



words of wisdom

MAKING PROVERBS PRACTICAL FOR EVERYDAY LIFE

**“A fool gives full vent to his spirit, but a wise man quietly holds it back.”
(Proverbs 29:11)**

This proverb compares two people: the wise person and the fool. One of the things foolish people do is say the first thing they feel. If they get angry, they blurt out angry words. If something makes them sad, they burst into tears. If something's on their mind, they say it right away, and they believe others need to listen right away.

God gave us emotions. There's nothing wrong with feeling sad or mad or excited. But a wise person is learning how to show their emotions at the right time and in the right way.

If you're upset, instead of immediately crying, learn to share how you feel without being overcome by sadness. If you're angry, learn to share your anger in a way that doesn't attack people. If you're excited, instead of demanding everyone's attention, wait until it is your turn to speak.

Jesus was full of emotion. In the Bible we read stories about Jesus being full of compassion, anger, distress, sorrow, surprise. He even leapt for joy. But Jesus wasn't controlled by His emotions.

Think about the time Jesus was arrested. When He was being accused, He could have spoken up to defend Himself, but He didn't. When people nailed Him to the cross, He could have shouted mean things, but He didn't. At the most emotional time of His life, Jesus didn't vent every emotion He had. He wasn't controlled by His emotions.

Because of this, Jesus was the perfect sacrifice on the cross. He never sinned by venting His emotions the wrong way. Because He was perfect, His death on the cross means we can be forgiven for every sin.

QUESTIONS FOR REFLECTION

1. What stories from the Bible do you remember when Jesus expressed emotion? Was he controlled by these emotions?
2. Think about a scenario that could cause you to feel overcome by your emotions (whether happy, sad, or mad). How can you react instead of letting your emotions overwhelm you?

This month memorize Proverbs 29:11. Consider what it means to not be controlled by your emotions, but to hold them back for the appropriate time.