



FOOL PROOF  
THE WISDOM OF PROVERBS

**Wisdom for the Wounded**  
**Proverbs 18**

- **Wisdom is the ability to apply God's truth and thoughts to complex realities of life**
- **Including the complex realities of our inner lives**
- **Difficulties can come and make our fragmented selves feel more disjointed; 2 things can make harder:**
  - **Overly-simplified worldview**
  - **Instant culture**
- **What hope do we have when the wind is knocked out of us?**

**Proverbs 18:14**

**14 The spirit of a man can endure his sickness, But *as for a broken spirit who can bear it?***

- **What causes for a crushed spirit do we see in this Proverb?**

- **Broken body**
- **Broken emotions**
- **Broken actions**
- **Broken inner life**
- **Broken dreams**

- **Some of us need discernment when it comes to crushed spirits**
- **What you allow to crush your spirit**
- **What you are doing to crush spirits**
- **Our bodies can endure horrible illness (even death) when our spirits provide an inner strength**
- **Spirit= ruah= inner drive of life; energy**
- **A crushed spirit is when life is joyless, passion is burnt out, desire to continue is dry**

- **God tells us to nurture our inner lives (Proverbs 4:23)**
- **But we are convinced that our lasting joy and fulfillment are more dependent on our external circumstances**
- **Scripture says our life force is determined by how we respond to our circumstances from the inside**
- **Scripture says that if you're not on the path to wholeness and strength in your spirit, you will move into the world in weakness and be regularly crushed**
- **Ephesians 3:14-21**

## **Proverbs 18:18**

**18 The *cast* lot puts an end to strife and decides between the mighty ones.**

- **Part of the journey of protecting our hearts and emerging from a crushed spirit is to trust in the Providence of God**
- **We take our why's to him, rest in his answer or his silence, and move in his purposes for our circumstances**
- **We are his children and we can trust that he is moving things for our good (Hebrews 1:3)**
- **Wisdom trusts in God's good providence**

## **Proverbs 18:10**

**10 The name of the LORD is a strong tower; The righteous runs into it and is safe.**

- **There is security, joy, peace and confidence in Jesus**
- **His name includes his power, life, death, work, resurrection, companionship, victory- EVERYTHING Jesus is!**
- **In wisdom, the crushed spirit runs to Jesus**

**Proverbs 18:24**

**24 A man of *too many* friends comes to ruin, But there is a friend who sticks closer than a brother.**

- **The crushed spirit needs a lot of true friends speaking godly wisdom into it**
- **Not counting on them for happiness; relying on them for support**
- **When we are crushed, our greatest fear is that we would be truly alone- no friends and no God**
- **Its at this point we realize the vast loneliness in our hearts**

- **Here is one of the greatest hopes of the Gospel- God is with us through the work of Jesus as the Holy Spirit is in our hearts**
- **Its not enough to be moral or spiritual; we have to KNOW God, or we will be crushed and utterly alone**
- **Wisdom rests in friendship with Jesus**

- **Have you been truly crushed in spirit?**
- **In his loving grace, this is the kind of brokenness that God takes us to in this existence**
- **We have to come to him as our only hope because we cannot self-repair**
- **The Holy Spirit applies the Gospel of healing and restoration to us in grace and love**

- **Spirit=ruah=wind= life has come and knocked the wind out of you**
- **Its easier to deal with a broken body than broken spirit**
- **Circumstances impact our spirit**
- **Our spirit's relationship with Jesus can empower us to face any circumstance**
- **Unchecked tragedy and grief can destroy us**
- **Natural courage ends; we need something from outside ourselves to endure a crushed spirit**