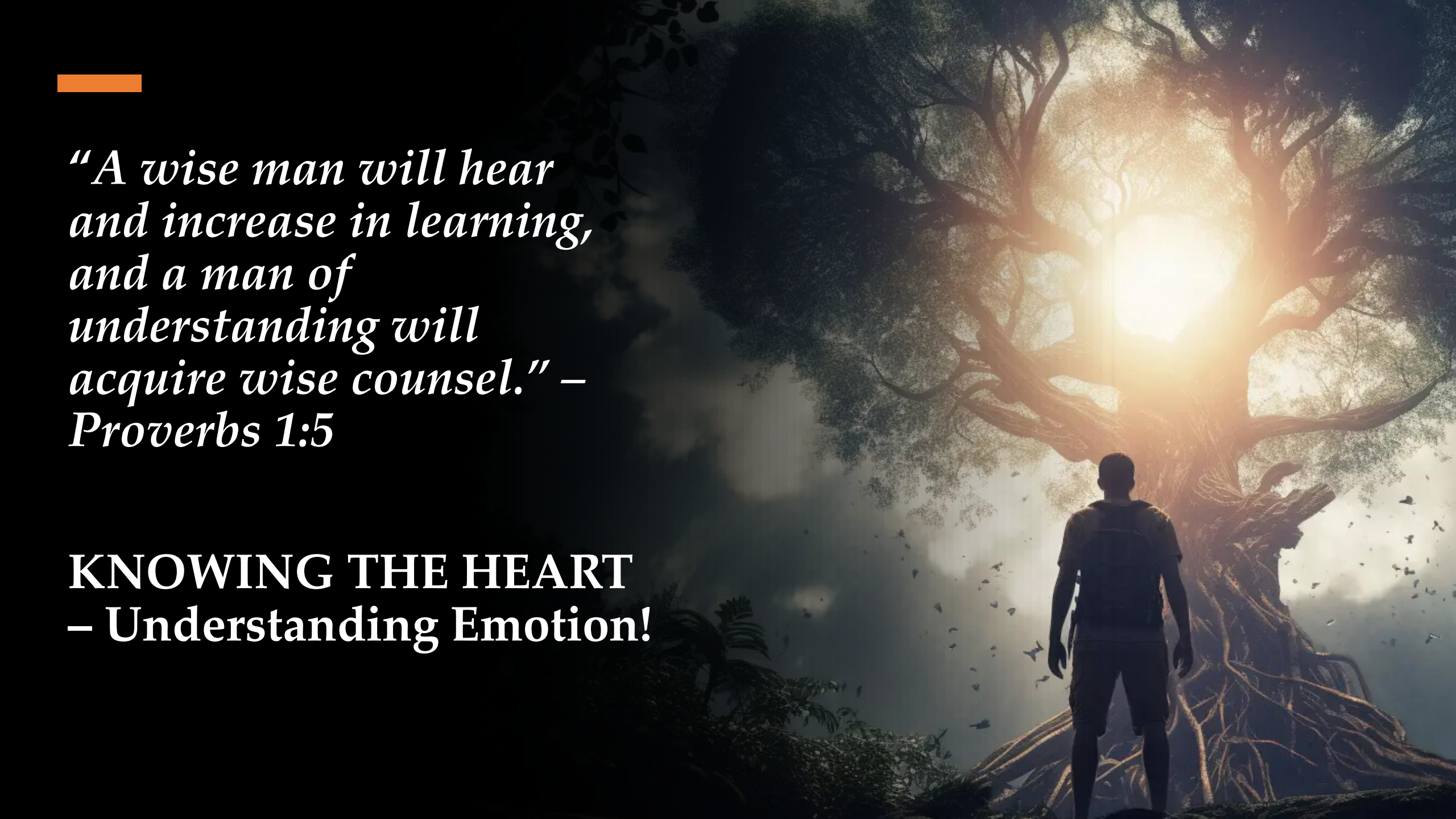


A person stands in silhouette, facing a massive, ancient tree with thick, gnarled roots and a dense canopy. The scene is set against a bright, hazy sky with scattered clouds and falling leaves. The word "WISDOM" is written in large, bold, yellow capital letters across the upper portion of the image, centered over the tree's canopy.

WISDOM

for the journey

A person is standing in silhouette on a rocky outcrop, looking towards a massive, ancient tree. The tree's trunk is thick and gnarled, with many roots exposed. A bright, glowing light emanates from behind the tree's canopy, creating a strong backlight effect. The sky is filled with soft, hazy clouds and many small birds are seen flying in the air. The overall mood is contemplative and majestic.

*“A wise man will hear
and increase in learning,
and a man of
understanding will
acquire wise counsel.” –
Proverbs 1:5*

**KNOWING THE HEART
– Understanding Emotion!**

A person stands with their back to the camera, looking up at a massive, ancient tree. Sunlight filters through the dense canopy of green leaves, creating a warm, golden glow. The scene is set in a lush, tropical environment with other foliage visible in the lower left corner. The overall mood is one of awe and contemplation.

