

THE WAY OF THE WISE: A STUDY OF PROVERBS
Walking Wounded with a Hopeful Heart, Various Proverbs

LEARNING THE WORD

1. Read Proverbs 17:22 and Proverbs 18:14. Based on these verses, how would you describe a “crushed spirit” and the effect it has on a person?
2. What does Proverbs 13:12 say about the power of unmet expectations?
3. What is Proverbs 15:15 saying about how the inner life nourishes us in all circumstances?
4. Read Proverbs 28:1. Why is spiritual health related to our perspective and emotional well-being?
5. Read Proverbs 14:10. What implications does this reality have (1) for your life and (2) for our community?
6. Read Proverbs 14:13. Can you relate to this mixture of joy and grief in life? Why is grief ultimately unavoidable?

LIVING THE WORD

7. Pastor Jeff sometimes says, “You have to do your own heart work.” Why is it essential to take responsibility for your own spiritual health?
8. How is the gospel (the good news of Jesus) and the way of the Lord deeper and stronger than a self-help program?
9. Read Ephesians 3:14-21. According to these verses, where should we ultimately look for inner strength? What results do we see from the Spirit’s work in our hearts (verses 17-19) and in our world (verse 21)?
10. In light of this discussion, spend a few minutes in prayer, using Ephesians 3:14-21 as a guide for your prayers.