

NAME

# *Proverbs*

**MBM** MULTICULTURAL  
BIBLE MINISTRY



# ***How to be a good Growth Group member at MBM***

***Be there*** Seek to commit yourself to your small group family weekly. Our groups aren't just events we go to, but people we do life with. The blessings we give and get from one another are of eternal value!

***Be active*** Look through the study or passage before the group meets. Engage in conversation, answer questions, share opinions, be willing to pray, read, lead, help set-up or pack-up.

***Be open*** Be open about yourself, your joys and your struggles. Similarly, be honest about when you don't understand a question or part of scripture.

***Be concerned*** Be concerned for how people are travelling. Ask questions about their week and their life and be active in caring for them as they share. Seek to connect with members outside of the meeting. Ask "how can I serve the needs of others?"

***Be on about God*** Be on about God and what He's doing in each other's lives. Share His word with each other, pray for each other, encourage mission and godly living, rebuke, correct and train one another in righteousness.

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# Learning Life

## *Fitting Proverbs into the larger story of the Bible*

The Book of Proverbs is one of several Old Testament books that teach godly wisdom. The Bible's word for wisdom means "skill" or "craftsmanship." A person was considered wise if they could do something particularly well.

The Book of Proverbs is not merely a book about morals. It is part of God's revelation of his saving work and grace.

The Bible begins with God's Book of Instructions (Genesis – Deuteronomy). Then comes the record of Israel's failure to follow those instructions and God's persevering grace (Joshua – Esther). The wisdom books (Job – Song of Solomon) then set out the skills we need to figure out how God's good design for life works. They are followed by the books of the prophets (Isaiah – Malachi) who were like God's life coaches. God sent them to help his people to trust him and obey him as they waited for the promised saviour.

Then came Jesus who fulfilled God's promises to save his people. Jesus called people to commit to him as Lord and saviour. His people are called disciples. When we commit to Christ we sign on to learn and practise godly living. A disciple is an apprentice, a trainee, a learner. The skill we sign on to learn is living life God's way.

**Wisdom is the skill of living in God's world, God's way, as God's image, for God's glory.**

God designed this world, and human beings, to display his wisdom, character, and glory.

God created the first man and woman

with all the skills they needed. They had a perfect capacity to learn and to live life as God designed it to work.

When Eve looked at the forbidden fruit, she thought she would gain more wisdom. Sadly, by eating it, she and Adam became fools. They did not fear God. Mankind became dysfunctional the moment they disobeyed God.

When we ignore God we try to redesign reality to suit ourselves, and in doing so we hurt ourselves and others. Through our rebellion against God, human beings are the most destructive species on earth.

The Bible's Wisdom books enable us to take hold of the promise of the redemption of our thinking and our life skills, as we relate with God and others in His world.

The Book of Proverbs is a collection of wisdom from many sources. Even without reference to God, people can benefit from it. Whether you are a Christian or not, wisdom will tell you marriages work better without adultery, and decision making is safer when sober. Yet the value of life done well under God is not fully experienced apart from relationship with God.

After the fall, God graciously promised to take away our sin. He began fulfilling that promise when the Son of God became a man in the womb of a woman. That man, Jesus, defeated Satan, sin, and death by dying in our place. He gives us back the life we threw away. He restores our ability to live life the way he designed it, taking away our foolishness and renewing our wisdom.

Throughout the Scriptures God teaches

us how life works. Jesus said, “I am the way and the truth and the life.” The New Testament identifies Jesus as the personification of Wisdom. He is the perfect image and expression of God. Through his death, resurrection and the gift of His empowering Holy Spirit, he secures a new heart and nature for his people. We are each given the skills and power to perform a wide range of ministries for others.

The Gospel of Jesus transforms us to be refreshingly counter cultural. In a world that is dying striving for the sake of self, the security of wealth, and an identity defined by sexuality, God has much more in store for us. He’s displaying the treasures of his wisdom through us.

The Book of Proverbs speaks to our character and relationships, as well as to matters of work, and money. It begins as a father-son chat. As we read this book we need to picture ourselves sitting on the Father’s knee, receiving his wisdom. He presents us with a choice between the destructive seductions of this world and an eternal life with dignity and significance.

The cost of foolishness is disastrous. God has graciously made a way for fools to become wise. It requires faith and commitment, and is only effective because it is God at work in us, transforming our lives for his glory. We strive with the help of the Holy Spirit to be more like Jesus reflecting the character of God. We begin, like Solomon did, asking God for wisdom:

*If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. James 1:5*

**Before you begin these studies, you may want to read and digest Proverbs chapter 8.**

## GETTING STARTED

# Important words in Proverbs

Proverbs uses a range of words to help us understand the scope of wisdom and foolishness. It can sometimes be hard for our various English bible versions to grasp or appreciate the full meaning of these words.

## Words that describe different aspects of our brokenness.

### SIN

Sin is being out of step (Proverbs 19:2) or missing the target (Judges 20:16). Ultimately being out of step with God.

### THE SIMPLE

The Simple are the “the naïve” (Proverbs 1:4). Naivety isn’t a sin. It is a starting point. The Hebrew word means to be open. One can be open minded, and keen to learn, or one can be gullible. The naïve person must choose. It is a matter of life

### THE FOOL

1. The fool is one who is committed to moral perversion, and a refusal to be taught. This word means to be thick or impenetrable.
2. The fool matches what we sometimes call stupidity. This is about being overconfident, reckless, opinionated, or hot-

### THE MOCKER

Mockers or scoffers, ridicule learning. They can’t appreciate God’s discipline. God mocks these mockers (Proverbs 3:34).

### LACKING JUDGEMENT

Lacking Judgement is literally to “lack heart.” This means that a person lacks sense, and resists learning wisdom from others.

***Words that describe the process of learning to live life well.*****KNOWLEDGE**

is information that is gained through words (information) and experience.