WISDOM

for the journey

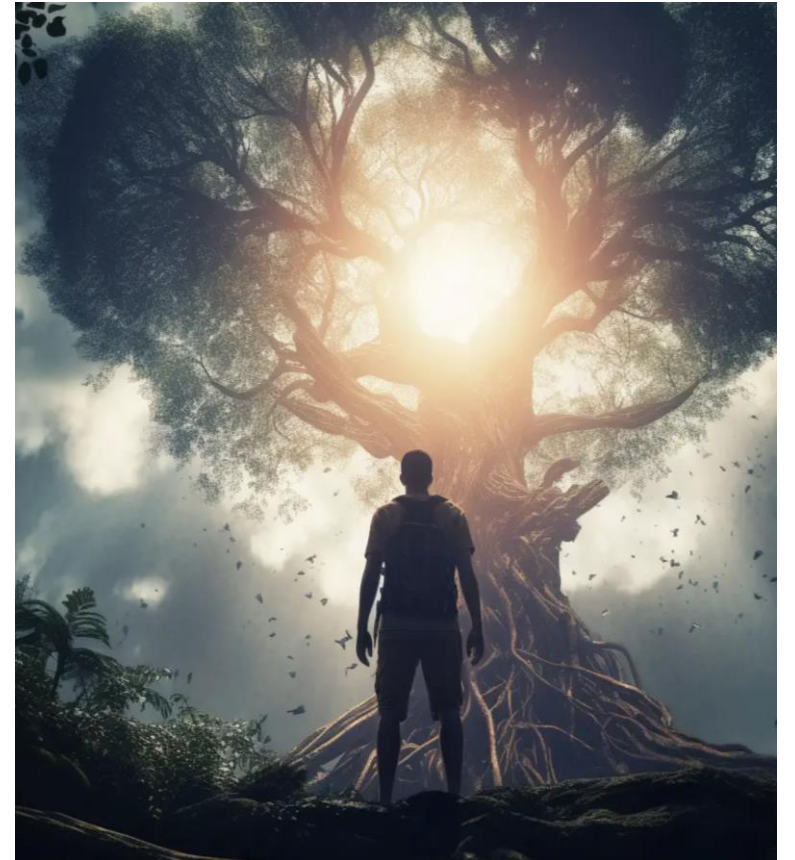
We need help to make decisions about work; all relationships – in speech and conduct; who to trust or avoid; along with being measured by the plumbline of true character. Wisdom from Proverbs offers insight into the concrete experiences of human life that help us take charge of our lives.

Proverbs is about **how to** live out your faith in God. There is no true wisdom apart from Jesus. Fools are those who rely on their own knowledge to navigate life.

In this study, we will look and listen to hear God's voice and see his Son shining through the book of Proverbs. We will be equipped in every way for our journey!

