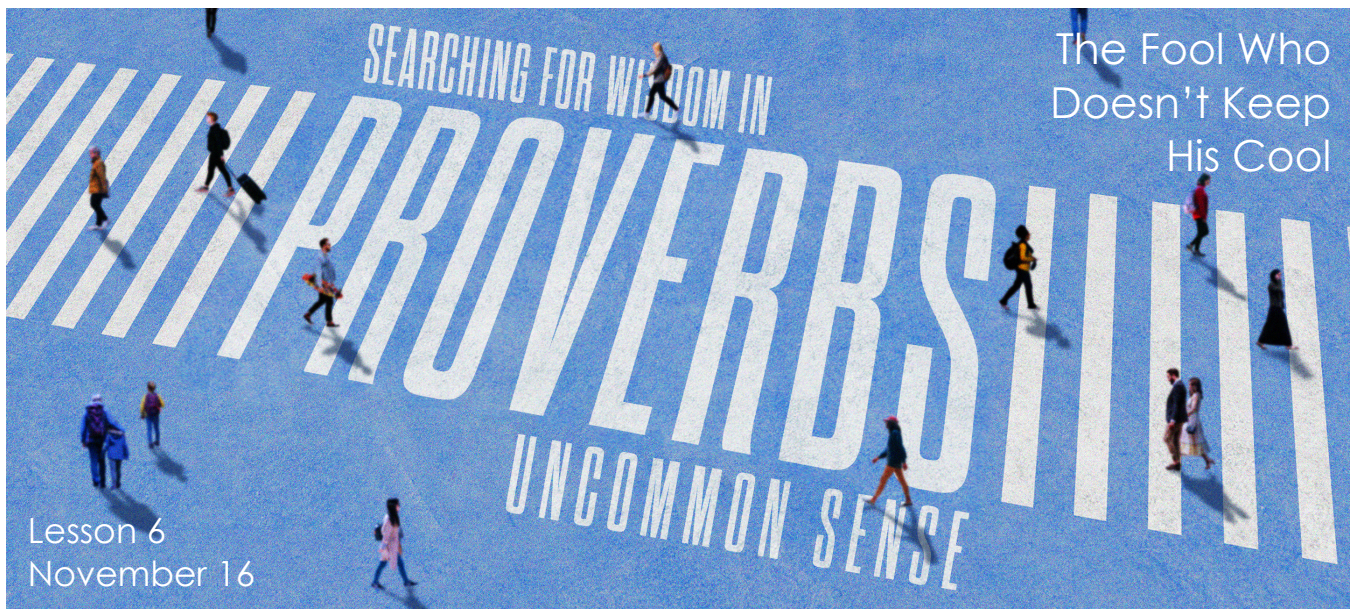




The book of *Proverbs* has a great deal to say about **the fool who doesn't keep his cool**.

🎧 What have we already learned about “the fool” in *Proverbs*? In your own words, a fool...

🎧 Before we look at the wisdom *Proverbs* has to offer, what do we mean by describing someone as “keeping their cool”? Why is that necessary at times? In what sort of situations might we find that to be a challenge?

Let's open our ears and hearts to the wisdom preserved in *Proverbs* for our good.

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

🎧 What do you think? What's the wise connection between “great understanding” and being “slow to anger”?

A _____ answer turns away wrath,
but a _____ word stirs up anger. (15:1)

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

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

🎧 What does it mean to “rule” your “spirit”? Why is that necessary in everyday life? In what way is the person who is able to do that “better” than “he who takes a city”?

It shouldn't surprise us that *Proverbs* draws a clear connection between the ability to "rule our spirits" and our relationships with other people.

Better is a dry morsel with _____
than a house full of feasting with _____. (17:1)

The beginning of strife is like letting out water,
so _____ before the quarrel breaks out. (17:14)

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

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

- 🎧 In your own words, what is "strife"? In what ways can it affect our lives and relationships?
- 🎧 What do you think? Is it really better to have just a little with "quiet," peaceful relationships than "a house full" of all sorts of stuff with "strife"?
- 🎧 What might it look like to "overlook an offense" in everyday life? Why might that sometimes be the wisest thing we could do?
- 🎧 How does someone come to be "given to anger" (29:22)? Why is that really dangerous? If I find myself "given to anger," how can the wisdom of *Proverbs* help me grow and mature into a much healthier mindset?

Proverbs Made Personal

Warning: a message of caution I needed to hear...

Insight: a point I need to remember...

Strength: I was helped and encouraged to walk in wisdom by...

Exalt: God is worthy of honor and praise because...