**WISDOM**

1. Wisdom is the product of knowledge and practice. It is the skill of the master craftsman (See Exodus 31:1–5 as an example). It is the ability to be effective and productive. It begins with the fear and knowledge of God. Wisdom is portrayed and personified in various ways through proverbs.  
2. Wisdom produces the ability to manage one's affairs.

**UNDERSTANDING**

Understanding is about being able to discriminate right from wrong, good from bad. It is about perspective, competence, intelligence.

**PRUDENCE**

Prudence enables one to plan and accomplish outcomes, for good or ill. It can also be translated cunning or craftiness.

**DISCRETION**

Discretion is the ability to think clearly, making considered decisions.

# Fear

## Main Idea

Christians live with a healthy fear of who our powerful God is. Yet we need not fear Him who gave us his precious Son to free us from the fear of His judgement.

## Getting Started

Looking back, what was your most frightening experience?  
Looking forward, what are some of your greatest fears?

1

### Read and discuss: How does this work?

Proverbs 1:7

The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction.

Proverbs 9:10

The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding.

2

### How can one obey both of these commands: “Don’t be afraid” and “Fear God”?

Exodus 20:20

Moses said to the people, “Do not be afraid. God has come to test you, so that the fear of God will be with you to keep you from sinning.”

Proverbs 3:25–26

Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the LORD will be at your side and will keep your foot from being snared.

Proverbs 14:16

The wise fear the LORD and shun evil, but a fool is hot-headed and yet feels secure.

Proverbs 19:23

The fear of the LORD leads to life; then one rests content, untouched by trouble.



**3**

**Look up the following passages. How does fearing God and loving God work together?**

Deuteronomy 10:12–13

1 John 4:18

Romans 8:15

2 Corinthians 5:11–15

**4**

**How do we learn to fear God?**

Proverbs 2:1–5

My son, if you accept my words and store up my commands within you, turning your ear to wisdom and applying your heart to understanding—indeed, if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the LORD and find the knowledge of God.

Romans 1:18–20

The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness, since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.

## STUDY 1

5

**In pairs, consider these passages and report back. How does the fear of the LORD result in safe living?**

### ***Pair 1***

Proverbs 1:22-23

How long will you who are simple love your simple ways? How long will mockers delight in mockery and fools hate knowledge? Repent at my rebuke! Then I will pour out my thoughts to you, I will make known to you my teachings.

### ***Pair 2***

Proverbs 10:27

The fear of the LORD adds length to life, but the years of the wicked are cut short.

Proverbs 14:27

The fear of the LORD is a fountain of life, turning a person from the snares of death.

Proverbs 16:6

Through love and faithfulness sin is atoned for; through the fear of the LORD evil is avoided.

### ***Pair 3***

Proverbs 24:21

Fear the LORD and the king, my son, and do not join with rebellious officials,

Proverbs 29:25

Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.

6

**How does our culture/your peers view fear, and how does a right fear of God help us live wisely among them?**

Proverbs 3:7

Do not be wise in your own eyes; fear the LORD and shun evil

## STUDY 1

Proverbs 22:4	Humility is the fear of the LORD; its wages are riches and honor and life.
Proverbs 23:17	Do not let your heart envy sinners, but always be zealous for the fear of the LORD.

### **Apply, share and pray**

**7**

#### **Read Luke 12:4-9**

How does what Jesus says both encourage and challenge us?

In pairs, share where you most feel the challenge between fearing God or fearing people (think of both the significant people in your life and those you don't know who you find yourself fearing).

### **During the week**

Day 1: Proverbs 1:22–33.  
Day 2: Proverbs. 3:7, 25–26; 9:10.  
Day 3: Proverbs. 10:27; 14:16, 27.

Day 4: Proverbs 16:6; 19:23; 22:4.  
Day 5: Proverbs. 23:17; 24:21; 29:25.

### **Going Deeper**

#### **Books**

Edward T Welch, *Running Scared: Fear, Worry, and the God Rest* (New Growth Press, 2007).

Edward T Welch. *When People are Big and God is Small*. (P&R, 2023).

David Mears. *Fearing God... so we don't have to be afraid*. (Matthias Media, 2015)

## STUDY 2

# Honesty + Integrity

### **Main Idea**

God is true. Jesus has freed us from shame and deception to live lives of truth, honesty, and integrity. He gives us space to confess who we truly are.

### **Getting Started**

What do you think motivates people to be dishonest (to bend the truth)?

#### **1 Read and discuss: How does this work?**

Proverbs 10:18	Whoever conceals hatred with lying lips and spreads slander is a fool.
Proverbs 14:9	Fools mock at making amends for sin, but goodwill is found among the upright.
Proverbs 21:6	A fortune made by a lying tongue is a fleeting vapor and a deadly snare.
Proverbs 28:13	Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.
Proverbs 28:13	To show partiality is not good—yet a person will do wrong for a piece of bread.

#### **2 In your experience, what makes it hard to be honest and truthful? (Try to share personally, not just generally)**

## 3

**How does the saving work of Jesus free us from the need to be dishonest?**

- John 1:14                      The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.
- John 8:31–32                To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”
- 1 John 1:5-2:2              (look up this passage).

Proverbs describe how God designed life to work and they point out the things that make life dysfunctional. They invite us to observe and learn. They give us a good sense of what will probably happen if we continue along a certain path of decisions. They are mostly, generally true. Yet, they are not the laws that govern every scenario and situation in life.

Under God, in a world marred by sin, inhabited by sinners, things don't always go as God tells us they should.

God has allowed humans a genuine freedom to live the kind of lives we want. This freedom means at times good things happen to bad people, and good people suffer. This will continue until the day Jesus returns and puts all things right, ultimately judging sin and rescuing his people. Until then, Proverbs present us with trustworthy wisdom as we live life relating with a trustworthy God in the midst of a broken world.

