

Proverbs' Guide to Emotions
Selected Scripture
May 1, 2016

Introduction

One of the hardest things for us to control is our emotions. God created us with emotions, but He expects us to control them. Our Lord Jesus had emotions, but He fully controlled them. As Christians, we have the Holy Spirit who can help us with our emotions and how to live a God-pleasing life. We will look at what God says about emotions as we finish up this book of Proverbs (for the time being).

I. Fear

- Fear of God versus the fear of man
 - Fear of God is the beginning of wisdom

Proverbs 9:10 *The fear of YHWH is the beginning of wisdom, and knowledge of the Holy One is understanding.*

- Fear of man is the beginning of folly (foolishness)

Proverbs 29:25 *Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.*

- Being a God pleaser versus a man pleaser

Galatians 1:10 *Am I now trying to win the approval of men, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ.*

John 12:43 *for they loved praise from men more than praise from God.*

- Living in fear of man
 - Seeking their approval
 - Turns one's heart away from God

1 Samuel 15:24 *Then Saul said to Samuel, "I have sinned. I violated the LORD's command and your instructions. I was afraid of the people and so I gave in to them."*

- Living in constant fear of disapproval or being found out false

Proverbs 28:1a *The wicked man flees though no one pursues,*

- Living in fear of God
 - Seeking only His approval and His opinion
 - We do not fear others because He is with us

Proverbs 28:1b *but the righteous are as bold as a lion.*

II. Anger

- Anger is an emotion that God created in us
 - There are anger that God approves

Ephesians 4:26 *"In your anger do not sin": Do not let the sun go down while you are still angry,*

- Paul says that there are forms of anger that are not sin
 - However, it can become sin if it goes on too long and unchecked
- Our Lord Jesus had anger and never sinned
- Uncontrolled anger is dangerous
 - Uncontrolled anger is folly

Proverbs 29:11 *A fool gives full vent to his anger, but a wise man keeps himself under control.*

- Uncontrolled anger causes relationships to be destroyed

Proverbs 15:18 *A hot-tempered man stirs up dissension, but a patient man calms a quarrel.*

Proverbs 29:22 *An angry man stirs up dissension, and a hot-tempered one commits many sins.*

- It also increases sin
- It is usually habitual

Proverbs 19:19 *A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.*

- Uncontrolled anger lowers defenses and allows for attacks

Proverbs 25:28 *Like a city whose walls are broken down is a man who lacks self-control.*

- It grieves the Holy Spirit

Ephesians 4:30-31 *And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

- Controlling your anger

Proverbs 16:32 *Better a patient man than a warrior, a man who controls his temper than one who takes a city.*

- How
- Wisdom—a wise man keeps himself under control (**Proverbs 29:11**)
 - We are to think before we give into our anger
 - Wisdom engages the mind

III. Jealousy

- Two types of jealousy
 - Godly jealousy
 - Emotional reaction against something that rightly belongs to God or you
 - Sinful jealousy
 - Emotional reaction against someone for having something we do not have
- Godly jealousy
 - God is jealous of our worship

Exodus 20:5 *You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate Me,*

- Why? Because He alone has the right to have our worship
- Jealousy for our spouse

Song of Solomon 8:6 *Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame.*

- We should be jealous when someone else flirts with our spouse
- Jealousy for the purity of the church

2 Corinthians 11:2 *I am jealous for you with a godly jealousy. I promised you to one husband, to Christ, so that I might present you as a pure virgin to Him.*

- Sinful jealousy
 - It can be more destructive than anger

Proverbs 27:4 *Anger is cruel and fury overwhelming, but who can stand before jealousy?*

- It is wholly selfish
 - Selfish because someone else has it but not yourself

Genesis 37:3-4 *Now Israel loved Joseph more than any of his other sons, because he had been born to him in his old age; and he made a richly ornamented [1] robe for him. 4 When his brothers saw that their father loved him more than any of them, they hated him and could not speak a kind word to him.*

- Causes decay to self—wears us down

Proverbs 14:30 *A heart at peace gives life to the body, but envy rots the bones.*

- Saul is a sad example of sinful jealousy

1 Samuel 18:6-11 *When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with tambourines and lutes. 7 As they danced, they sang: "Saul has slain his thousands, and David his tens of thousands." 8 Saul was very angry; this refrain galled him. "They have credited David with tens of*

thousands," he thought, "but me with only thousands. What more can he get but the kingdom?" **9** And from that time on Saul kept a jealous eye on David. **10** The next day an evil spirit from God came forcefully upon Saul. He was prophesying in his house, while David was playing the harp, as he usually did. Saul had a spear in his hand **11** and he hurled it, saying to himself, "I'll pin David to the wall." But David eluded him twice.

IV. Be At Rest

- How can we control our emotions?
- Fear of God
 - Loving, trusting, honoring Him more than others
 - It is walking in the Spirit of God

Galatians 5:16 *I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.*

- Fear of God ensures contentment
 - Knowledge that He is with you
 - No fear or worry

Proverbs 24:19-20 *Do not fret because of evil men or be envious of the wicked, **20** for the evil man has no future hope, and the lamp of the wicked will be snuffed out.*

- Feeling of safety in His presence

Proverbs 3:21-24 *My son, preserve sound judgment and discernment, do not let them out of your sight; **22** they will be life for you, an ornament to grace your neck. **23** Then you will go on your way in safety, and your foot will not stumble; **24** when you lie down, you will not be afraid; when you lie down, your sleep will be sweet.*

- Fear of God ensures inner joy
 - Joy comes from within—not circumstances

Proverbs 15:13 *A happy heart makes the face cheerful, but heartache crushes the spirit.*

- Final application
 - We can only control our emotions by the light of God's word and His presence
 - This is why studying His word and praying often is so important
 - Uncontrolled emotion is a warning that we are drifting away from God