

## Friday

Read Proverbs chapter 14:1–17. This chapter introduces some new themes, including temper (14:16–17); gullibility (14:15); and making amends (14:9). One of my favorites is 14:4. To put its message another way: If you have no oxen, there is no mess — but with the strength of those messy oxen comes an abundant harvest! Sometimes when a family, or a church family, grows, there is chaos and mess. But Solomon seems to be saying he'd rather have the problems of a messy stable than a neat stable with no harvest! Do you agree? Write down three of your favorites. How can you apply them today?

*Ask God to help you apply the wisdom you read — today!*

## Saturday

*Polish up the memory verse at the top of the page, and finish any daily meditations you may have missed. Thank you for sticking with your plan to read through the book of Proverbs this summer! Please pray for the Lord to work through the lives of every single person in our church. Thank God for His blessings!*



TWIN LAKES CHURCH  
www.tlc.org



WEEK 3

## Taming My Temper

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

### The Danger of Anger

- **It deteriorates my \_\_\_\_\_**  
A tranquil heart is life to the body, But passion **is rotteness to the bones.**  
*Proverbs 14:30 NASB*
- **It damages my \_\_\_\_\_**  
A hot-tempered man **stirs up dissension**, but a patient man calms a quarrel.  
*Proverbs 15:18*  
Anger is \_\_\_\_\_
- **It diminishes my \_\_\_\_\_**  
A quick-tempered man **does foolish things.** *Proverbs 14:17*
- **It decreases my \_\_\_\_\_**  
A hot-tempered man must pay the penalty; if you rescue him, you will have to do it **again.** *Proverbs 19:19*  
Anger is \_\_\_\_\_

### The Root of Anger

**Ask:** \_\_\_\_\_ ?

**LEVEL 1: Daily \_\_\_\_\_**  
A fool gives **full vent** to his anger, but a wise man keeps himself under control.  
*Proverbs 29:11*

**LEVEL 2: Longer-term \_\_\_\_\_**  
A man's wisdom gives him patience; it is to his glory to **overlook an offense.**  
*Proverbs 19:11*

**LEVEL 3: Deeper \_\_\_\_\_ ; anger against \_\_\_\_\_**  
A man's own folly ruins his life, yet **his heart rages against the Lord.**  
*Proverbs 19:3*

## The Healing of Anger

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### 1. \_\_\_\_\_ it

The wise are glad to be instructed, but babbling fools fall flat on their faces.  
*Proverbs 10:8*

### 2. \_\_\_\_\_ it

A fool shows his annoyance **at once**, but a prudent man overlooks an insult.  
*Proverbs 12:16*

### 3. \_\_\_\_\_ it

He who has a **cool spirit** is a man of **understanding**. *Proverbs 17:27b NASB*

Do not say, "I'll do to him as he has done to me; I'll pay that man back for what he did." *Proverbs 24:29*

### 4. \_\_\_\_\_ it

A **gentle answer** turns away wrath, but a harsh word stirs up anger. *Proverbs 15:1*

If your enemy is hungry, **give him food** to eat; if he is thirsty, **give him water** to drink. *Proverbs 25:21*

### Key question: \_\_\_\_\_ ?

But the **fruit of the Spirit** is love, joy, **peace**, **patience**... *Galatians 5:22*

## Resources

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Tim Keller, "True Wisdom for Living", sermon series, Redeemer Presbyterian Church

Rick Warren, "Get a Grip on Life", sermon series, Saddleback Church

Patrick Morley, *The Man In The Mirror*

## Daily Meditations

*During this series, we will read through the entire book of Proverbs in our daily meditation time!  
These devotions will be simple—just a chance for you to discover Proverbs relevant to your life!*

### Monday

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Today we begin what we think of as the "proverbs" of Solomon — the short, one-sentence sayings that start in chapter 10. Read Proverbs chapter 10. There are three main topics in this chapter: Righteousness, money, and the tongue. Write down one verse from this chapter on **righteousness** that stood out for you.

Write down one verse from this chapter on **money** that stood out for you.

Write down one verse from this chapter about **words** that stood out for you.

*Ask God to help you apply the wisdom you read — today!*

## Tuesday

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Read Proverbs chapter 11. Like the previous chapter, there are three main topics in this chapter: Again, they are righteousness, money, and the tongue. Write down one verse from this chapter on **righteousness** that stood out for you.

Write down one verse from this chapter on **money** that stood out for you.

Write down one verse from this chapter about **words** that stood out for you.

*Ask God to help you apply the wisdom you read — today!*

## Wednesday

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Read Proverbs chapter 12. This chapter has some of my favorite proverbs! Write down 3 of your favorites from this chapter (not just the references — write the whole verse!).

How can you apply these proverbs to your life today?

*Spend some extra time today looking over your sermon notes and applying the principles from Proverbs on temper. Ask God to help you apply the wisdom you read — today!*

## Thursday

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Read Proverbs chapter 13. Again, this chapter is filled with so many insights! I love verse 4, about the importance of being diligent, and not just dreaming. Do you know people who always have dreams and plans, but never seem to work strategically to accomplish them? As you read the biographies of high achievers in every field, one thing seems consistent: They are all hard workers. Choose three other proverbs that stood out for you from this chapter and write them down.

How can you apply these to your life today?

*Ask God to help you apply the wisdom you read — today!*



Memory Verse

A gentle answer turns away wrath,  
but a harsh word stirs up anger.  
*Proverbs 15:1*