## 4

**Read the following Proverbs and share how you have experienced these truths in life. You might want to break into pairs for this section and ask each group to choose one or two of these.*****Getting caught out***

- Proverbs 10:9                Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.

***Honesty as a blessing to one's children***

- Proverbs 20:7                The righteous lead blameless lives; blessed are their children after them.

***Honesty saving lives***

- Proverbs 16:17              The highway of the upright avoids evil; those who guard their ways preserve their lives.

## STUDY 2

### ***Honesty being a blessing to the community (at work, family, church, sports, etc).***

Proverbs 11:11      Through the blessing of the upright a city is exalted, but by the mouth of the wicked it is destroyed.

### ***The consequences for deceiving an honest person.***

Proverbs 28:10      Whoever leads the upright along an evil path will fall into their own trap, but the blameless will receive a good inheritance.

### ***Dishonesty producing disaster, but honesty resulting in prosperity.***

Proverbs 17:20      One whose heart is corrupt does not prosper; one whose tongue is perverse falls into trouble.

Proverbs 21:21      Whoever pursues righteousness and love finds life, prosperity, and honour.

## ***Apply, share and pray***

**5**

**It is clear: honesty & Integrity are better than dishonesty and hypocrisy. Consider the following Proverbs and discuss: What will it look like for you to take active steps to walk on the path of the upright?**

Proverbs 4:24      Keep your mouth free of perversity; keep corrupt talk far from your lips.

Proverbs 14:8      The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.

Proverbs 15:21      Folly brings joy to one who has no sense, but whoever has understanding keeps a straight course.

Proverbs 20:25      It is a trap to dedicate something rashly and only later to consider one's vows.

Proverbs 28:6      Better the poor whose walk is blameless than the rich whose ways are perverse.

## ***During the week***

Day 1: Proverbs 2:21–22; 4:24; 10:9, 18.  
Day 2: Proverbs 11:11; 14:8–9; 15:21.  
Day 3: Proverbs 16:17; 17:20; 20:7, 25.

Day 4: Proverbs 20:25; 21:6, 21;  
Day 5: Proverbs 28:6, 10, 13, 21.

## ***Going Deeper***

### ***Podcast***

Alasdair Groves, Honesty. <https://www.ccef.org/podcast/honesty/>.

## STUDY 3

# Money

### **Main Idea**

“The love of money is a root of all kinds of evil” (1 Tim 6:10a). God knows our hearts are fallen when it comes to wealth. Through Proverbs He provides light on the subject.

### **Getting Started**

Discuss as a group (or in pairs): Someone once said, “more money, more problems”. Do you think this is true? Why, why not?

### **1 Take a passage each and consider how knowing God changes the way we view wealth. Share your text and thoughts with the group.**

Proverbs 8:1, 10, 18	Does not wisdom call out? Does not understanding raise her voice? ... Choose my instruction instead of silver, knowledge rather than choice gold, ... With me are riches and honor, enduring wealth and prosperity.
Proverbs 10:22	The blessing of the LORD brings wealth, without painful toil for it.
Proverbs 11:4	Wealth is worthless in the day of wrath, but righteousness delivers from death.
Proverbs 15:16	Better a little with the fear of the LORD than great wealth with turmoil.
Proverbs 16:16	How much better to get wisdom than gold, to get insight rather than silver!
Proverbs 20:15	Gold there is, and rubies in abundance, but lips that speak knowledge are a rare jewel.
Proverbs 22:1-2	A good name is more desirable than great riches; to be esteemed is better than silver or gold. Rich and poor have this in common: The LORD is the Maker of them all.
Proverbs 23:4-5	Do not wear yourself out to get rich; do not trust your own cleverness. Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle.

### **2 Have you experienced any of these proverbs in life? Share your experiences.**

Proverbs 11:24	One person gives freely, yet gains even more; another withholds unduly, but comes to poverty.
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## STUDY 3

Proverbs 11:26	People curse the one who hoards grain, but they pray God's blessing on the one who is willing to sell.
Proverbs 11:28	Those who trust in their riches will fall, but the righteous will thrive like a green leaf.
Proverbs 28:22	The stingy are eager to get rich and are unaware that poverty awaits them.
Proverbs 22:9	The generous will themselves be blessed, for they share their food with the poor.

### 3

#### **Group discussion: Is it always the case that wise living and generosity will produce greater wealth? Why, why not?**

Proverbs 3:9–10	Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.
Proverbs 11:25	A generous person will prosper; whoever refreshes others will be refreshed.

### 4

#### **We recognise that the oppression of the poor is an offence to God. How is our attitude and response to poverty also a matter of wisdom or foolishness?**

Proverbs 19:17	Whoever is generous to the poor lends to the LORD, and he will repay him for his deed.
Proverbs 21:13	Whoever shuts their ears to the cry of the poor will also cry out and not be answered.

### STUDY 3

- Proverbs 22:22–23 Do not exploit the poor because they are poor and do not crush the needy in court, for the LORD will take up their case and will exact life for life.
- Proverbs 28:8 Whoever increases wealth by taking interest or profit from the poor amasses it for another, who will be kind to the poor.
- Proverbs 28:27 Those who give to the poor will lack nothing, but those who close their eyes to them receive many curses.
- Proverbs 29:13 The poor and the oppressor have this in common: The LORD gives sight to the eyes of both.
- Proverbs 29:14 If a king faithfully judges the poor, his throne will be established forever.

**5**

**Proverbs shows us the general consequences for foolish choices regarding wealth. Give each person or pair a passage, and ask them to come up with a one-liner for the idea of their proverb and share with the group.**

- Proverbs 11:15 Whoever puts up security for a stranger will surely suffer, but whoever refuses to shake hands in pledge is safe. (also 17:18; 22:26)

- Proverbs 21:17 Whoever loves pleasure will become poor; whoever loves wine and olive oil will never be rich.

