



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

Men have always needed wisdom. 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 plumb line 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! So, let’s dig in!

Highland Colony Men’s Roundtable  
[www.MensTable.com](http://www.MensTable.com)

**WISDOM FOR THE JOURNEY: Knowing the Heart-Understanding Emotion!**

A man needs wisdom for his journey. We can find that wisdom in Proverbs as we are pointed to Jesus.

**April 11, 2024**

**Scripture:** Proverbs 7:13-27; Romans 12:1,2  
**Music:** My Redeemer Lives - Nicole C. Mullen - <https://www.youtube.com/watch?v=y8Slcb2j1kQ>  
**Video:** Saving Private Ryan Ending Scene – <https://www.youtube.com/watch?v=IZgoufN99n8>  
**Resources -** *GOD’S WISDOM for NAVIGATING LIFE* by Timothy Keller  
*PROVERBS FOR YOU* by Kathleen Nielson

**UNDERSTANDING EMOTION**

1. \_\_\_\_\_ – **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. \_\_\_\_\_ – **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.
3. \_\_\_\_\_ – **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. \_\_\_\_\_ – **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, your 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!
5. \_\_\_\_\_ – **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. \_\_\_\_\_ – **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?



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**SCRIPTURE**

**Proverbs 7:13-27 - 13** She threw her arms around him and kissed him, boldly took his arm and said,**14** "I've got all the makings for a feast - today I made my offerings, my vows are all paid,**15** So now I've come to find you, hoping to catch sight of your face - and here you are!**16** I've spread fresh, clean sheets on my bed, colorful imported linens.**17** My bed is aromatic with spices and exotic fragrances.**18** Come, let's make love all night, spend the night in ecstatic lovemaking!**19** My husband's not home; he's away on business, and he won't be back for a month."**20**21 Soon she has him eating out of her hand, bewitched by her honeyed speech.**22** Before you know it, he's trotting behind her, like a calf led to the butcher shop, Like a stag lured into ambush**23** and then shot with an arrow, Like a bird flying into a net not knowing that its flying life is over.**24** So, friends, listen to me, take these words of mine most seriously.**25** Don't fool around with a woman like that; don't even stroll through her neighborhood.**26** Countless victims come under her spell; she's the death of many a poor man.**27** She runs a halfway house to hell, fits you out with a shroud and a coffin.

**Romans 12:1,2 - 1** So here's what I want you to do, God helping you: Take your everyday, ordinary life - your sleeping, eating, going-to-work, and walking-around life - and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. **2** Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

**"Man Of Sorrows" By Hillsong Live**

<p>Who taught the sun Where to stand in the morning And who told the ocean You can only come this far And who showed the moon Where to hide till evening Whose words alone can Catch a falling star Well I know my Redeemer lives I know my Redeemer lives All of creation testifies This life within me cries I know my Redeemer lives Yeah  The very same God That spins things in orbit Runs to the weary The worn and the weak</p>	<p>And the same gentle hands That hold me when I'm broken They conquer death to bring me victory Now I know my Redeemer lives I know my Redeemer lives Let all creation testify Let this life within me cry I know my Redeemer He lives to take away my shame And He lives forever I'll proclaim That the payment for my sin Was the precious life He gave But now He's alive and there's an empty grave And I know my Redeemer, He lives</p>	<p>I know my Redeemer lives Let all creation testify Let this life within me cry I know my Redeemer I know my Redeemer lives I know my Redeemer lives I know my Redeemer lives I know that, I know that, I know that, I know that, I know I know my Redeemer lives (Because He lives I can face tomorrow) He lives, I know, I know, I know. He lives (I spoke with Him this morning.) He lives. (The tomb is empty) He lives. (I've got to tell everybody)</p>
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**Philip K. Hardin, M.A., M.Div.**

Director of Business & Professional Outreach, Intl. - Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach  
563 Johnson Avenue – Fairhope, Alabama 36532

Phone: 601-925-0707

Email: [phil@bpointl.org](mailto:phil@bpointl.org)

Webpage: [www.bpointl.org](http://www.bpointl.org)