



DEVOTIONAL GUIDE

PROVERBS

GOD'S WISDOM FOR EVERYDAY LIFE

Week 7 – Wisdom Of Self-Control/Anger

Monday

Proverbs 25:28 (CSB)

A person who does not control his temper is like a city whose wall is broken down.

Truth: A person without self-control is vulnerable, like a city without walls. Jesus demonstrated perfect self-control, even when provoked or mistreated. He showed that restraint is strength and that peace is a fruit of the Spirit.

Live It Out: We live this out by setting boundaries, practicing patience, and relying on the Spirit for discipline. Let our lives be fortified by self-control and guided by wisdom.

Prayer: Lord, strengthen our self-control. Help us guard our hearts and respond with grace.

Tuesday

Proverbs 14:29 (CSB)

A patient person shows great understanding, but a quick-tempered one promotes foolishness.

Truth: Patience reveals understanding, while quick temper exposes foolishness. Jesus was patient with His disciples, the crowds, and even His enemies. He modeled wisdom through calm responses and enduring love.

Live It Out: We live this out by slowing down, listening well, and choosing patience over reaction. Let our patience reflect the wisdom of Christ.

Prayer: Father, grow patience in us. Help us respond with wisdom and grace in every situation.

Wednesday

Proverbs 15:18 (CSB)

A hot-tempered person stirs up conflict, but one slow to anger calms strife.

Truth: Anger fuels conflict, but calmness brings peace.

Jesus calmed storms—both literal and emotional—with His presence and words. He taught that peacemakers reflect the heart of God.

Live It Out: We live this out by managing our emotions and choosing peace over escalation. Let our presence bring calm, not chaos.

Prayer: God, make us peacemakers. Help us control our temper and bring peace wherever we go.

Thursday

Proverbs 16:32 (CSB)

Patience is better than power, and controlling one's emotions, than capturing a city.

Truth: Controlling your spirit is greater than conquering a city.

Jesus ruled His spirit perfectly, even under pressure, choosing obedience over impulse. He showed that inner mastery is true strength.

Live It Out: We live this out by surrendering our emotions to God and practicing spiritual discipline. Let our strength be found in self-control and surrender.

Prayer: Lord, help us rule our spirit. Give us strength to choose peace and wisdom over reaction.

Friday

Proverbs 29:11 (CSB)

A fool gives full vent to his anger, but a wise person holds it in check.

Truth: Fools unleash all their anger, but the wise hold it back.

Jesus never lashed out in rage; He responded with truth, love, and restraint. He taught that wisdom is shown in how we handle strong emotions.

Live It Out: We live this out by pausing, praying, and processing before we speak or act. Let our restraint be a testimony of Your Spirit at work in us.

Prayer: Father, help us hold back when emotions rise. Teach us to respond with wisdom and grace.