- Proverbs 22:7 The rich rule over the poor, and the borrower is slave to the lender.

- Proverbs 22:27 if you lack the means to pay, your very bed will be snatched from

- Proverbs 29:3 A man who loves wisdom brings joy to his father, but a companion of prostitutes squanders his wealth.

Proverbs 21:20

If you find honey, eat just enough-- too much of it, and you will vomit. (Repeated at 25:16)

Proverbs 20:21

An inheritance claimed too soon will not be blessed at the end. (Also Lamentations 3:27; Luke 15:11-32)

## Apply, share and pray

6

**Proverbs gives us general wisdom around what happens with financial wisdom or foolishness. Jesus transforms our thinking and purpose for money by helping us see how our hearts affect our relationship to wealth.**

Read:

1 Thessalonians 4:10-12  
Ephesians 4:28

1 Timothy 6:6-10  
Matthew 6:19-34

Then share one thing that needs to change for you to grow in wisdom regarding money.

## During the week

Day 1: Proverbs 3:9-10; 8:1, 10, 18; 10:22; 11:4, 15  
Day 2: Proverbs 11:24-26, 28; 15:16, 27; 16:16; 17:8.  
Day 3: Proverbs 18:16; 19:17; 20:15, 21; 21:13, 17, 20.

Day 4: Proverbs 22:1-2, 7, 9, 22-23, 27; 23:4-5.  
Day 5: Proverbs 28:8, 2, 27; 29:3-4; 13-14; 30:7-9.

## Going Deeper

### Articles

<https://www.ccef.org/lets-talk-about-money/>

<https://www.gospelpatrons.org>

<https://matthiasmedia.com.au/pages/the-generosity-project>

# Friendship

## Main Idea

Friendship is a gift, flowing from a relational God. Sin has caused relational friction, but through Jesus we have been freed to commit ourselves to others.

## Getting Started

In pairs, or draw up a table on butchers paper or a whiteboard for everyone to see: What are some of the joys and pains of friendship?

### 1 Read and discuss: How does this work?

1 Corinthians 5:9–13	I wrote to you in my letter not to associate with sexually immoral people—not at all meaning the people of this world who are immoral, or the greedy and swindlers, or idolaters. In that case you would have to leave this world. But now I am writing to you that you must not associate with anyone who claims to be a brother or sister but is sexually immoral or greedy, an idolater or slanderer, a drunkard or swindler. Do not even eat with such people.
Proverbs 12:26	The righteous choose their friends carefully, but the way of the wicked leads them astray.
Proverbs 13:20	Walk with the wise and become wise, for a companion of fools suffers harm.
Proverbs 24:1–2	Do not envy the wicked, do not desire their company; for their hearts plot violence, and their lips talk about making trouble.
Proverbs 28:7	A discerning son heeds instruction, but a companion of gluttons disgraces his father.

### 2 Divide into two groups and investigate the difference between a true friend and a fake friend. Report back with your findings.

#### Group A

Proverbs 14:21	It is a sin to despise one's neighbor, but blessed is the one who is kind to the needy.
Proverbs 17:17	A friend loves at all times, and a brother is born for a time of adversity.

## STUDY 4

Proverbs 19:4	Wealth attracts many friends, but even the closest friend of the poor person deserts them.
Proverbs 19:7	The poor are shunned by all their relatives-- how much more do their friends avoid them! Though the poor pursue them with pleading, they are nowhere to be found.
Proverbs 27:6	Wounds from a friend can be trusted, but an enemy multiplies kisses.
Proverbs 27:9	Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.
Proverbs 27:10	Do not forsake your friend or a friend of your family, and do not go to your relative's house when disaster strikes you-- better a neighbor nearby than a relative far away.

### **Group B**

Proverbs 11:9	With their mouths the godless destroy their neighbors, but through knowledge the righteous escape.
Proverbs 14:20	The poor are shunned even by their neighbors, but the rich have many friends.
Proverbs 16:28	A perverse person stirs up conflict, and a gossip separates close friends.
Proverbs 18:24	One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.
Proverbs 19:6	Many curry favor with a ruler, and everyone is the friend of one who gives gifts.
Proverbs 29:5	Those who flatter their neighbors are spreading nets for their feet.
Proverbs 26:24	Enemies disguise themselves with their lips, but in their hearts they harbor deceit.

**3**

**Certain skills are needed to maintain a friendship. Which of these do you do well with, and which are struggle areas?**

Proverbs 3:28	Do not say to your neighbor, "Come back tomorrow and I'll give it to you"-- when you already have it with you.
Proverbs 3:29	Do not plot harm against your neighbor, who lives trustfully near you.

## STUDY 4

Proverbs 6:23-24	For this command is a lamp, this teaching is a light, and correction and instruction are the way to life, keeping you from your neighbor's wife, from the smooth talk of a wayward woman.
Proverbs 11:12	Whoever derides their neighbor has no sense, but the one who has understanding holds their tongue.
Proverbs 25:8	do not bring hastily to court, for what will you do in the end if your neighbor puts you to shame?
Proverbs 25:9	If you take your neighbor to court, do not betray another's confidence,
Proverbs 25:17	Seldom set foot in your neighbor's house-- too much of you, and they will hate you.
Proverbs 27:14	If anyone loudly blesses their neighbor early in the morning, it will be taken as a curse.
Proverbs 10:12	Hatred stirs up conflict, but love covers over all wrongs.
Proverbs 22:11	One who loves a pure heart and who speaks with grace will have the king for a friend.

### 4

**Loneliness is a very real experience for many, even those in the church, where God's family are called to love and include.**

**What wisdom and help does God provide for us to consider how we might be the solution to the problem of loneliness in the church and world?**

Luke 10:27-37

Philippians 2:1-5

**Job 16:20**

My intercessor is my friend as my eyes pour out tears to God; on behalf of a man he pleads with God as one pleads for a friend.

