

**WISE WORDS**  
**THE BOOK OF PROVERBS**

Lesson 28: When being full brings no satisfaction  
Proverbs 27:7

“Eat until your full” said my grandma, and did we. With turkey, mashed potatoes and gravy, fresh vegetables, and hot bread, she welcomed us to her table. 90 minutes later we could eat no more and declared ourselves full. “All you can eat” read the restaurant marquee. So we did. Slice after horrible slice of cheap pizza passed our lips. The next day we both moaned about the horrible night’s sleep.

*Proverbs 1:7*  
The fear of the Lord  
is the beginning of  
knowledge, but fools  
despise wisdom and  
instruction.

Wisdom warns about the foolishness of filling up on that which can bring no lasting satisfaction. Not only does it fail to deliver on what it promises, but also it makes the genuinely pleasing thing seem detestable. The key is a *Fruit of the Spirit* (Galatians 5).

1. Normally the condition of being full is a good thing.
  - Like with food (Exodus 16:8).
  - Like with needs (Nehemiah 9:25).
  - Like children (Psalm 127:5).
  - Like a wife (Proverbs 5:19).
2. When a man foolishly fills himself up with a lesser thing, even the more valuable item becomes, at best, bland and, in the worst, detested.
  - Like a wife (Proverbs 5:19).
  - Like God (1 John 2:15-17).
3. Wisdom embraces the practice of self-restraint from that which only delivers a buzz (Hebrews 11:25) to that which delivers full satisfaction (Psalm 16:11).
4. Think about it...
  - What lesser pleasure fills you up when you could be satisfied by the real thing?
  - What fuller joy could you know if you would show self-restraint toward the lesser in exchange for the deeper satisfaction of the greater?