

# *How to Make Life Work*



WISDOM FROM PROVERBS

# Wisdom and Our Emotions

*Selected Proverbs*



# Proverbs 14:29-30

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29 Whoever is patient has great understanding,  
but one who is quick-tempered displays folly.

30 A heart at peace gives life to the body,  
but envy rots the bones.



# Outline

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1. Emotions and our spiritual walks
2. Anger and its fruit
3. Jesus and his renewal



# 1. Emotions and our spiritual walks

*Selected Scriptures*



# 1. Emotions and our spiritual walks

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➤ Errors related to our emotions



# 1. Emotions and our spiritual walks

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## ➤ Errors related to our emotions

### Happy/Peaceful Heart

- continual feast (15:15)
- a reviving medicine (17:22)
- that which gives life to the body (14:30)

### Anxious/Sad/Bitter Heart

- unbearable (18:14)
- crushes the spirit (15:13)
- dries you up inside (17:22)
- weighs you down (12:25)
- rots out your inner life (14:30)



# 1. Emotions and our spiritual walks

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➤ Errors related to our emotions



THOMAS BOSTON



# HUMAN NATURE IN ITS FOURFOLD STATE



The natural man's affections are wretchedly misplaced; he is a spiritual monster. His heart is where his feet should be, fixed on the earth; his heels are lifted up against heaven, which his heart should be set on. His face is towards hell, his back towards heaven; and therefore God calls him to turn. He loves what he should hate and hates what he should love; joys in what he ought to mourn for, and mourns for what he should rejoice in; glories in his shame, and is ashamed of his glory; abhors what he should desire, and desires what he should abhor.

# 1. Emotions and our spiritual walks

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- Errors related to our emotions
- A definition for "emotions"



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➤ Errors related to our emotions

➤ A definition for "emotions"

- "It is the inner response (biochemically and spiritually) that happens in us in response to something we care about."  
(Robert C. Roberts)



# 1. Emotions and our spiritual walks

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➤ Errors related to our emotions

➤ A definition for "emotions"

- "It is the inner response (biochemically and spiritually) that happens in us in response to something we care about."  
(Robert C. Roberts)
- Emotions are judgement and motivation mechanisms
  - "they express the values and evaluations of a person and influence motives and conduct." (Brian S. Borgman)



# 1. Emotions and our spiritual walks

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- Errors related to our emotions
- A definition for "emotions"
- Emotions and the fear of the Lord



## 2. Anger and its fruit

*Selected Scriptures*



# Proverbs 14:29-30

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## 2. Anger and its fruit

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## 2. Anger and its fruit

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Fools show their annoyance at once,  
but the prudent overlook an insult. (12:16)

A quick-tempered person does foolish things,  
and the one who devises evil schemes is hated. (14:17)

Fools give full vent to their rage,  
but the wise bring calm in the end. (29:11)

Do not make friends with a hot-tempered person,  
do not associate with one easily angered,  
or you may learn their ways  
and get yourself ensnared. (22:24-25)

An angry person stirs up conflict,  
and a hot-tempered person commits many sins. (29:22)



## 2. Anger and its fruit

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- Why is anger the epitome of foolishness?
  - It is a fast-moving, blinding force.



## 2. Anger and its fruit

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- Why is anger the epitome of foolishness?
  - It is a fast-moving, blinding force.
  - It is a deceptive force.



## 2. Anger and its fruit

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- Why is anger the epitome of foolishness?
- What is the solution in Proverbs?
  - Self-control in the fear of the Lord



## 2. Anger and its fruit

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- Why is anger the epitome of foolishness?
- What is the solution in Proverbs?
  - Self-control in the fear of the Lord

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



# 3. Jesus and his renewal



# ON THE EMOTIONAL LIFE OF OUR LORD



*Benjamin Breckinridge Warfield*

Inextinguishable fury seizes upon him ... It is death that is the object of his wrath, and behind death him who has the power of death, and whom he has come into the world to destroy.

Tears of sympathy may fill his eyes, but this is incidental. His soul is held by rage ... The raising of Lazarus thus becomes, not an isolated marvel, but...a decisive instance and open symbol of Jesus' conquest of death and hell.

# ON THE EMOTIONAL LIFE OF OUR LORD



*Benjamin Breckinridge Warfield*

What John does for us...is to uncover for us the heart of Jesus, as he wins for us our salvation. Not in cold unconcern, but in flaming wrath against the foe, Jesus smites in our behalf. He has not only saved us from the evils which oppress us; he has felt for and with us in our oppression, and under the impulse of these feelings has wrought out our redemption.

# 3. Jesus and his renewal



# Romans 6:3-4

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<sup>3</sup> Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? <sup>4</sup> We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.



# 3. Jesus and his renewal



# John 15:4-5

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<sup>4</sup> Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. <sup>5</sup> I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.



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