**Apply, share and pray****5**

**In the midst of his suffering, Job longed for a friend to plead his case before God, but he found no help from his three closest friends. The New Testament tells us the one Job was longing for was Jesus, who now intercedes for us and pleads our case before our Father in Heaven (Hebrews 7:25, Romans 8:26-27).**

How has your friendship with Jesus been a rock for you in troubled times in life?

**During the week**

Day 1: Proverbs 3:28–29; 6:23–24; 10:12; 11:9, 12.

Day 2: Proverbs 12:26; 13:20; 14:20–21; 16:28; 17:17.

Day 3: Proverbs 18:24; 19:4, 6–7; 22:11; 24:1–2.

Day 4: Proverbs 25:8–9, 17, 21–22.

Day 5: Proverbs 27:6, 9, 10, 14 28:7; 29:5.

**Going Deeper****Books**

Timothy Lane and Paul Tripp. *Relationships: A Mess Worth Making*. (New Growth Press, 2006.)

Edward T Welch, *Side By Side: Walking With Others in Wisdom and Love*. (Crossway, 2016).

**Lecture**

**Edward T Welch, How To Do Friendship In The Church.**

<https://www.ccef.org/shop/product/how-do-friendship-church-general-session-7/>

**Article**

**Jonathan Holmes, Do Your Friendships Live Out The Gospel?**

[https://www.ccef.org/jbc\\_article/do-your-friendships-live-out-the-gospel/](https://www.ccef.org/jbc_article/do-your-friendships-live-out-the-gospel/)

**Interview**

<https://www.thegospelcoalition.org/podcasts/youre-not-crazy/friendship-gospel-culture/>

## STUDY 5

# Sex + Marriage

### **Main Idea**

God designed marriage and sexuality as a blessing. Sin damaged these gifts. In Christ they can be restored and maintained to his and our great delight.

### **Getting Started**

The elephant in the room...

This is Solomon passing on his wisdom concerning sex and marriage to his son. Solomon disobeyed God, married a thousand women, including foreign women who led him into worshipping their gods. The only son of Solomon we read about was Rehoboam.

He ignored wisdom and provoked the revolt of the northern ten tribes. So why are Solomon's words given to us as God's words on this subject? Solomon is a contradiction at every level. On the one hand he was famous for his wisdom and given great grace by God (1 Kings 3:10–15; 4:29–34; 10:1–25). On the other hand he made some terrible choices.

This tension is not accidental. The word of God comes to us through damaged human beings, but it is still God's personal words to us. The messenger may be damaged, but the Word of God is not.

**1**

**Read Proverbs 5:15–21. Where does sex belong in God's good design for life?**



2

**In pairs take one of these passages and consider: What wisdom does God provide when faced with sexual temptation of any kind (explore the different scenarios – online, in person, single, married etc)? Share your reflections with the group.**

Note: apply the gendered references both ways.

Proverbs 2:12–22

Proverbs 5:3–21; 22:14.

Proverbs 6:20–35

Proverbs 7:7–27

## STUDY 5

James 1:13-18

**3**

**Proverbs 31:10–31 holds out a model of a godly wife. This passage has often been misunderstood and either under or over-applied.**

**A few things before diving into it.**

1. It is more than metaphorical. It is not just a picture of what wisdom looks like for men or women. It is literally speaking about a kind of wife.
2. It is not prescriptive of what a wife must be and do in all places and times. This passage describes particular things this woman does, but it is not setting a pattern for every woman/wife. Our aim is to see what the heart of this woman is, behind her tasks.

**Work through the passage and for each of her tasks, try to describe her character.**

For example, from v15 we might say – she cares about the wellbeing of her family and those dear/near to her, and that leads her to those actions.

**4**

**How does this description compare to and critique our culture's view of the ideal woman/wife? How does it compare with/critique your own?**

## Apply, share and pray

**5** Split the group into 3 small groups then give each group one of the following passages.

**Discuss, then share with the whole group: How can we strive to uphold and display God's pattern for sex and marriage in a world that is striving to deconstruct and dishonour it?**

1 Corinthians 6:12-18

Ephesians 5:1-17

1 Thessalonians 4:1-12

### EXTRA

**“Better to live on a corner of the roof than share a house with a quarrelsome wife.” Proverbs 21:9, 25:24.**

The end of that verse could have said so many different things!

...with a critical spouse                      ...with an angry husband.

...with a spouse whose family doesn't understand space.

...with a spouse who has no regard for the way of wisdom/the things of God.

Marriage on this side of the fall can be difficult, even with the help of God

**How does wisdom, particularly what we've already seen in previous weeks, help us strive to do marriages better under God?**

## During the week

Day 1 Proverbs 2:12–19.

Day 2 Proverbs. 5:3–21.

Day 3 Proverbs. 6:20–29, 32–35.

Day 4 Proverbs 7:5–27.

Day 5 Proverbs. 31:10–31.

## Going Deeper

### Books

Winston Smith, Marriage Matters. (New Growth Press, 2010).

Paul Tripp, Teens and Sex: How Should We Teach Them?

### Articles

**Julie Lowe, Sexuality: God Creates, The World Corrupts.**

<https://www.ccef.org/sexuality-god-creates-world-corrupts/>

**Edward T Welch, Saying “Yes” To What Can Kill You.**

<https://www.ccef.org/saying-yes/>

**David Powlison, An Open Letter To Those Nonchalant About Their Sexual Sin.**

<https://www.ccef.org/open-letter-nonchalant-sexual-sin/>

**How to fight well in the war against porn. Crossway Article. Ray Ortlund**

<https://www.crossway.org/articles/how-to-fight-well-in-the-war-against-porn/>

## STUDY 6

# Humility + Pride

### **Main Idea**

God hates pride! Humility is essential to living out a relationship with God and it blesses our relationships with others. Proverbs helps us explore and appreciate these blessings.

