

## Read 2 Corinthians 4.7-12

17. What similarities of language are there between the Proverbs and what Paul writes in verses 8 and 9?

18. In many of the letters of Paul we can feel the weight that fell on his shoulders. How did Paul's bigger picture in verses 7 to 12 help him not to be crushed?

19. What can we do to learn from and imitate Paul's attitude and example?

## Pray

Pray for those who suffer from anxiety, and for opportunities to speak "a good word", and to encourage them to cast their anxieties on the Lord, to trust in Him and for self-examination.

Pray for our series of sermons and Bible studies on Proverbs that we might be helped to see the need for holiness, to bring out the fruit of the Spirit, and to be transformed by the renewing of our minds through godly wisdom.

Pray for those who are struggling with illness, with infirmity or who are housebound. Give thanks for those who visit them and again pray that this would be a good encouragement.

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## Get Wisdom

### Week 2



## Disturbers of the Peace

1. What things can threaten our peace (however you understand that word)?

2. Worry and anxiety disturb our peace. Do you worry easily and what sort of things do you tend to worry about?

**Read** the following three proverbs. You will need to keep referring to them.

*Anxiety in a man's heart weighs him down, but a good word makes him glad. (12.25)*

*A tranquil heart gives life to the flesh, but envy makes the bones rot. (14.30)*

*A joyful heart is good medicine, but a crushed spirit dries up the bones. (17.22)*

3. What pictures do these proverbs use to describe peace and anxiety? Do these things reflect your own experience?

## Read Psalm 37.1-7

4. What is the particular issue that was causing David anxiety? How do his feelings reflect those in the proverbs?

5. What things does David suggest in verse 3-7 as ways to help us to overcome anxiety? You might find it easiest to pick out and list some of the verbs in the verses; what we should do.

Then ask, how does each of these help us to overcome anxiety.

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6. Looking at your answer to the previous question, how easy do you find it, or have you found it, to put them into practice?

**Read 1 Peter 5.6-7** (*this comes as part of an exhortation to godliness*)

7. What does Peter tell us to do when we are anxious and why?

8. What promise or affirmation do these verses therefore contain regarding God. Do you think that part of our problem with anxiety is our doubts about whether what Peter writes is really true?

9. According to the three Proverbs what help can we give to those who are feeling weighed down by anxiety? How might you do this? Have you experience of being helped in this way?

## **Troubled people**

**Read Genesis 4.3-7**

10. How is Cain's attitude and demeanour described in verse 5?

11. Which of the three Proverbs do you think describes what was going on inside Cain at this time?

12. What should Cain have done about this?

**Read Psalm 32.1-5**

13. How does David describe himself in verses 3 and 4? Which of the Proverbs do you think reflects how David was feeling?

14. What do verses 1 and 2 imply about what had caused David to feel as he did?

15. What then does David say was the solution to his problem?

16. Some people in the Bible are so down that they want to end their lives, or curse the day of their birth (eg Moses, Elijah, Job and Jonah). But in each case the root of the problem also seems to be particular sins or failure to trust God. Do you think it fair to say that much anxiety has its roots in particular sins, self-pity or failure to trust God?