



## Proverbs: Wisdom and our Emotions | Proverbs 14:13, 14:29, 29:11, 9:10

### Proverbs 14:13

<sup>13</sup> Even in laughter the heart may ache,  
and the end of joy may be grief.

### Proverbs 14:29

<sup>29</sup> Whoever is slow to anger has great understanding,  
but he who has a hasty temper exalts folly.

### Proverbs 29:11

<sup>11</sup> A fool gives full vent to his spirit,  
but a wise man quietly holds it back.

### Proverbs 9:10

<sup>10</sup> The fear of the Lord is the beginning of wisdom,  
and the knowledge of the Holy One is insight.

## How should we view our emotions?

Message #1: Suppress your emotions

### Proverbs 14:13

<sup>13</sup> Even in laughter the heart may ache,  
and the end of joy may be grief.

“Ignoring our emotions is turning our back on reality. Listening to our emotions ushers us into reality. And reality is where we meet God...In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God.” –Dan Allender & Tremper Longman, *The Cry of the Soul*

Message #2: Follow your heart

**Proverbs 14:29**

<sup>29</sup> Whoever is slow to anger has great understanding,  
but he who has a hasty temper exalts folly.

The design of God: Emotions are a gift to steward

**What should we do with our emotions?**

Know them

**Proverbs 14:13**

<sup>13</sup> Even in laughter the heart may ache,  
and the end of joy may be grief.

“Grant, Lord, that I may know myself that I may know thee.” –St. Augustine

Own them

**Proverbs 29:11**

<sup>11</sup> A fool gives full vent to his spirit,  
but a wise man quietly holds it back.

“To disown our feelings, to ignore responsibility for them, is one of the most destructive things we can do to both ourselves and others.” –Henry Cloud, *Changes that Heal*

Evaluate them

**Proverbs 29:11**

<sup>11</sup> A fool gives full vent to his spirit,  
but a wise man quietly holds it back.

Why am I feeling this?

“Tucked away in the deep terrain of Amy’s soul, buried under idealized images of her family, was a way of relating to men anchored in mistrust and avoidance. It wasn’t long before the awareness of her mistrust of men gave Amy insight into her dating relationships. Inevitably she would find a reason why the man interested in her was unreliable and only wanted to use her. Even though Amy wanted to grow close to a man, she sabotaged the relationship. Her learned pattern of attaching with her father as a child was at work in her as an adult.” –Richard Plass & James Cofield, *The Relational Soul*

What does this tell me about myself?

What does God’s Word say?

Wisely Express them

**Proverbs 14:13**

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but he who has a hasty temper exalts folly.

**What actually creates emotional maturity?**

**Proverbs 9:10**

<sup>10</sup>The fear of the Lord is the beginning of wisdom,  
and the knowledge of the Holy One is insight.

“God’s grace and truth empowers us to grow beyond our pretensions, our posturing and our protectiveness of idealized goodness. We live as wounded healers. We are open to others, able to be seen, able to be heard and able to be known. We grow in the generosity of a receptive presence.” –Richard Plass & James Cofield, *The Relational Soul*