### **Getting Started**

Who do you think of when you think of humility? Is it ever ok to be proud of yourself?

**1**

**Review the following proverbs. How does God respond to human pride and why do you think this is?**

Proverbs 8:13	To fear the LORD is to hate evil; I hate pride and arrogance, evil behavior and perverse speech.
Proverbs 16:5	The LORD detests all the proud of heart. Be sure of this: They will not go unpunished.
Proverbs 3:34	He mocks proud mockers but shows favor to the humble and oppressed.

**2**

**These Proverbs are all descriptive. None are telling us to do anything. What do you feel the overwhelming message is after reading them? How would you summarise them all for a proud friend?**

Proverbs 21:4	Haughty eyes and a proud heart—the unplowed field of the wicked—produce sin.
Proverbs 13:10	Where there is strife, there is pride, but wisdom is found in those who take advice.
Proverbs 14:3	A fool's mouth lashes out with pride, but the lips of the wise protect them.
Proverbs 17:5	Whoever mocks the poor shows contempt for their Maker; whoever gloats over disaster will not go unpunished.
Proverbs 17:19	Whoever loves a quarrel loves sin; whoever builds a high [proud] gate invites destruction.

## STUDY 6

Proverbs 20:1	Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.
Proverbs 21:24	The proud and arrogant person—"Mocker" is his name—behaves with insolent fury.
Proverbs 26:12	Do you see a person wise in their own eyes? There is more hope for a fool than for them.
Proverbs 28:11	The rich are wise in their own eyes; one who is poor and discerning sees how deluded they are.
Proverbs 30:13	those whose eyes are ever so haughty, whose glances are so disdainful;

**3**

**From these previous Proverbs, do you think it's possible for a proud person to become humble? What would the process be? Consider this for yourself and your pride struggles and for others who might struggle with pride.**

**4**

**Pride attempts to protect us from shame and humiliation. What are the results of pride verses humility?**

Proverbs 9:12	If you are wise, your wisdom will reward you; if you are a mocker, you alone will suffer.
Proverbs 11:2	When pride comes, then comes disgrace, but with humility comes wisdom.
Proverbs 16:19	Better to be lowly in spirit along with the oppressed than to share plunder with the proud.
Proverbs 18:12	Before a downfall the heart is haughty, but humility comes before honor.
Proverbs 15:33	Wisdom's instruction is to fear the LORD, and humility comes before honor.

## STUDY 6

Proverbs 15:25	The LORD tears down the house of the proud, but he sets the widow's boundary stones in place.
Proverbs 29:23	Pride brings a person low, but the lowly in spirit gain honor.
1 Peter 5:6	Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

### 5 Read 2 Timothy 3:16–17 along with these proverbs and discuss:

- What should be the believer's response to rebuke and correction?
- How do you respond when it happens to you?
- How can rebuke and correction be done badly? How is it done well?

Proverbs 3:11-12	My son, do not despise the LORD's discipline, and do not resent his rebuke, because the LORD disciplines those he loves, as a father the son he delights in.
Proverbs 9:7	Whoever corrects a mocker invites insults; whoever rebukes the wicked incurs abuse.
Proverbs 9:8	Do not rebuke mockers or they will hate you; rebuke the wise and they will love you.
Proverbs 13:1	A wise son heeds his father's instruction, but a mocker does not respond to rebukes.
Proverbs 14:6	The mocker seeks wisdom and finds none, but knowledge comes easily to the discerning.
Proverbs 15:12	Mockers resent correction, so they avoid the wise.
Proverbs 19:25	Flog a mocker, and the simple will learn prudence; rebuke the discerning, and they will gain knowledge.

6

**Read Matthew 5:14-16, Philippians 2:12-15 along with these Proverbs and discuss: How should we handle praise?**

Proverbs 27:2

Let someone else praise you, and not your own mouth; an outsider, and not your own lips.

Proverbs 27:21

The crucible for silver and the furnace for gold, but people are tested by their praise.

### ***Apply, share and pray***

7

**The tricky thing about humility is, the moment you think you've got it, you've lost it (not really, but close to it).**

**Read Philippians 2:1-11, How does Jesus offer us a genuine humility that kills pride in our community?**

### ***During the week***

Day 1: Proverbs 1:20-2:11; 3:1-8, 11-26.

Day 2: Proverbs 3:35-4:13.

Day 3: Proverbs 4:20-5:2; 5:12-14, 21-23.

Day 4: Proverbs 6:20-23; 7:1-4.

Day 5: Proverbs 8:1-9:18.

Day 6: James 3:13-4:1

### ***Going Deeper***

#### ***Articles***

**Edward T Welch, The Absurdity of Pride.**

<https://www.ccef.org/the-absurdity-of-pride/>

# Speech

## Main Idea

Words exist for God's glory. Words are powerful. Our words matter because, in all we do, we represent Christ. But the art of speaking is a life-long project!

## Getting Started

The average person speaks between 6,000-10,000 words per day. How many do you think you speak? What are the top 3 topics you speak about?

**1** In pairs, consider the following proverbs. Write down the heart attitudes that need to stop and those that need developing. Highlight the ones that are most relevant for you and share with your partner.

Whoever is patient has great understanding, but one who is quick-tempered displays folly (Proverbs 14:29)

Stop

Develop

A heart at peace gives life to the body, but envy rots the bones. (Proverbs 14:30)

Stop

Develop

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel. (Proverbs 15:18)

Stop

Develop

The hearts of the wise make their mouths prudent, and their lips promote instruction. (Proverbs 16:23)

Stop

Develop



Gracious words are a honeycomb, sweet to the soul and healing to the bones. (Proverbs 16:24)

Stop

Develop

Fools find no pleasure in understanding but delight in airing their own opinions (Proverbs 18:2)

Stop

Develop

**2**

**Read and discuss as a group, how do our assumptions affect the way we speak or listen?**

- Proverbs 11:13      A gossip betrays a confidence, but a trustworthy person keeps a secret.
- Proverbs 12:18      The words of the reckless pierce like swords, but the tongue of the wise brings healing.
- Proverbs 17:9      Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends.
- Proverbs 27:5      Better is open rebuke than hidden love.

