

formed

*Words That Move Us
From Believer to Disciple*

FORMED THROUGH RESTRAINT

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Week 8
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KEY POINTS

- Proverbs 29:11 presents a sharp contrast between the fool who gives full vent to his spirit and the wise person who quietly holds back.
- The world celebrates unrestrained self-expression as strength and freedom, which is the direct opposite of biblical wisdom.
- Restraint is not about permanent silence or tolerating abuse, but about being led by the Holy Spirit rather than one's own human spirit.
- Foolishness and wisdom are often distinguished by time and motive. Fools are driven by the immediate and self-centered, while the wise see a bigger picture that includes others and God's purposes.
- Biblical examples of restraint consistently lead to healing, life, and God's blessing, while examples of unrestrained behavior lead to death and destruction.
- Feelings are better servants than masters and should not be treated as a substitute for the Holy Spirit.
- Proverbs 3 reveals that the things people most deeply long for: Peace, favor, straight paths, healing, provision, and a loving relationship with the Father come through trusting God rather than leaning on one's own understanding.
- Spiritual disciplines such as Sabbath rest, tithing, and serving consistently are commands designed by God to form and protect believers from foolishness.
- Living for God's glory rather than one's own story is the foundation of genuine restraint, exemplified supremely by Jesus on the cross.
- The word "nevertheless" captures the posture of a disciple who submits personal will to God's greater purposes.

SCRIPTURE REFERENCES

Proverbs 29:11
Proverbs 3:1-12
Romans 12
2 Timothy 1:7

Genesis 39
1 Samuel 24, 26
Acts 16

DISCUSSION QUESTIONS

1. Proverbs 29:11 contrasts the fool who gives full vent to his spirit with the wise person who quietly holds back. In which specific area of your life do you most naturally default to venting your spirit rather than practicing restraint, and what do you think drives that pattern?
2. Our culture often reframes foolishness as strength and restraint as weakness. Where have you personally felt cultural pressure to abandon restraint, and how did you respond to that pressure?
3. David had two opportunities to kill Saul and could have justified it as self-defense or even destiny, yet he chose restraint. What does his example reveal about the relationship between restraint and trusting God with outcomes we feel we deserve?
4. Jesus staying on the cross is the ultimate act of godly restraint, rooted in living for God's glory rather than his own story. What would it look like practically for you to adopt a 'nevertheless, not my will but yours' posture in a current struggle or decision?
5. Saul admitted he sinned because he feared people and gave in to them, showing that the desire for approval can be its own form of giving full vent to the spirit. In what ways does the fear of what others think of you cause you to abandon wisdom and restraint?

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