

January 21, 2024
La Jolla Christian Fellowship
Proverbs: Ancient Wisdom for a Modern World – S2 / E4
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Proverbs 17: 1,14,19,27,28

1 Better a dry crust with peace and quiet than a house full of feasting, with strife.

14 Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.

19 Whoever loves a quarrel loves sin.

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

28 Even fools are thought wise if they keep silent, and discerning if they hold their tongues.

LJCF WORDS FOR 2024
PREPARATION – SILENCE – SIMPLICITY – REST – PLANTING

1 Thessalonians 4:11b

“and to make it your ambition to lead a quiet life: You should mind your own business and work with your hands,
just as we told you”

Main Points:

- 1. The wisdom of less is more.**
- 2. Cultivating a self-controlled life.**

"Peace thrives where self-control reigns."

1. Less is more

- Vs. 1** Better a dry crust with peace and quiet than a house full of feasting, with strife.
 - **Proverbs 16:8** (NIV): "Better a little with righteousness than much gain with injustice."
 - **Proverbs 15:16** Better a little with the fear of the LORD than great wealth with turmoil. ¹⁷ Better a small serving of vegetables with love than a fattened calf with hatred.
 - **Ecclesiastes 5:10** "Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless."

2. Self-Control:

- Quarreling: Vs. 14,19** Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out. — **19** Whoever loves a quarrel loves sin.
 - Proverbs 15:1** "A soft answer turns away wrath, but a harsh word stirs up anger." -

"The only way to win an argument is to avoid it." - Dale Carnegie

- Holding Your Tongue: Vs. 27** The one who has knowledge uses words with **restraint**, and whoever has understanding is even-tempered. **Vs. 28** Even fools are thought wise if they keep silent, and discerning if they hold their tongues.

- **Restraint:** The art of wielding the power to act with full force but choosing the elegance of self-control
 - **Proverbs 25:28** Like a city whose walls are broken through is a person who lacks **self-control**.
- **Even Tempered:** "Being even-tempered means staying calm and composed, avoiding emotional extremes, and handling situations with steadiness and rationality."

"Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment." - **Benjamin Franklin**

"Restraint and even temperedness are a keel in the storm of life."

Practical Takeaways:

- Where in your life can you implement the principle of less is more.
- What areas of your life need to be re-tethered to restraint and self control?

Small Group Discussion Questions:

1. How does Proverbs 17:1 reflect the importance of simplicity and contentment in modern life?
2. What are the consequences of starting quarrels, as seen in Proverbs 17:14 and 19? How does this relate to self-control?
3. Can you share a personal experience where practicing restraint in speech or maintaining an even temperament improved a situation?
4. How does Proverbs 17:28 emphasize the power of silence and not saying the wrong thing?
5. How can you apply the principles of "less is more" and "self-control" in your own life?