**3**

**Jesus enables us as a community to be honest. What is the place of truth and trust in our conversations? And what makes it difficult?**

- Ephesians 4:15      Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

## STUDY 7

Ephesians 4:29–32

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**4**

**Being godly in our conversations can be difficult. What wisdom does God provide for us in the following proverbs? Which do you struggle with most? Could be done in pairs.**

Proverbs 10:19

Sin is not ended by multiplying words, but the prudent hold their tongues.

Proverbs 12:16

Fools show their annoyance at once, but the prudent overlook an insult.

Proverbs 15:1

A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 17:28

Even fools are thought wise if they keep silent, and discerning if they hold their tongues.

Proverbs 18:13

To answer before listening-- that is folly and shame.

Proverbs 26:4–5

Do not answer a fool according to his folly, or you yourself will be just like him. Answer a fool according to his folly, or he will be wise in his own eyes.

Proverbs 29:20

Do you see someone who speaks in haste? There is more hope for a fool than for them.

Proverbs 31:8–9

Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.

## Apply, share and pray

### 5 The New Testament has much to say about our words too.

Matthew 12:34b	...For the mouth speaks what the heart is full of.
Matthew 12:36	But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken.
James 2:12	Speak and act as those who are going to be judged by the law that gives freedom." (Jas 2:12).
James 3:8	no human being can tame the tongue. It is a restless evil, full of deadly poison.

**How do we balance the reality of not being able to speak purely all the time, yet bearing the call to be holy and pure in our speech, like and for our Lord Jesus?**

## During the week

Day 1: Proverbs 10:19; 11:13; 12:16, 18.  
 Day 2: Proverbs 14:29–30; 15:1, 18, 28.  
 Day 3: Proverbs 16:23–24; 17:9, 28; 18:2, 13.

Day 4: Proverbs 25:6–7; 26:4–5;  
 Day 5: Proverbs 27:1, 5–6, 17, 21; 28:13; 29:20.

## Going Deeper

### Books

Paul Tripp, *War of Words: Getting To The Heart Of Your Communication Struggles*. (P&R, 2000).

### Articles

**Lionel Wilson, Words with Purpose**

<https://www.lionelwindsor.net/2019/08/28/ephesians-4-29-30/>.

# Work

## Main Idea

The work we were created for was frustrated by sin. Jesus has redeemed our work and given it eternal significance to the glory of God.

## Getting Started

If you could have any job, paid or unpaid, what would it be?

1

**In Ecclesiastes, Solomon asks questions about the purpose of life. How do his conclusions compare with how our wider culture views work today?**

Ecclesiastes 1:2–3

“Meaningless! Meaningless!” says the Teacher. “Utterly meaningless! Everything is meaningless.” What do people gain from all their labors at which they toil under the sun?

Ecclesiastes 2:10–11

I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my labor, and this was the reward for all my toil. Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.

Ecclesiastes 2:20–23

So my heart began to despair over all my toilsome labor under the sun. For a person may labor with wisdom, knowledge and skill, and then they must leave all they own to another who has not toiled for it. This too is meaningless and a great misfortune. What do people get for all the toil and anxious striving with which they labor under the sun? All their days their work is grief and pain; even at night their minds do not rest. This too is meaningless.

2

**Proverbs has a lot to say about laziness. Share these proverbs around the group. Consider the motivations and consequences of laziness. Why might God want us to reflect so deeply on the negative effects of it?**

Proverbs 26:16

A sluggard is wiser in his own eyes than seven people who answer discreetly.

## STUDY 8

- Proverbs 10:4–5      Lazy hands make for poverty, but diligent hands bring wealth. He who gathers crops in summer is a prudent son, but he who sleeps during harvest is a disgraceful son.
- Proverbs 10:26      As vinegar to the teeth and smoke to the eyes, so are sluggards to those who send them.
- Proverbs 12:24      Diligent hands will rule, but laziness ends in forced labor.
- Proverbs 18:9      One who is slack in his work is brother to one who destroys.
- Proverbs 21:25–26      The craving of a sluggard will be the death of him, because his hands refuse to work. All day long he craves for more, but the righteous give without sparing.
- Proverbs 24:30–34      I went past the field of a sluggard, past the vineyard of someone who has no sense; thorns had come up everywhere, the ground was covered with weeds, and the stone wall was in ruins. I applied my heart to what I observed and learned a lesson from what I saw: A little sleep, a little slumber, a little folding of the hands to rest—and poverty will come on you like a thief and scarcity like an armed man.

### 3

**How does the noble wife example from Proverbs 31 encourage and challenge each of us in our various life scenarios (wife/mother, husband/father, child, student, part-time/full-time worker, retired, volunteer, etc)?**

- Proverbs 31:13–22      She selects wool and flax and works with eager hands. She is like the merchant ships, bringing her food from afar. She gets up while it is still night; she provides food for her family and portions for her female servants. She considers a field and buys it; out of her earnings she plants a vineyard. She sets about her work vigorously; her arms are strong for her tasks. She sees that her trading is profitable, and her lamp does not go out at night. In her hand she holds the distaff and grasps the spindle with her fingers. She opens her arms to the poor and extends her hands to the needy. When it snows, she has no fear for her household; for all of them are clothed in scarlet. She makes coverings for her bed; she is clothed in fine linen and purple.
- Proverbs 31:27      She watches over the affairs of her household and does not eat the bread of idleness.

