

## WEEK 1 | WISDOM | PROVERBS 4:1-27

### Inspection – “What does it say?”

What two things should one take hold of and keep? (verse 4)

What two things should one refrain from eating and drinking? (verse 17)

Why is it vital to guard your heart? (verse 23)

What godly wisdom comes from verse 25 regarding your eyes?

What godly wisdom comes from verse 27 regarding your foot?

### Observation – “What does it mean?”

What is the difference between instruction and understanding?

Why is wisdom referred to as a woman in Proverbs 4?

How is the contrast between light and dark used in verses 18-19?

How does our current culture contradict the teaching of Proverbs 4?

How does verse 27 speak to the distractions and diversions of life?

### Life Application – “What does it mean for me?”

Read Proverbs 4 each day this week.

Make your own personal list of safeguards with which you guard your heart.

Find a personal buddy to help keep you accountable for your words and actions.

Make a contract with your eyes not to look at things that do not honor God.

Consider removing all euphemistic words from your conversations,  
such as “Oh my gosh.”

### Meditation – “What does God say?”

Proverbs 1:7

James 1:5

1 Corinthians 3:18

Ephesians 5:15-16

Isaiah 55:8

Romans 11:33

Isaiah 28:29

James 3:17

# Supplication: What Can We Meditate?

## Prayer For a New Year

Our Father and our God, as we stand at the beginning of this new year we confess our need of Your presence and Your guidance as we face the future.

We each have our hopes and expectations for the year that is ahead of us—but You alone know what it holds for us, and only You can give us the strength and the wisdom we will need to meet its challenges. So, help us to humbly put our hands into Your hand, and to trust You and to seek Your will for our lives during this coming year.

In the midst of life's uncertainties in the days ahead, assure us of the certainty of Your unchanging love.

In the midst of life's inevitable disappointments and heartaches, help us to turn to You for the stability and comfort we will need.

In the midst of life's temptations and the pull of our stubborn self-will, help us not to lose our way but to have the courage to do what is right in Your sight, regardless of the cost.

And in the midst of our daily preoccupations and pursuits, open our eyes to the sorrows and injustices of our hurting world, and help us to respond with compassion and sacrifice to those who are friendless and in need. May our constant prayer be that of the ancient Psalmist: "Teach me, O Lord, to follow your decrees; then I will keep them to the end" (Psalm 119:33).

We pray for our nation and its leaders during these difficult times, and for all those who are seeking to bring peace and justice to our dangerous and troubled world. We pray especially for Your protection on all those who serve in our armed forces, and we thank You for their commitment to defend our freedoms, even at the cost of their own lives. Be with their families also and assure them of Your love and concern for them.

Bring our divided nation together and give us a greater vision of what You would have us to be. Your Word reminds us that "Blessed is the nation whose God is the Lord" (Psalm 33:12).

As we look back over this past year we thank You for Your goodness to us—far beyond what we have deserved. May we never presume on Your past goodness or forget all Your mercies to us, but may they instead lead us to repentance, and to a new commitment to make You the foundation and center of our lives this year.

And so, our Father, we thank You for the promise and hope of this new year, and we look forward to it with expectancy and faith. This I ask in the name of our Lord and Savior, who by His death and resurrection has given us hope both for this world and the world to come.

Amen.

**Author Billy Graham - (1918-2018)**