

"Uncommon Sense" from The Proverbs—"Heart Health"

Sunday Evening, October 4, 2026 – WOCC – Rich Howell

BOOK OUTLINE:

I. (1:1-7) INTRODUCTION

📖 (1:1) BOOK TITLE, AUTHORSHIP (*See also 10:1; 22:17-23; 25:1; 30:1; 31:1*)

📖 (1:2-6) BOOK OBJECTIVES

📖 (1:7) BOOK PREMISE (*See also 9:10; Job 28:28*)

II. (1:8-9:18) SOLOMON'S WISE SAYINGS ABOUT WISDOM – A series of 16 “fatherly” discourses on the virtues of wisdom.

III. (10:1-22:16) SOLOMON'S WISE SAYINGS ABOUT LIFE – 375 “Distichs” (Two line sayings, couplets) covering virtually every relationship and aspect of daily living.

- 1) **SYNONOMOUS** = 2nd line restates 1st for emphasis or clarity – a common feature of Hebrew poetry and prophecy, called a “parallelism.” The 2nd phrase typically begins with the conjunction “and.” (12:28; 16:26,28,29; 17:27-28; 19:5,6,9)
- 2) **ANTITHETIC** = Most common type found in Proverbs. 2nd line stands in contrast to the 1st, using the conjunction “but”. (10:1-7, 19; 11:4; 13:3; 14:12; 15:1; 16:2; 17:22)
- 3) **SYNTHETIC** = 2nd line adds a new thought to reinforce or expand the idea of the 1st, sometimes using the word “and.” (11:30; 12:14, 28; 14:26; 15:3; 16:3,6; 18:15-17,21)
- 4) **SIMILITUDE** = Uses a common illustration to emphasize or clarify the point. Employs helping words “as” or “like” (10:26; 11:22,28; 12:18; 16:24; 17:14; 18:19; 25:11; 26:1)
- 5) **PARABOLIC** = Uses a concrete picture to explain an abstract idea—with or without helping words, could also be called “metaphoric proverbs.” (11:25; 17:3; 26:6-11)
- 6) **COMPARATIVE** = Uses the words “Better ... than” (15:16-17; 16:8,16,19,32; 17:10; 19:1,22; 27:5!)
- 7) **INTEGRAL** = The 2nd line completes the idea of the 1st (16:3,5,7,12; 18:9; 19:27; 20:4; 21:3,23) See #3 “synthetic”
- 8) **IRONIC** = Life’s little paradoxes as seen through Solomon’s God-given wisdom (11:8,24; 13:4,7) These often overlap with “antithetic” proverbs.

IV. (22:17-24:22) “THE WORDS OF THE WISE” – 30 extended proverbs (more than two lines)—including “Ode to the Drunkard”! (23:29-35)

V. (24:23-34) MORE “SAYINGS OF THE WISE” – 3 extended proverbs—ending with “Ode to the Sluggard”! (24:30-34)

VI. (25:1-29:27) MORE “PROVERBS OF SOLOMON COMPILED BY THE MEN OF HEZEKIAH” – 120 sayings – some distichs and some extended proverbs, including some great advice on keeping peace and good-will in our relationships (25:9-10,17,21-22); and, the truth about gossip and hatred. (26:17-28)

VII. (30:1-33) “THE WORDS OF AGUR (whose name means “He who gathers”) The author (perhaps King Solomon, under the pen name of Agur) gathers wisdom and puts it into short numbered categories or lists, including the “two things” he would ask God (30:7-9)!

VIII. (31:1-31) “THE WORDS OF KING LEMUEL(whose name means “Devoted to God”), **WHICH HIS MOTHER TAUGHT HIM”** – Again, possibly King Solomon writing under the pen name Lemuel. Wisdom regarding when to close your mouth and when to open it! Ends with a marvelous 22-verse “acrostic/alphabetical” poem about “An Excellent Wife.”

EVENING DEVOTION: "HEART HEALTH" – Proverbs on the Human Heart

- 1) Proverbs is typically thought of as "food for thought" and Psalms as "food for the heart." But Proverbs has a lot to say about our hearts too. In fact, the Hebrew word, _____, is found in Proverbs _____ times in just 31 chapters, while Psalms, with its 150 chapters, only uses the word a few more times (_____).
- 2) "Heart" defined: The Hebrew word "_____" (kardia is the corresponding N.T. Greek word) means the inner man, his "center" or "_____" the seat of affections, _____, desires, will, determinations, _____, motives, etc.
- 3) A "Sampler" of heart verses in the Proverbs: **3:1,3.5; 4:4,23; 6:13,18; 12:20; 15:11; 21:2; 23:7; 15:15; 17:22; 20:5,9**
- 4) And then there's this verse, **Proverbs 4:23** – "_____ your heart with all vigilance; for _____ it _____ the springs of life."
 - ♥ Notice, there is an _____ made (Something we all need to _____)
JESUS: "Blessed are the _____ heart, for they shall _____." **Mat 5:8**
 - ♥ And, there is a _____ given (Something all we need to _____)
JESUS: "For out of the _____ of the heart, the mouth speaks." **Mat 12:33-35**
- 5) A fictitious story: "The Man Who Lived Downstream"
 - ♥ When you don't like what's coming out, _____ to the _____! **Prov 28:13! 1 John 1:9!**
 - ♥ David's prayer: **Psalms 51:10-12**
- 6) A Borrowed Question: "IS _____ IN _____?"
John 7:37-39; Rom 5:5; 1 Tim 1:5; Acts 2:38; 3:19-20a