
Proverbs
Seek Wisdom
Find Life



Emotions and Addictions

Wisdom vs. Foolishness

Wisdom in Relationships

Wisdom in Godly Conduct



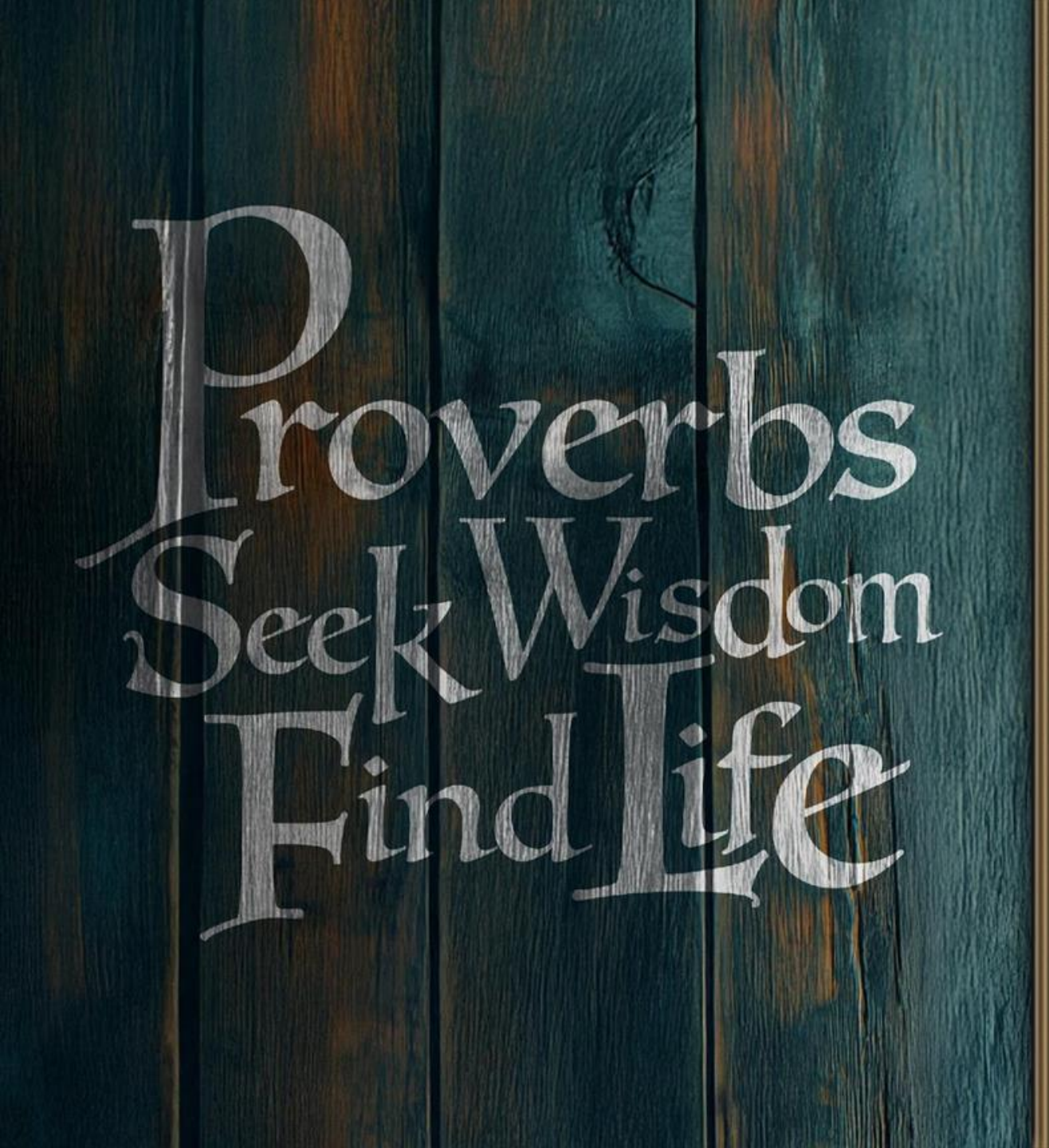


Self Control: Emotions and Addictions

Self Control

- Proverbs 14:16- A wise man is cautious and turns away from evil, But a fool is arrogant and careless.
- Proverbs 29:11 - A fool vents all his feelings, But a wise man holds them back. (NKJV)
- Proverbs 19:2 - Also it is not good for a person to be without knowledge, And he who hurries his footsteps errs.
- Proverbs 25:28 - Like a city that is broken into and without walls Is a man who has no control over his spirit.





Watch over your heart with all diligence, For from it flow the springs of life.

Proverbs 4:23



Emotions

Depression

- Proverbs 15:13 - A joyful heart makes a cheerful face, But when the heart is sad, the spirit is broken.
- Proverbs 17:13 - A joyful heart is good medicine, But a broken spirit dries up the bones.
- Proverbs 18:14 - The spirit of a man can endure his sickness, But as for a broken spirit who can bear it.
- Proverbs 14:10 - The heart knows its own bitterness, And a stranger does not share its joy.





Is anyone among you suffering? Then he must pray. Is anyone cheerful? He is to sing praises.

James 5:13



casting all your anxiety on Him,
because He cares for you.

1 Peter 5:7

THE FASTER SCALE

FORGETTING PRIORITIES
Less time for God, meetings, avoiding accountability

ANXIETY
Worry, fear, replaying negative thoughts

SPEEDING UP
Overly busy, workaholic, driven

TICKED OFF
Sarcasm, overreacting, blaming others

EXHAUSTED
Depressed, hopeless, sleeping too much or too little

RELAPSE





Addictions

Gluttony

Proverbs 25:16 - Have you found honey? Eat only what you need, That you not have it in excess and vomit it.

Proverbs 28:7 - He who keeps the law is a discerning son, But he who is a companion of gluttons humiliates his father.

Proverbs 25:27 - "It is not good to eat much honey, nor is it glorious to seek one's own glory."

Proverbs 23:20-21 - Do not be with heavy drinkers of wine, Or with gluttonous eaters of meat; For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe one with rags.



Alcohol

Proverbs 20:1 - Wine is a mocker, strong drink a brawler, And whoever is intoxicated by it is not wise.

Proverbs 23:20-21 - Do not be with heavy drinkers of wine, Or with gluttonous eaters of meat; For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe one with rags.

Proverbs 21:17 - He who loves pleasure will become a poor man; He who loves wine and oil will not become rich.



Alcohol

29 Who has woe? Who has sorrow? Who has contentions? Who has complaining? Who has wounds without cause? Who has redness of eyes? 30 Those who linger long over wine, Those who go to taste mixed wine. 31 Do not look on the wine when it is red, When it sparkles in the cup, When it goes down smoothly; 32 At the last it bites like a serpent And stings like a viper. 33 Your eyes will see strange things And your mind will utter perverse things. 34 And you will be like one who lies down in the middle of the sea, Or like one who lies down on the top of a mast. 35 "They struck me, but I did not become ill; They beat me, but I did not know it. When shall I awake? I will seek another drink."

Proverbs 23:29-35





Like a dog that returns to its vomit
Is a fool who repeats his folly

Proverbs 26:11



For a righteous man falls seven times, and rises again,
But the wicked stumble in time of calamity.

Proverbs 24:16

Emotions and Addictions

- Isaiah 25:4a - For You have been a defense for the helpless, A defense for the needy in his distress, A refuge from the storm, a shade from the heat;
- Acts 3:19 Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord;.
- Psalm 16:11 - You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever.

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