

# Calmness and Wisdom

This week we have learned about the Calmness of the Wise Men. What does the Bible say about calmness and how that link with wisdom?


Look at the Bible quotes. Spend 30 seconds thinking about each one

## Proverbs 4:6

“Do not forsake wisdom, and she will protect you; love her, and she will watch over you.”

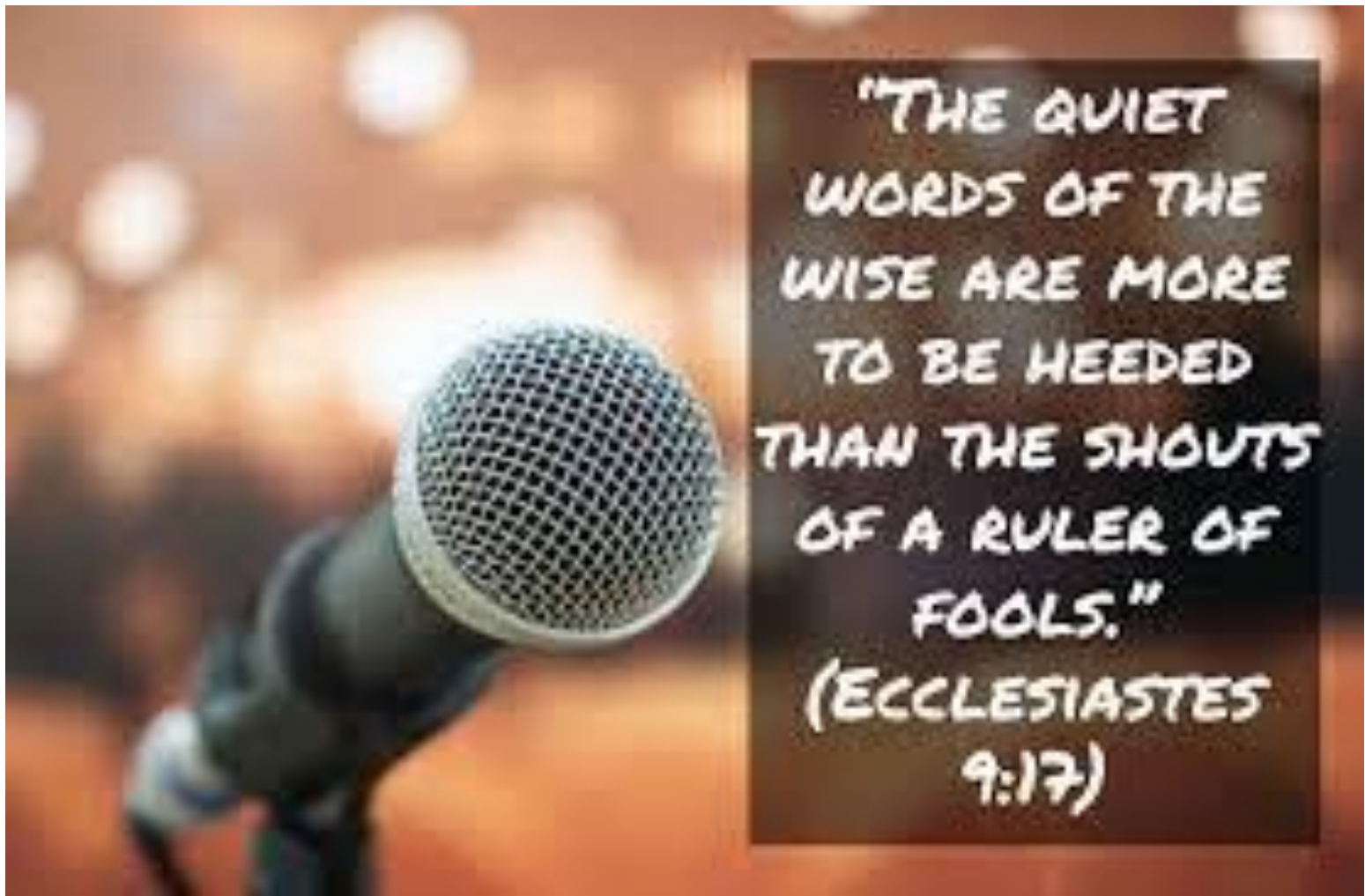


# Wisdom in your life

A corked glass bottle lies on a corkboard. A piece of yellowed, torn paper is pinned to the corkboard, featuring a quote. The cork of the bottle is visible near the bottom right of the paper.

