

# PROVERBS

GOD'S WISDOM FOR EVERYDAY LIFE

## Wisdom In Self Control

### LEADER NOTES

*Review the Guidelines each time you have a new member join your group or once a month.*

- **Keep the Connection Clear**

This passage shows what Proverbs 25:28 looks like in real life. When anger goes unchecked, even a strong person becomes exposed.

- **Emphasize the speed of anger.**

David moves from insult to retaliation fast. Help the group feel how quickly wounded pride can become destructive action.

- **Watch for self justifying language.**

Group members may focus on what was done to them. Gently bring the conversation back to personal responsibility for their response.

- **Encourage deeper heart work.**

Ask what usually sits under anger. Pride. Hurt. Fear. Exhaustion. Disappointment. Loss of control. Help the group move past the surface.

- **Focus on Abigail's wisdom.**

She sees danger early. She does not match heat with heat. She moves with humility, courage, urgency, generosity, and truth.

- **Press toward the pause.**

Wisdom often begins in the moment between feeling and acting. Help the group name what a pause could look like in traffic, at home, at work, or in conflict.

- **Move from resentment to release.**

Unchecked anger feeds on stored offense. Guide the group toward forgiveness, gratitude, and surrender instead of replaying the hurt.

- **Point to grace with truth.**

Some men will carry regret over damage already done in anger. Keep repentance, forgiveness, and heart change in view. Christ does more than manage behavior. He changes people.

**Share & record prayer requests.**

**Ask a volunteer to close in prayer.**

**Follow up throughout the week.**

**PLEASE TAKE ATTENDANCE**

### TARGET

**Topic:** Choose restraint when emotions rise. Wisdom can stop destruction

**Take Away:** Unchecked anger leaves you exposed, but wisdom helps you slow down, deal with the real issue, and choose peace before damage spreads.

**God Stories:** A God Story is an undeniable encounter or experience that creates an impact or breakthrough in a person's day-to-day life.

**Ice Breaker Question:** What is one small thing that can frustrate you faster than it should?

**This Week's Passage:** *1 Samuel 25:14-35*

**Share background:** *David and his men had been hiding in the caves of En-gedi. In this passage, David has moved his men to the wilderness of Maon. Not far from Maon, near the town of Carmel, lived a wealthy man named Nabal. Nabal rudely refused David's request to feed his 600 men. David and his men had been protecting Nabal's workforce, and part of Nabal's wealth was due to David's protection. Hospitality in these times required that travelers, however many, be fed. Nabal's vast wealth could have easily met David's request. Now, in anger, David was marching 400 of his men toward Nabal's property. This moment reveals how quickly anger can take control and how wisdom can interrupt disaster before greater damage is done. Now the story from God's word.*

**Tell the story. Rebuild the story. Read the story from God's Word.**

**Head Question:** *According to this passage, what details show how serious David's anger had become, and what exact steps did Abigail take to stop the disaster?*

**Heart Question:** *When have you felt deeply provoked or disrespected, and what did that moment reveal about what was really going on inside your heart?*

**Hands Question:** *What is one conflict, resentment, or trigger you need to address, and what wise step will you take first to respond with self control instead of reaction?*

**ASSIGN NEXT WEEKS STORY:** Daniel 6:1-23