

**“Fools and Their Foolish Feelings”**  
**Proverbs 12:16; 29:11 and other passages**  
**August 15, 2021**

**I. Fools Do Not Control Their Emotions**

- A. Fools do not suppress their anger.

*Proverbs 12:16 - The anger of a fool is known at once, but the prudent ignores an insult. (See also Proverbs 14:29)*

- B. Fools do not rein in any aspect of their emotional lives.

*Proverbs 29:11 - A fool gives full vent to his spirit, but a wise man quietly holds it back. (ESV)*

*[Proverbs 29:11 - A fool vents all his feelings, but a wise man holds them back. (NKJV)]*

**II. Fools Suffer Because of Their Lack of Emotional Self-Control**

- A. A fool's tumultuous emotional life can hurt them physically.

*Prov. 14:30 - A tranquil heart is life to the body, but passion is rottenness to the bones.*

- B. A fool's lack of emotional self-restraint exposes them to all sorts of dangers in this life.

*Proverbs 25:28 - Whoever has no rule over his own spirit is like a city broken down, without walls.*

**Application –**

1. We are all fools; thus, we all allow our emotions to rule us at times, even as Christians.
2. This has led to much needless suffering in our lives and exposed us to judgment in the next.

3. Thankfully Jesus, who is Wisdom in the Flesh, lived a perfectly wise emotional life as a human.
  - a. He experienced every aspect of human feeling, the good and the unpleasant.
  - b. Never once did His emotions lead Him to sin or deter Him.
4. Christ's perfect emotional wisdom is counted as ours by faith. (1 Cor. 1:30)
5. The Spirit of Christ is already at work within us to transform our emotional life in one that is wise and godly.

*Galatians 5:22–23a* - <sup>22</sup> *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,* <sup>23</sup> *gentleness, self-control;*