

# Principles from Proverbs: Taming the Temperament

## Discovering Personal Peace and Satisfaction

### I. The Source of Peace and Satisfaction

#### A. Being Rightly Related to God

*The fear of the Lord tendeth to life: and he that hath it shall abide satisfied; he shall not be visited with evil. (Proverbs 19:23)*

1. The fear of the Lord involves a reverential trust in God and a hatred for evil. Trusting God and hating evil bends (“tendeth”) one toward life. Remember, “sin, when it is finished, bringeth forth death.” One’s bent in life will determine his ultimate destiny even though the details of direction seem insignificant.
2. Satisfaction comes by actually trusting in God for everything and refusing evil. Temptation is fueled by distrust and dissatisfaction. Temptations appeal when faith wavers and dissatisfaction reigns in the heart.
3. Interestingly, God promises that those who have the fear of the Lord will not be visited with evil. This is not to say that bad things won’t happen to good people. However, it is an assurance that the fear of the Lord will bend one toward avoiding things that—by their very nature—bring “evil” (heartache, problems, health issues, etc.)

#### B. Being Obedient to God’s Word

*My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee. (Proverbs 3:1, 2)*

1. In order to be genuinely effective, the Word of God must be internalized, going from the printed page to the mind and beyond the mind to the heart. Effective obedience is not grudging and hesitant, but rather stems from the heart.
2. Consistent obedience to Biblical principles “tendeth to life”—“length of days...long life, and peace.”
3. The obedient life is ALWAYS the peaceful life. Obedience brings peace even in the midst of the greatest storm. Remember, peace is not the absence of outward turmoil; it is the presence of inner calm.

C. Being Righteous in Living

***The backslider in heart shall be filled with his own ways: and a good man shall be satisfied from himself. (Proverbs 14:14)***

***The righteous eateth to the satisfying of his soul: but the belly of the wicked shall want.***

1. There is temporary satisfaction in sin. However when one is “filled with his own ways” he will ultimately face the consequences of his ways. R.G. Lee said, “There is a payday someday.”
2. A “good man” gains satisfaction from doing right. Evil men gain temporary satisfaction from “getting away with it,” but good men know the satisfaction of skeleton-free closets. Nothing will come back to haunt the good man!
3. In similar vein, the righteous man enjoys the fruits of honest labor, but wicked men ultimately come to poverty—if not in this life, surely in the next.

D. Being Wise in Decision Making

***My son, let not them depart from thine eyes: keep sound wisdom and discretion:...When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet. (Proverbs 3:21, 24)***

1. Making wise choices brings peace. How many minds are plagued throughout the night by unwise decisions of the day!
2. A clean conscience and wise choices make for peaceful, sweet sleep. A troubled mind can frequently be traced to unwise actions and fear of consequences. The subconscious mind recognizes unwise decisions and its silent voice interrupts sleep as a warning.

***Her ways [wisdom’s ways] are pleasantness, and all her paths are Peace. (Proverbs 3:17)***

1. Wisdom, consistently applied over the lifetime, results in a pleasant life. Misery is almost always the result of poor choices. There is no help for the person who will not own up to his personal failures. You are where you are because of the choices you have made.
2. The path of wisdom is the path of peace. Again, you may experience outward turmoil, but wisdom *always* promises inner calm. Calm seas never made great captains; but great captains remain calm in the stormiest of seas.