

A grayscale photograph of a person's hands clasped together over an open book. The text 'PROVERBS' is overlaid in large, bold, yellow capital letters. Below it, the phrase 'Wisdom for Living' is written in a white, cursive script. The background is dark, and the book's pages are visible but slightly out of focus.

PROVERBS

Wisdom for Living

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Don't be afraid of your emotions, but don't let them control you.



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Wisdom for Living

❖ **Anxiety**

Anxiety weighs down the heart, but a kind word
cheers it up.

“Therefore I tell you, **do not worry about your life,**
what you will eat or drink; or about your body, what
you will wear...

Matthew 6:25–34 (NIV)

Therefore **do not worry about tomorrow**, for
tomorrow will worry about itself.

Each day has enough trouble of its own.

Can any one of you by worrying add a single hour to
your life?

Matthew 6:25–34 (NIV)

... your heavenly Father knows that you need them.

But **seek first his kingdom and his righteousness**, and
all these things will be given to you as well.

Matthew 6:25–34 (NIV)

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Turn worry into a trigger that reminds you to give it to God.

“This is bigger than me, but it isn’t bigger than You! I am coming to You in weakness and relying on Your strength.”

Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the Lord will be at your side and will keep your foot from being snared.

Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.



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❖ Anger

“In your anger do not sin”: Do not let the sun go down
while you are still angry,

He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored.

because human anger does not produce the
righteousness that God desires.

A man of wrath stirs up strife, and one given to anger
causes much transgression.

A person's wisdom yields patience; **it is to one's glory
to overlook an offense.**

Hatred stirs up conflict, but **love covers over all wrongs.**

Good sense makes one **slow to anger**, and it is his glory
to overlook an offense.

Whoever is **slow to anger** has great understanding, but
he who has a hasty temper exalts folly.

Do not make friends with a hot-tempered person, do
not associate with one easily angered,

Mockers stir up a city, but **the wise turn away anger.**



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❖ Jealousy

For he knew it was out of self-interest that they had handed Jesus over to him.

Anger is cruel and fury overwhelming, but who can stand before jealousy?

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

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Focusing on what you don't have causes you to miss the blessing of what you do have!



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❖ Pride

But he gives us more grace. That is why Scripture says:
“God opposes the proud but shows favor to the
humble.”

When pride comes, then comes disgrace, but with
humility comes wisdom.

Pride goes before destruction, a haughty spirit before a fall.

Pride brings a person low, but the lowly in spirit gain honor.



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❖ Compassion

Jesus called his disciples to him and said, “I have compassion for these people; they have already been with me three days and have nothing to eat. I do not want to send them away hungry, or they may collapse on the way.”

Whoever oppresses the poor shows contempt for their Maker, but **whoever is kind to the needy honors God.**

Let love and faithfulness never leave you; bind them
around your neck, write them on the tablet of your
heart.

Whoever pursues righteousness and love finds life,
prosperity and honor.



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❖ Sorrow

He was despised and rejected by men, **a man of sorrows and acquainted with grief**; and as one from whom men hide their faces he was despised, and we esteemed him not. **Surely he has borne our griefs and carried our sorrows**; yet we esteemed him stricken, smitten by God, and afflicted.

When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled.



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 Joy

Rejoice in the Lord always. I will say it again: Rejoice!

Rejoice with those who rejoice; mourn with those who
mourn.

Deceit is in the hearts of those who plot evil, but those
who promote peace have joy.

All the days of the oppressed are wretched, but **the cheerful heart has a continual feast.**

A cheerful heart is good medicine, but a crushed spirit
dries up the bones.

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