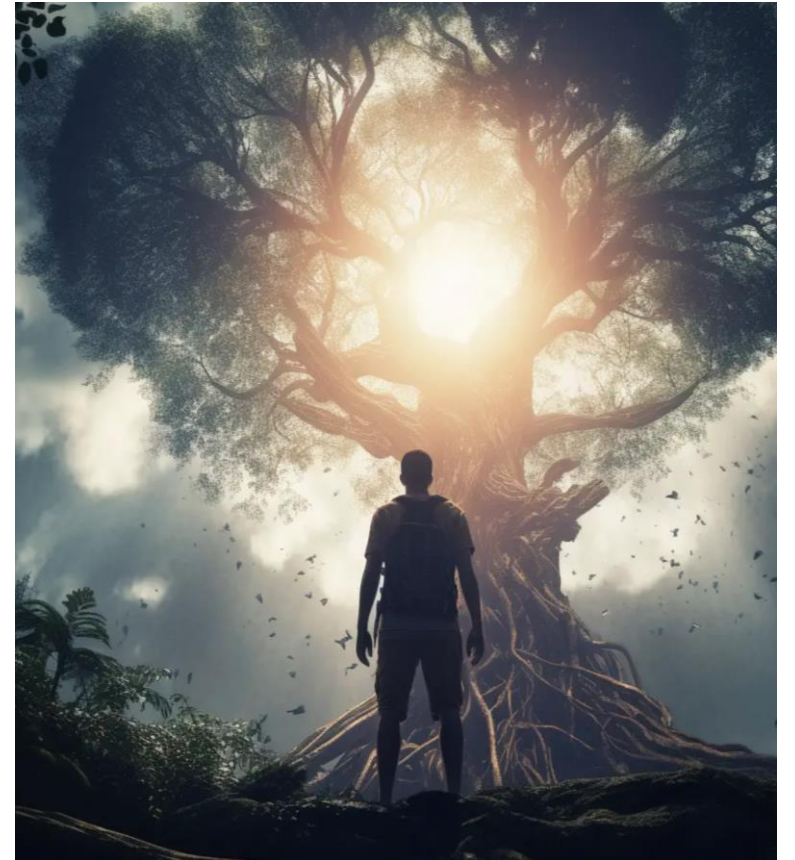
UNDERSTANDING EMOTION

1. **WHOLENESS – Proverbs 14:30 & 17:22** → Proverbs teaches that emotional well-being is connected to physical health and well-being. Godly wisdom refuses to reduce depression, for example, to any one cause. All the dimensions of our nature are usually involved. It's easy to take too-simplistic or reductionistic approach to a problem that turned out to be complex—physical, emotional, and spiritual all at once.
2. **LOOK DEEPER – Proverbs 14:12, 13** → Proverbs points us to 2 Realities: 1) There is a tragedy and a sadness to life from which no amount of celebration or rejoicing can provide a full escape. The joy that Jesus brings is always partial in this life, never full. 2) We should look past surface statements like “I’m fine” and listen more carefully if we are to discern how a person is really doing, things like anxiety (12:25), hopelessness (13:12), loneliness (14:10), guilt (28:1), crushed spirit(18:14), etc., are often the emotions that are not being expressed or heard.



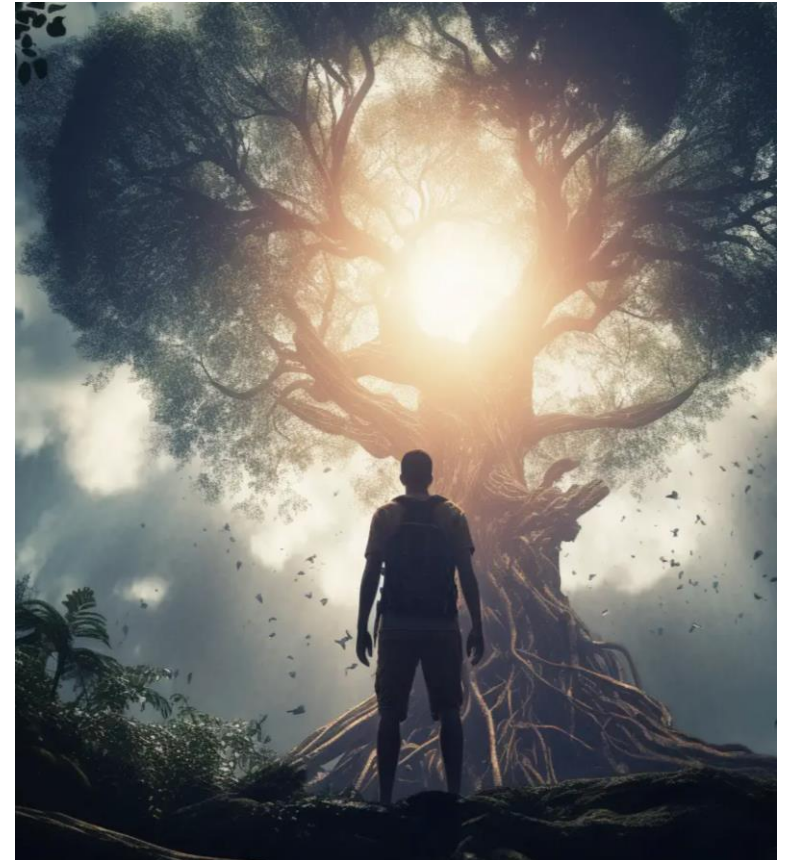
UNDERSTANDING EMOTION

3. **SELF-CONTROL – IMPORTANCE – Proverbs 16:32** → A self-controlled person who knows how to conquer and master himself is even better than a warrior. This means it is harder to master yourself than to master others, or even a whole nation (Gal. 5:22-23).
4. **SELF-CONTROL – PROBLEM – Proverbs 25:28** → A person who lacks self-control is defenseless like a city with no walls. If you can't control your appetite, your tongue or temper, sexual desires, you will ruin your life. If you are impulsive, you will make bad decisions. If you can't say NO, you will overpromise or be exhausted in your relationships. Your *wall* is broken!



UNDERSTANDING EMOTION

5. **SELF-CONTROL – SOLUTION – Proverbs 18:10-11** → Where is your safe place? The wise man runs into the name of the Lord. To run into God's name is to deliberately rehearse and tell yourself who he is. Self-control in any situation is the critical ability to both recognize and choose the important thing over the urgent thing. Trusting God is to be SAFE!
6. **SHOUT FOR JOY – Proverbs 15:30 & 29:6** → For joy in our hearts we need people with light in their eyes. Anyone leading a wise life, regardless of the inevitable difficulties, will have times of shout-out-loud joy and laughter. We can access joy anytime as we look to Jesus (John 2:1-11; Rev. 19:6-8).





ACTION: JOURNAL THIS!

1. What feelings and emotions do you tend to avoid?
2. Where has a lack of self-control brought trouble into your life?
3. When was the last time you experienced “shout-out-loud” joy?