## Wise Emotions

Everyday Wisdom | Proverbs 19:11-12

# I hope you have a great weekend. :-)

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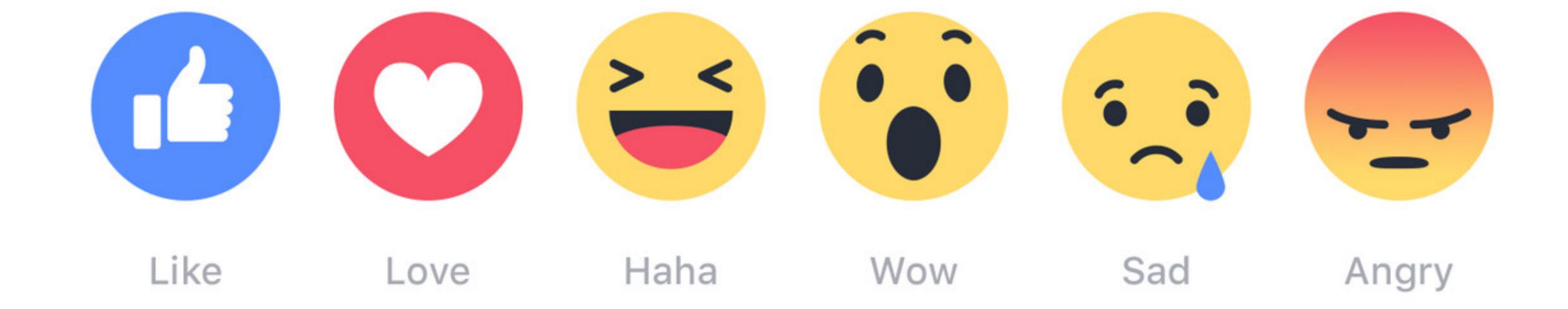












It's easy but foolish to let your emotions rule you.

Fools show their annoyance at once, but the prudent overlook an insult.

Proverbs 12:16 (NIV)

1. Not anger but patience.

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#### Proverbs 29:22 (NIV)

An angry person stirs up conflict, and a hot-tempered person commits many sins.

1. Not anger but patience.

Ephesians 4:26a (NIV)

"In your anger do not sin"...

1. Not anger but patience.

### Ephesians 4:26 (NIV)

"In your anger do not sin": <u>Do not let the sun go</u> down while you are still angry,

1. Not anger but patience.

### Ephesians 4:26-27 (NIV)

"In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

1. Not anger but patience.

### Proverbs 14:30 (NIV)

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

1. Not anger but patience.

#### James 1:19-20 (NIV)

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.

1. Not anger but patience.

## Proverbs 19:11 (NIV)

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

- 1. Not anger but patience.
- 2. Not pride but humility.

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#### Proverbs 3:7 (NIV)

Do not be wise in your own eyes; fear the Lord and shun evil.

- 1. Not anger but patience.
- 2. Not pride but humility.

#### Proverbs 26:12 (NIV)

Do you see a person wise in their own eyes?

There is more hope for a fool than for them.

- 1. Not anger but patience.
- 2. Not pride but humility.

### Proverbs 18:12 (NIV)

Before a downfall the heart is haughty, but humility comes before honor.

- 1. Not anger but patience.
- 2. Not pride but humility.
- 3. Not anxiety but joy.

- 1. Not anger but patience.
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- 3. Not anxiety but joy.

#### Proverbs 18:14 (NIV)

The human spirit can endure in sickness, but a crushed spirit who can bear?

- 1. Not anger but patience.
- 2. Not pride but humility.
- 3. Not anxiety but joy.

#### Proverbs 14:10 (NIV)

Each heart knows its own bitterness, and no one else can share its joy.

- 1. Not anger but patience.
- 2. Not pride but humility.
- 3. Not anxiety but joy.

#### Proverbs 12:25 (NIV)

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

Wise emotions are good for your body and good for your soul.

- 7 Do not be wise in your own eyes; fear the Lord and shun evil.
- 8 This will bring health to your body and nourishment to your bones.

Proverbs 3:7-8 (NIV)

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

Proverbs 17:22 (NIV)

Humility is the fear of the Lord; its wages are riches and honor and life.

Proverbs 22:4 (NIV)

# We need the Holy Spirit to shape our emotions.

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.

Galatians 5:22-23 (ESV)

24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

25 If we live by the Spirit, <u>let us also keep in</u> <u>step with the Spirit</u>.

Galatians 5:22-23 (ESV)