

# WISDOM

## CHEAT SHEETS

**This week's selection from the Book of Proverbs explores the theme of self-control. Notice it is a topic in itself, and a characteristic applied to other areas of life.**

Prov 16: 32 Better a patient person than a warrior, one with self-control than one who takes a city.

### **Self-control over gossip**

Proverbs 11:13 A gossip betrays a confidence, but a trustworthy man keeps a secret.

Proverbs 16:28 A perverse man stirs up dissension, and a gossip separates close friends.

Proverbs 20:19 A gossip betrays a confidence; so avoid a man who talks too much.

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

### **Self-control over anger**

Proverbs 12:16 Fools show their anger at once, but the prudent ignore an insult.

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

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

### **Self-control over drunkenness**

Proverbs 23:21 For drunkards and gluttons become poor, and drowsiness clothes them in rags.

Proverbs 23:31 Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly!

Proverbs 20:1 Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.

Proverbs 21:17 He who loves pleasure will become poor; whoever loves wine and oil will never be rich.

Proverbs 23:20 Do not join those who drink too much wine or gorge themselves on meat,

### **Self-control over sexual temptation**

Proverbs 22:14 The mouth of an adulterous woman is a deep pit; a man who is under the LORD's wrath falls into it.

Proverbs 29:3 A man who loves wisdom brings joy to his father, but a companion of prostitutes squanders his wealth.

Proverbs 31: 3 Do not spend your strength on women, your vigour on those who ruin kings.

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