brings a _____ head to a _____ temper.
(14:29; 15:18; 16:32; 17:27; 19:11)
2. Wisdom brings a _____ heart to _____ jealousy.
(14:30; 27:4; 24:19-20)
3. Wisdom brings _____ to an _____ heart.
(14:13; 15:13; 25:20; 17:22)

Was any point in this weekend's message particularly helpful, challenging, or encouraging to you?

Why did God want you to hear this message now?

DIGGING DEEPER

1. How do you handle your anger? Do you release it onto other people, or do you let it fester inside of you? What are the consequences of unchecked anger either way?

2. How does God help us with anger and all issues of emotional malice in Ephesians 4:26-5:2? What principles can you find?

3. The experience of envy can continue to live even in the Christian church (Galatians 5:26). Reflecting on Philippians 1:12-18, how did Paul see it happening in the setting of his life? Where did Paul find his freedom and tranquility? How does this speak to your life?

1. Proverbs has much to say about a crushed spirit and an aching heart. Solomon likely saw the experience of these things in his dad, David. Reflecting on Psalm 13 & Psalm 23, how was King David an example to his son and to all of us on dealing with a downcast soul?



"The Wisdom of Healthy Emotions"

Selected Proverbs

July 9, 2023

The heart knows its own bitterness,
and no stranger shares its joy. (14:10)

Even in laughter the heart may ache,
and the end of joy may be grief. (14:13)

Whoever is slow to anger has great understanding,
but he who has a hasty temper exalts folly. (14:29)

A tranquil heart gives life to the flesh,
but envy makes the bones rot. (14:30)

A glad heart makes a cheerful face,
but by sorrow of heart the spirit is crushed. (15:13)

A hot-tempered man stirs up strife,
but he who is slow to anger quiets contention. (15:18)

The light of the eyes rejoices the heart,
and good news refreshes the bones. (15:30)

Whoever is slow to anger is better than the mighty,
and he who rules his spirit than he who takes a city. (16:32)

A joyful heart is good medicine,
but a crushed spirit dries up the bones. (17:22)

Whoever restrains his words has knowledge,
and he who has a cool spirit is a man of understanding. (17:27)

Good sense makes one slow to anger,
and it is his glory to overlook an offense. (19:11)

Fret not yourself because of evildoers,
and be not envious of the wicked,
for the evil man has no future;
the lamp of the wicked will be put out. (24:19-20)

Whoever sings songs to a heavy heart
is like one who takes off a garment on a cold day,
and like vinegar on soda. (25:20)

Wrath is cruel, anger is overwhelming,
but who can stand before jealousy? (27:4)

A fool gives full vent to his spirit,
but a wise man quietly holds it back. (29:11)

A man of wrath stirs up strife,
and one given to anger causes much transgression. (29:22)

Hatred stirs up strife,
but love covers all offenses. (10:12)

The vexation of a fool is known at once,
but the prudent ignores an insult. (12:16)

Whoever is wicked covets the spoil of evildoers,
but the root of the righteous bears fruit. (12:25)

Hope deferred makes the heart sick,
but a desire fulfilled is a tree of life. (13:12)

A gentle tongue is a tree of life,
but perverseness in it breaks the spirit. (15:4)

All the days of the afflicted are evil,
but the cheerful of heart has a continual feast. (15:15)

The light of the eyes rejoices the heart,
and good news refreshes the bones. (15:30)

A man of great wrath will pay the penalty,
for if you deliver him, you will only have to do it again. (19:19)

A man without self-control
is like a city broken into and left without walls. (25:28)

If a wise man has an argument with a fool,
the fool only rages and laughs, and there is no quiet. (29:9)