



PROVERBS

Wisdom for Living As Disciples

RECAP...

❑ The **fear of the LORD** is the beginning of knowledge & wisdom.

(Proverbs 1:7a ; Proverbs 9:10)

❑ Pastor Dylan's helpful definition of fear =

*“a profound **reverence and awe toward God** coupled with
a **healthy awareness of the danger brought about by our sin**”*

❑ We see **two main voices** in the proverbs, **the voice of wisdom** and **the voice of folly/foolishness**.



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WISDOM FOR
OUR WORDS

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Amazing tongues...

☐ Can you **curl** your tongue?

☐ Can you **touch your nose** with your tongue?

☐ Can you do any **other tricks**?



What the Bible says?

Proverbs 18:21 (NIV)

**The tongue has the power of life and death,
and those who love it will eat its fruit.**

Our words can be used for good or bad.



**Wise words
build up.**



**Foolish words
tear down.**

We need to be careful with our words.



LET'S PLAY

It's a race!



We need to choose WISE words.



Proverbs 18:21 (NIV)



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WISDOM FOR
OUR WORDS

Do we think about our words?



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❑ We **speak** (on average) around **13,000 words** per day.¹

- *a 2007 study reported as much as 16,000 words per day.*²

❑ We **listen** (on average) to around **20,000 – 30,000 words** per day.²

❑ Our **words** often come out quickly and without too much thought

❑ The book of **Proverbs** refers to the tongue (*& mouth, lips, speech, words etc.*) over 1000 times across 128 verses.

¹ <https://psycnet.apa.org/record/2025-66513-001?doi=1>

² <https://www.science.org/doi/10.1126/science.1139940>

³ *tongue (133x, 21 verses), mouth (303x, 36 verses), lips (126x, 37 verses), speech (39x, 5 verses). Words (406x, 29 verses) – BibleGateway*



We should think about our words

James 3:2b (CEV)

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“But if you can control your tongue, you are mature and able to control your whole body.”

James 3:8-10 (NIV)

⁸ but **no human being can tame the tongue**. It is a restless evil, full of deadly poison. ⁹ With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. ¹⁰ **Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.**

1. Our words flow from the heart.

☐ Our words **are** an expression of ourselves.

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□ Our words **are an expression of ourselves.**

□ e.g. “I love you”...



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□ Our words are an expression of ourselves.

Cf. Luke 6:45 (NIV)

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart.

For the mouth speaks what the heart is full of. *(see also Mt. 12:34; 15:18)*

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Proverbs 10:11-12 (NIV)

¹¹ The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence. ¹² Hatred stirs up conflict, but love covers over all wrongs.

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2. Wise words build others up.

- ❑ The words of the righteous give life and support because they are connected to the very source of life - to God.
- ❑ Wise words point others back to the ultimate source of life and nourishment – the God who made us!

Proverbs 10:21 (NIV)

The lips of the righteous nourish many, but fools die for lack of sense.

2. Wise words build others up.

Proverbs 15:4 (NIV) The soothing tongue **is a tree of life...**

Proverbs 24:26 (NIV) An honest answer **is like a kiss** on the lips.

Proverbs 25:11 (ESV) A word fitly spoken **is like apples of gold** in a setting of silver.

Proverbs 15:2 (NIV) The tongue of the wise **adorns knowledge...**

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- ☐ Wise words point others back to the ultimate source of life and nourishment – the God who made us!
- ☐ Wise words point people back to God's word.

How is your heart? Is it wise words you are speaking to your brothers & sisters in the Lord?

3. Foolish words tear others down.

Proverbs 10:11-12 (NIV)

¹¹ The mouth of the righteous is a fountain of life, but **the mouth of the wicked conceals violence**. ¹² **Hatred stirs up conflict**, but love covers over all wrongs.

3. Foolish words tear others down.

Proverbs 15:1-2, 4.

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

² The tongue of the wise adorns knowledge, but **the mouth of the fool gushes folly.**

⁴ The soothing tongue is a tree of life, but **a perverse tongue crushes the spirit.**

3. Foolish words tear others down.

Proverbs 12:18 The words of the reckless **pierce like swords**, but the tongue of the wise brings healing.

Proverbs 17:27 The one who has knowledge **uses words with restraint**, and whoever has understanding is even-tempered.

Proverbs 21:23 Those who **guard their mouths and their tongues** keep themselves from calamity.

Proverbs 26:20 Without wood a fire goes out; **without a gossip a quarrel dies down**.

3. Foolish words tear others down.

- ☐ Those who aren't righteous, who do not fear God seek to tear others down quickly.
- ☐ Instead of providing wise words of life, foolish mouths conceal (hide) violence and hatred.
- ☐ Foolish words are untrue, slanderous, unrestrained, rash & often manipulative.
- ☐ Foolish words are spoken to steal the joy of others by inflicting them with ourselves.

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Proverbs 10:12

¹² Hatred stirs up conflict, but **love covers over all wrongs**.

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⁴ <https://www.instagram.com/p/Cxm0vz2Pv0h/>

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Proverbs 17:27 The one who has knowledge uses words with restraint, and whoever has understanding is **even-tempered**.

Proverbs 10:8 The wise in heart accept commands,
but **a chattering fool comes to ruin**.

Proverbs 10:19-20 Sin is not ended by **multiplying words**, but **the prudent hold their tongues**. The tongue of the righteous is **choice silver**, but the heart of the wicked is of little value.

4. Wise words are of great value Foolish words are worth nothing

- ☐ We need to beware the danger of foolish words.
- ☐ Wise words are used with restraint and with an even temper.
- ☐ PAUSE – WHEN NECESSARY.
- ☐ We should be quick to listen and slow to speak and become angry.

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James 1:19-20 (NIV)

¹⁹ 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.

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- ☐ We should be quick to listen and slow to speak and become angry.
- ☐ We should follow the example of Jesus.

1 Peter 2:23-24

When they hurled their insults at him, **he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.** “He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness;



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