**The Book Of Proverbs – Wisdom And Understanding Our Emotions**

**\*\* As we begin:**

* Proverbs is a book about wisdom. Wisdom is the practical application of God’s Word to everyday life. The reason for studying Proverbs is found in **Pro. 1:2-6**.
* The Proverbs are not ironclad guarantees that when followed everything will be perfect.
* From observation, much of what is said, when we do listen to what is said, will come to pass.
* **Authorship:** Solomon wrote **Pro. 1-24**. King Hezekiah’s scribes copied the materials found in **Pro. 25-29** out of Solomon’s many other Proverbs that he gave. **Pro. 30-31** were written by Agur and Lemuel.

**Wisdom and the emotion of joy (happiness)**

**\*\* Starting point for our study – Pro. 1:7-9**

* **First**, knowledge and wisdom require us having respect for God **(vs. 7)**. The word “fear” means to be in reverence, or awe, of God **(see Pro. 9:10)**. Think of God’s attributes – All-Knowing, loving, just, etc.
* Respect for God **(vs. 7)** is the “beginning” of acquiring wisdom. The “knowledge” Solomon writes about is moral knowledge, knowing good from evil.
* As parents, we must ground your children in God’s truth **(Deut. 6)**.
* “Fools” **(vs. 7)** describes a person who is thickheaded, stubborn and has a closed mind.
* **Second**, wisdom does indeed begin at home. **Vs. 8** notes people (mothers and fathers) who have learned about God’s wisdom and then passed on to their children.
* The word “hear” in **vs. 8** means to pay attention, be focused on listening and doing.
* All of us can learn from wise people. Getting good advice is important to gaining wisdom.

**\*\* Foundation verse that we will build on – Pro. 4:23**

* The word “heart” is an all-encompassing word. It is descriptive of our emotions, thoughts, intellect, will, our inner man. It sums up who we are. Jesus mentioned this in **Mk. 7**.
* We need to “keep” (protect, watch over, guard) our inner being. Be careful who or what influences us, or how we respond to situations. The word “vigilance” is like setting a guard over our heart.
* We guard our hearts by making choices. One, we allow God to help us control our words and thoughts.
* Two, we take responsibility for our actions and the things we say **(see Pro. 4:24)**.
* Three, keep our focus on the right things, which are the things of God **(Pro. 4:25)**.
* Four, be careful what we allow to influence us **(Pro. 4:26-27)**.

**Four Thoughts On The Emotion Of Joy**

* **Pro. 15:13** tells us that a glad heart is seen in our countenance. Note also **Pro. 17:22**.
* **Point:** Emotional growth is lifelong. We get past one challenge, and another hits. The more we master our emotions with God’s help, it makes all the difference in the world.

**Working to live at peace with others can bring joy – Pro. 12:20**

* When we “plan” (counsellor, advisor) for peace, when we try to help others be at peace and walk through certain situations they will experiencing peace, and it brings us joy.
* Also, when we do our best to not be in conflict with others, we can rest in knowing we have done our part to not be at peace **(see Rom. 12:18)**.
* **Point:** When we help others to have joy be encouraging them, we feel joy. Joy is based on our relationship with God and things do not have to control how we feel. Help others learn to give things to God.

**Words spoken or received can affect us regarding joy – Pro. 15:23**

* When we speak words that are fitting for a situation, the hearer and ourselves experience joy.
* When we give an appropriate response to situation, we experience joy because we have said the right thing to the situation at hand.
* The word in **Pro. 15:23** for “in season” means “suitable, proper time.” Sometimes we experience joy or happiness when someone says something just when we needed to hear it.

**Living with integrity brings joy – Pro. 21:15**

* When we see things handled in the right way, it can affect us emotionally. The word for “justice” in **vs. 15** has to do with a legal judgment, or a court situation.
* **Point:** This word is used to describe God as a just God. He handles things fairly. On a personal level, when we live with integrity, treating people right, there is an emotional side of peace and joy.

**Family and friends can bring us joy – Pro. 23:24-25**

* When our children are living a moral life and hopefully loving God, there is joy in that.
* When we see them make good decisions, we can be glad.
* Our kids grow up, we release them **(Gen. 2:24)** but we still love and care about them.