

**Listen To This**

**#4: How To Add Wisdom To Your Words (Part 2)**

**4. Deal with \_\_\_\_\_**

a) Hold back \_\_\_\_\_

**Proverbs 29:11** *Fools vent their anger, but the wise quietly hold it back.*

- *Delay your response*
- *Talk or journal about your feelings*
- *Practice saying the right thing*

b) Soften the \_\_\_\_\_

**Proverbs 29:8** *Mockers can get a whole town agitated, but the wise will calm anger.*

**5. Speak \_\_\_\_\_**

a) Don't think \_\_\_\_\_

**Proverbs 26:12** *There is more hope for fools than for people who think they are wise.*

b) Ask \_\_\_\_\_

**Proverbs 12:15** *Fools think their own way is right, but the wise listen to others.*

c) Show humility \_\_\_\_\_

**Proverbs 28:13** *A man who refuses to admit his mistakes can never be successful.*

d) \_\_\_\_\_

**2 Timothy 2:23** *Again I say, don't get involved in foolish, ignorant arguments that only start fights.*

**6. \_\_\_\_\_**

**Proverbs 16:21** *The wise are known for their understanding, and pleasant words are persuasive.*

**Proverbs 12:18** *Some people make cutting remarks, but the words of the wise bring healing.*

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**\*The humility muscle:** Reasonable people listen to issues with the thought in mind, “I may be wrong and they may be right.” Unreasonable people always think “I’m right, you’re wrong. End of discussion.” (This is a learned behavior. Nobody does it naturally.)

**Exercises to strengthen your humility muscle:**

**\*Acknowledge the possibility:**

*“I think I’m right here, but I need to concede the possibility that I could be wrong. Sure, it will hurt if I find out I’m wrong, but I need to remember that trust is more important than being right.”*

**\*Admit the possibility:** *This lowers their defensiveness.*

**\*The awareness muscle:** We all have blind spots. The humility muscle allows us to acknowledge potential wrongness, but awareness allows us to observe our actual wrongness. Awareness allows us to see our errors so that necessary corrections can be made.

**Exercises to raise our awareness: Get feedback from others:**

- What are my areas of immaturity?
- What pushes my buttons and how do I tend to react?
- What can I learn about myself by observing their reactions to me?

**\*The responsibility muscle:** This enables us to be bothered by the wrong we’ve done that’s hurt others. This is often called our conscience. You will not change if this muscle is not developed. Unreasonable people see the wrong and blame others. They refuse to take responsibility for any damage.

**Exercises to strengthen your responsibility muscle:**

- \*Admit your faults to yourself and others**
- \*Apologize when you have hurt someone else**

**\*The empathy muscle:** Empathy is “the capacity for participating in another’s feelings or ideas.” This is about understanding the other person. Reasonable people consider the impact of their words and actions and allow that understanding to shape their behavior. Unreasonable people argue in a way that inflicts deliberate injuries and leaves people feeling misunderstood.

**Exercises to develop the empathy muscle:**

**\*Seek first to understand before being understood:** *Use statements such as, “I’m not understanding your point, but I want to...”*

**\*Validate what you hear:** *Validation doesn’t mean agreement. It means you understand what they are saying and why they are in pain. “I see your point” or “I can understand how you might see it that way”*

**\*The reliability muscle:** A reasonable person observes his flaws, is bothered by them and tries to correct them. Unreasonable people don’t change, even when they see their faults.

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## Exercises to strengthen your reliability muscle

*\*What specifically are you going to correct? What will it look like after it's done? Be specific.*

*\*Revisit past failed conflicts and mentally rehearse the event, but this time, picture yourself saying and doing the right things.*

**Proverbs 31:26** *When she speaks, her words are wise, and she gives instructions with kindness.*

1. What am I thinking? (Basal ganglia- integrates feelings, thoughts and movements). 2. What am I feeling? (Basal ganglia- integrates feeling thoughts and movements) Temporal Lobes – emotional stability, name it to tame it – labeling affect.) 3. What do I want now? (Cerebellum – executive functions connects to Prefrontal Cortex (PFC), cognitive integration). 4. How am I getting in my way? Prefrontal Cortex – learning from mistakes. 5. What do I need to do differently now? (Prefrontal Cortex –the boss supervision of life – executive functioning planning goal setting, insight) (Anterior Cingulate Gyrus brain's gear shifter– sees options go from idea to idea).

### Proverbs 26:5

Be sure to answer the foolish arguments of fools, or they will become **wise** in their own estimation.

**Proverbs 10:13** *Wise words come from the lips of people with understanding...*

### 1. Develop a wise mind

**Proverbs 16:23** *From a wise mind comes wise speech;*

### Proverbs 29:11

Fools vent their anger, but the **wise** quietly hold it back.

**Proverbs 14:3** *A fool's proud talk becomes a rod that beats him, but the words of the wise keep them safe.*

## 4. Speak with humility

### Proverbs 19:20

**Get** all the advice and instruction you can, so you will be **wise** the rest of your life.

EXTRAVERSES

Translations

### Proverbs 12:14

**Wise** words bring many benefits

### Proverbs 13:14

The instruction of the **wise** is like a life-giving fountain;

### Proverbs 24:6

So don't go to war without **wise** guidance; victory depends on having many advisers.

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### Proverbs 4:5

**Get wisdom**; develop good judgment. Don't forget my words or turn away from them.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

### Proverbs 4:7

**Getting wisdom** is the **wisest** thing you can do! And whatever else you do, develop good judgment.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

### **Proverbs 13:20**

Walk with the **wise** and become **wise**; associate with fools and **get** in trouble.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

### **Proverbs 16:16**

How much better to **get wisdom** than gold, and good judgment than silver!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

### **Proverbs 19:20**

**Get** all the advice and instruction you can, so you will be **wise** the rest of your life.

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### **Proverbs 21:20**

The **wise** have wealth and luxury, but fools spend whatever they **get**.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

### **Proverbs 23:4**

Don't wear yourself out trying to **get** rich. Be **wise** enough to know when to quit.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

### **Proverbs 23:23**

**Get** the truth and never sell it; also **get wisdom**, discipline, and good judgment.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

### **Proverbs 29:8**

Mockers can **get** a whole town agitated, but the **wise** will calm anger.

### **Proverbs 13:3**

Those who control their **tongue** will have a long life; opening your mouth can ruin everything.