# Words to the Wise

Proverbs 30:7-9
10/22/2017
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## SAY WHAT?: Asking God for two things

- **Integrity**
  Psalm 15:1-2, *O Lord, who may stay in your tent? Who may live on your holy mountain? The one who walks with integrity, does what is righteous, and speaks the truth within his heart.*

- **Contentment**
  Ecclesiastes 7:18, *Whoever fears God will avoid all extremes.*

## SO WHAT?: The wisdom of moderation and balance

- **FOOD / DRINK**
  Proverbs 25:16, *If you find honey, eat just enough—too much of it, and you will vomit.*

  Proverbs 23:19-21, *My child, listen and be wise: Keep your heart on the right course. Do not carouse with drunkards or feast with gluttons, for they are on their way to poverty, and too much sleep clothes them in rags.*

- **PEOPLE**
  Proverbs 25:17, *Don't set foot too frequently in your neighbor's house, lest he become weary of you and hate you.*

  Proverbs 25:24, *Better to live on a corner of the roof than share a house with a quarrelsome wife.*

- **WORK / REST**
  Proverbs 6:9-11, *How long will you lie there, you sluggard? When will you get up from your sleep? A little sleep, a little slumber, a little folding of the hands to rest—and poverty will come on you like a thief and scarcity like an armed man.*

## NOW WHAT?: What are your two things?

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