

Day One

PROVERBS 4:11-19

Dwell

Solomon once again used the image of traveling along a path to describe wise living. Think about the kind of walking paths or sidewalks that are safest to travel. They are well-kept and smooth, free of tripping hazards, with plenty of visibility. This is the path of the wise. But the wicked are so focused on doing harm—creating obstacles to make someone trip and fall—that they can't even sleep. Not only that, but their path is so difficult to see down that even they can't see why they are stumbling.

↻ .01 WHAT INSTRUCTIONS DO VERSES 14-15 GIVE US REGARDING THE PATH OF THE WICKED?

➔ .02 WHAT IS ONE WAY YOU COULD BE AN EXAMPLE TO OTHERS IN FOLLOWING THE PATH OF WISDOM THIS WEEK?

Memorize

Write Proverbs 4:26 on a Post-It note and stick it somewhere you'll see it every day, like your bathroom mirror, a notebook, or inside your locker. Read it to yourself each time you see it.

Pray

Spend some time praying that God would help you to see and follow the path of wisdom.

Day Two

PROVERBS 4:20-23

Dwell

Wisdom is not only a matter of how we see and how we walk. It's also a matter of the heart. When the Bible talks about the heart, it isn't really talking about the organ that pumps blood—heart is a symbol for the center of our life, our will, and our emotions. What we allow into our hearts will determine how we live and act.

↻ .01 WHY IS IT IMPORTANT TO GUARD OUR HEARTS (V. 23)?

↓ .02 WHAT ARE SOME ATTITUDES, FEELINGS, OR IDEAS YOU MIGHT HOLD IN YOUR HEART THAT WOULD BE UNHEALTHY FOR YOU?

Memorize

Set Proverbs 4:26 as a text or calendar notification to yourself one or two times a day. When you see the notification, read the verse silently or aloud a few times.

Pray

Say a prayer thanking God for his life-giving wisdom.

Day Three

PROVERBS 4:24-27

Dwell

Following the path of wisdom affects all areas of our life, including how we speak. In Matthew 12:34, Jesus teaches that the words that come out of our mouths reveal what is in our hearts. If we want to follow the instructions in these verses of Proverbs, we need to make sure we are holding wise teachings in our hearts.

← .01 WHAT DOES IT MEAN TO "NOT TURN TO THE RIGHT OR TO THE LEFT" ON THE PATH (V. 27)?

↔ .02 THINK OF A TIME YOU SAID SOMETHING THAT YOU LATER REGRETTED. WHAT MIGHT HAVE BEEN GOING ON IN YOUR HEART WHEN YOU SAID THAT THING? WHAT CAN YOU LEARN FROM THIS?

Memorize

Use your phone or computer to record yourself reading Proverbs 4:26, and play it back to yourself throughout the week.

Pray

Ask God to give you opportunities to humbly share words of wisdom with others.

Day Four

HEBREWS 12:1-2,12-13

Dwell

The writer of Hebrews used images similar to those Solomon used in Proverbs. In Hebrews, following Jesus is compared to running a race. In order for an athlete to win a marathon, it's important that all their body parts work in harmony and at peak performance, including their knees, their eyes, and their feet. The "cloud of witnesses" the writer mentions is the countless godly people of faith who have come before us and who we can look to as encouragements when we feel weak.

← .01 HOW DOES EACH OF THE BODY PARTS MENTIONED IN THESE VERSES WORK TO HELP US RUN A RACE?

➔ .02 WHO IS ONE PERSON YOU CAN TURN TO FOR HELP WHEN YOU FEEL DISCOURAGED IN YOUR WALK WITH GOD?

Memorize

Write Proverbs 4:26 on a notecard or piece of paper and carry it with you. Read it to yourself word by word until you can recite it from memory.

Pray

Thank God that he has given us people to encourage us in our walk with Him.

Day Five

MATTHEW 7:13-14

Dwell

Jesus also used the image of a path as He was teaching His disciples. In His example here, He used the image of two different kinds of gates as well. One such road was the path of destruction, and the other was the path of life. Sound familiar? Jesus describes the road to destruction as "wide" and the path to life as "narrow" and "difficult" to travel. Likewise, the path of wisdom that leads to life is more difficult to follow than the wide road of foolishness—but the destination is much better.

↻ .01 WHY DOES JESUS SAY THAT WE SHOULD ENTER THROUGH THE NARROW GATE (V. 13)?

➔ .02 DO YOU EVER FEEL TEMPTED TO GO ALONG WITH THE CROWD LIKE IN VERSE 13? WHY SHOULD YOU AVOID THIS TEMPTATION?

Memorize

Practice reciting Proverbs 4:26 from memory with a friend or family member. Ask them to follow along as you recite, and prompt you with words from the verse if you need help remembering.

Pray

Thank God for providing a path that leads to life through his son Jesus.