

## Friday

Read Proverbs 31:10–31. See Thursday’s notes for an overview of the authorship of these verses.

How do these verses differ from what society seems to value in a woman?

How do these verses differ from society’s image of the mousy, groveling woman they sometimes perceive Christians as promoting?

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

## Saturday

*Please finish any devotions you may have missed, and spend time asking God to bless the services this weekend, and to prepare your own heart to be changed. Thanks!*



**TWIN LAKES**  
MINISTRIES  
www.tlc.org



PART 11

## The Secret to Self-Control

MAY 4 & 5, 2013 • RENÉ SCHLAEPFER

### The problem of self-control

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

Listen, my son, and be wise, and set your heart on the right path: Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.  
*Proverbs 23:19–21*

*“Self-control: The ability to both recognize and choose the \_\_\_\_\_ thing over the \_\_\_\_\_ thing at any given moment: The most important things are wanted the most, and the less important things are desired less.” —Tim Keller*

*“No matter how they start, addictions operate like this: addictions begin when we use something we believe will relieve distress. Then eventually addictions create their own distress. And then addicts spiral down when they try to cure the additional pain with the very thing that caused it.” — Neil Plantinga*

### The practice of self-control

- 1. Take** \_\_\_\_\_  
The prudent understand where they are going, but fools deceive themselves.  
*Proverbs 14:8*
- 2. Refuse** \_\_\_\_\_  
Some people ruin themselves by their own stupid actions and they blame the Lord.  
*Proverbs 19:3 GN*
- 3. Believe** \_\_\_\_\_  
**Fear of man** is a dangerous trap, but the one who **trusts in the LORD** is safe.  
*Proverbs 29:25*

over

#### 4. Remember

The name of the LORD is a fortified tower; the righteous run to it and are safe. The wealth of the rich is their fortified city; they imagine it a wall too high to scale. *Proverbs 18:10–11*

“The name of the LORD”: The true \_\_\_\_\_ of God

*“What drives addiction is longing, not just of brains, belly, or loins, but longing of the heart. Humans long for fulfillment . . . and for the final good that believers call God.” — Neil Plantinga*

#### 5. Focus

Be careful how you think; your life is shaped by your thoughts. *Proverbs 4:23 GN*

##### Focus on this...

For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives. . . *Titus 2:11–13a*

Why, as though you still belonged to the world, do you submit to its rules: “Do not handle! Do not taste! Do not touch!”? . . . Such regulations indeed have an appearance of wisdom. . . but they lack any value in restraining sensual indulgence. . . **set your hearts on things above**, where Christ is, seated at the right hand of God. **Set your minds on things above**, not on earthly things. *Colossians 2:20–23; 3:1–2*

**Let us fix our eyes on Jesus**, the pioneer and perfecter of faith. **For the joy set before him he endured the cross.** . . *Hebrews 12:2a*

**Never underestimate the transforming effect of**

## 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

Read Proverbs 28. This chapter has many verses about wicked rulers and other corrupted authority figures, like lenders and masters. What are some of the kinds of corruption Solomon warns against in this chapter?

How can we apply these principles in our society?

What two or three proverbs stand out for you? Write them out (I particularly like verses 1, 19, 23, and 27). How can you apply these verses today?

*Ask God to help you see how you can apply the wisdom you read — and then ask Him to help you apply it today!*

### Tuesday

Read Proverbs 29. What are some of your favorite verses in this chapter? (Three of my favorites are 1, 11, and 25). How can you apply them to your life today?

A note on verse 18: Often misapplied, this verse is about revelation from God — where there is no such revelation, no Bible, the people cast off restraint! This is one of the reasons we are called to make the Bible understandable and applicable to our world!

*Thank God for giving these proverbs, and ask Him to help you apply the wisdom you read — today!*

### Wednesday

Read Proverbs 30. These are proverbs written by a man named King Agur, of which we know nothing else save these proverbs. Some think this, along with “King Lemuel” in the next chapter, may be a “pen name” for Solomon. Why? The first five verses sound very much like Solomon’s Book of Ecclesiastes. Then the rest of the chapter contains what scholars call “numerical sayings.” Many of these refer to animals or plants, and 1 Kings 4:32–34 says Solomon studied animals and plants. These sayings are fascinating, more poetry than proverb— more artistic observation than direct instruction. Which is your favorite?

*Thank God that He has inspired and illumined artists and poets like “Agur”. Ask Him to help you keep your eyes open for the truths the world around you has to teach, as King Agur apparently did!*

### Thursday

Read Proverbs 31:1–9. Again, though written by someone identified as “King Lemuel”, ancient Jewish rabbinical tradition equates Lemuel with Solomon. Some scholars today feel this was a different author than Solomon, because this passage has a unique style compared to the rest of Proverbs. Whoever wrote it, it is inspired Scripture included in this book of the Bible. Why? This chapter makes such a neat bookend to the beginning of Proverbs: The first few chapters identify the wrong kind of woman to get involved with; this chapter ends the book on a positive note, by praising the virtues of the good woman. These first 9 virtues are about qualifications for leadership.

Summarize what Lemuel’s mother taught him about the qualifications for leadership:

How can you apply these to your life, if you want to be a difference-maker?

How might recent American history have been different if verses 2 and 3 had been heeded?

What can you learn from this for your own life?

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



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