*Never mistake  
knowledge for  
wisdom. One helps  
you make a living;  
the other helps  
you make  
a life.*

*Sandra Carey*



**Wisdom in your speech**



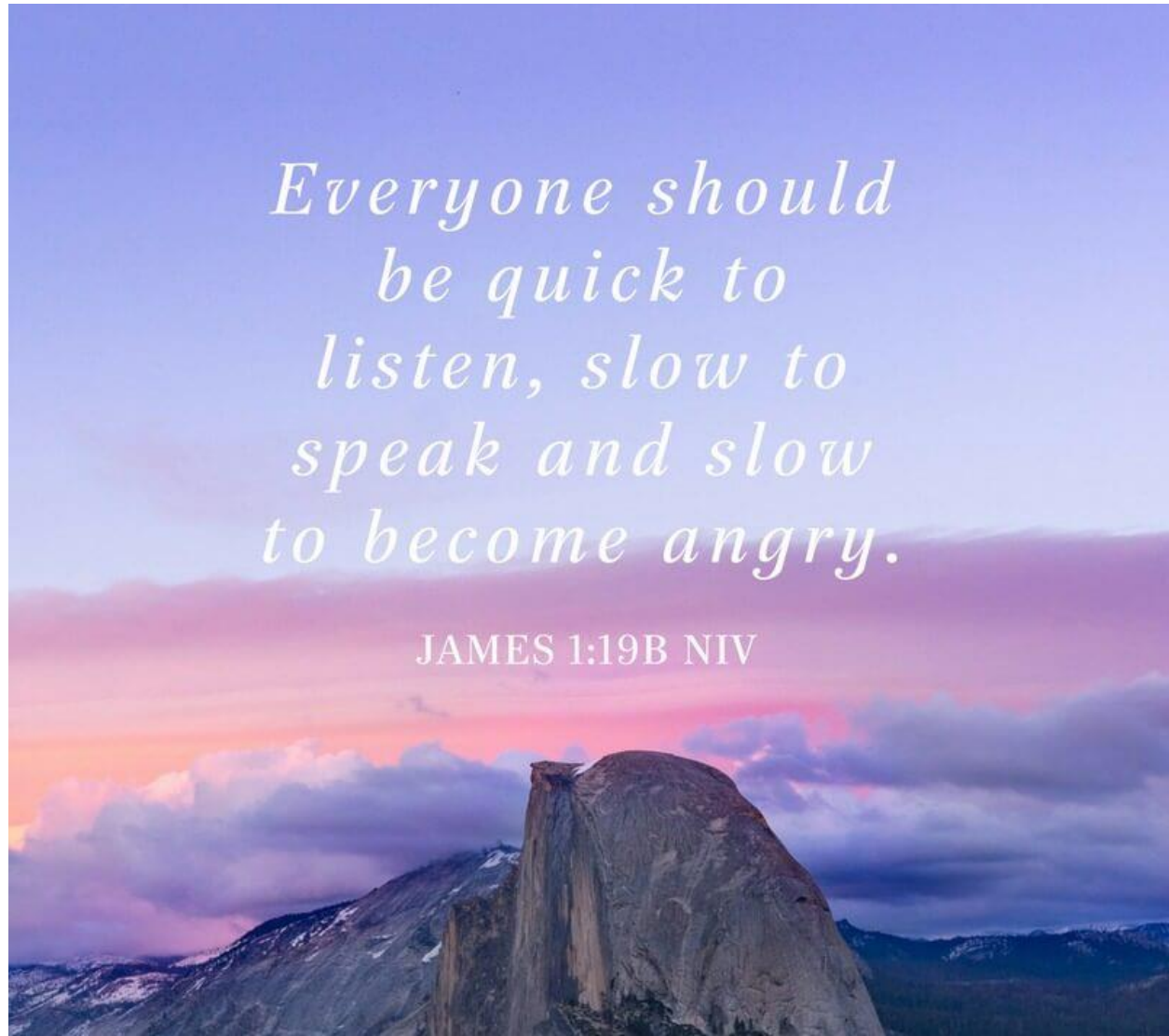
PEACE I LEAVE  
WITH YOU; MY  
PEACE I GIVE YOU.  
I DO NOT GIVE TO  
YOU AS THE  
WORLD GIVES. DO  
NOT LET YOUR  
HEARTS BE  
TROUBLED AND DO  
NOT BE AFRAID.  
JOHN 14:27

**Calmness  
in your  
heart**

# Calmness in your actions

*Everyone should  
be quick to  
listen, slow to  
speak and slow  
to become angry.*

JAMES 1:19B NIV



# Pray

Lord God,

Help me to be calm in my actions. Help me to be quick to hear and listen, slow to speak and slow to anger.

Help me to be wise in my behaviour. I ask for wisdom in Jesus' name.

Amen