## STUDY 8

4

### How should God's wisdom shape our ambitions, plans, careers, hobbies?

Proverbs 12:11	Those who work their land will have abundant food, but those who chase fantasies have no sense.
Proverbs 14:23	All hard work brings a profit, but mere talk leads only to poverty.
Proverbs 15:22	Plans fail for lack of counsel, but with many advisers they succeed.
Proverbs 16:3	Commit to the LORD whatever you do, and he will establish your plans.
Proverbs 17:24	A discerning person keeps wisdom in view, but a fool's eyes wander to the ends of the earth.
Proverbs 21:5	The plans of the diligent lead to profit as surely as haste leads to poverty.

5

### OPTIONAL: In pairs or threes take one of these sets of proverbs and discuss how they work. Do you recognise yourself in any of these?

#### Set 1

Proverbs 24:27	Put your outdoor work in order and get your fields ready; after that, build your house.
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#### Set 2

Proverbs 15:19	The way of the sluggard is blocked with thorns, but the path of the upright is a highway.
Proverbs 19:24	A sluggard buries his hand in the dish; he will not even bring it back to his mouth!
Proverbs 22:13	The sluggard says, "There's a lion outside! I'll be killed in the public square!"

**Set 3**

Proverbs 20:13

Do not love sleep or you will grow poor; stay awake and you will have food to spare.

**Apply, share and pray****6**

Read 1 Corinthians 15:51-58 and 1 Thessalonians 4:9-12. How should our identity as God's family, and the reality of the resurrection change how we view and do our work?

**During the week**

Day 1: Proverbs 6:9–11; 10:4–5, 26; 12:11, 24, 27  
 Day 2: Proverbs 15:19, 22; 16:3, 26; 17:22–27.  
 Day 3: Proverbs 18:9; 19:15, 21, 24; 25–26; 22:13,

Day 4: Proverbs 24:27, 30–34; 26:14, 16; 28:19;  
 Day 5: Proverbs 31:13–22, 27.

**Going Deeper****Books**

Tim Keller, *Every Good Endeavour: Connecting Your Work to God's Plan For the World* (Hodder & Stoughton, 2014).

John Piper, *Rethinking Retirement: Finishing Life for the Glory of Christ*. (Crossway, 2009)

Justine Toh, *Achievement Addiction*. (Acorn Press, 2021).

**Articles**

**Marshall Segal, *The Pleasure of God in Ordinary Work***

<https://www.desiringgod.org/articles/the-pleasure-of-god-in-ordinary-work>

**Brian Hanson, *The Sacred Call to Normal Work: How the Reformation Renewed Vocation***

<https://www.desiringgod.org/articles/the-sacred-call-to-normal-work>

**Mary Beeke, *Where Will They Learn to Work? Teaching Children a Lost Ethic***

<https://www.desiringgod.org/articles/where-will-they-learn-to-work>

# Anger

## Main Idea

Our anger can either reflect God's or replace it. If we replace it, we put ourselves in the place of God and great damage follows.

## Getting Started

When was the last time you felt angry? What or who was it directed at?

### Why am I so angry?

Anger is not a primary emotion, but secondary. That means, when we feel angry, there's usually something else going on underneath the surface. We might have felt hurt, jealous, insecure, or unsafe. Our pride may have been prodded. Feeling anger gives us an opportunity to explore what's going on in our hearts. It is not always sinful. But when left unchecked, it can cover up all kinds of unhelpful, impure or sinful attitudes lurking below. Because God's heart is pure, when he responds in anger towards evil, His anger is always right and justified. Our prayer is that by His Spirit, our hearts might learn to reflect His.

**1**

**Anger is a powerful response. Share your stories and observations with respect to any of the following proverbs (you could do this in pairs):**

Proverbs 14:17

A quick-tempered person does foolish things, and the one who devises evil schemes is hated.

Proverbs 29:22

An angry person stirs up conflict, and a hot-tempered person commits many sins.

Proverbs 30:33

For as churning cream produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.



2

**Read Proverbs 6:16-19. How should we respond to things that rightly anger God without falling into sin?**

Proverbs 11:23	The desire of the righteous ends only in good, but the hope of the wicked only in wrath.
Proverbs 14:35	A king delights in a wise servant, but a shameful servant arouses his fury.
Proverbs 19:12	A king's rage is like the roar of a lion, but his favor is like dew on the grass.
Proverbs 24:17-18	Do not gloat when your enemy falls; when they stumble, do not let your heart rejoice, for the LORD will see and disapprove and turn his wrath away from them.
Proverbs 27:4	Anger is cruel and fury overwhelming, but who can stand before jealousy?

3

**Responding to anger in others is a challenge. What wisdom does God provide for us to respond better, rather than reacting badly? Share any experience you've had, good or bad.**

Proverbs 15:1	A gentle answer turns away wrath, but a harsh word stirs up anger.
Proverbs 15:18	A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.
Proverbs 16:14	A king's wrath is a messenger of death, but the wise will appease it.
Proverbs 21:14	A gift given in secret soothes anger, and a bribe concealed in the cloak pacifies great wrath.
Proverbs 29:8	Mockers stir up a city, but the wise turn away anger.
Proverbs 29:11	Fools give full vent to their rage, but the wise bring calm in the end.

## STUDY 9

### 4 Read the following case study.

A man rang his pastor with the message, "She has called the police. Can you come?" He quickly called another member of the ministry team and hurried to the address. The wife had just come home from hospital after major surgery. Her husband had hit her and knocked her onto her bed where she remained. They ushered the husband into the living room and kept him there. The doctor arrived first. Then the police. His rage quickly turned to pleading. His main worry was that the neighbours would see him being arrested. They loaded him into the wagon. As they left the police sergeant passed on this advice. He said, in over 90% of cases the sight of a police uniform will be enough to stop any further assaults. In the other cases, nothing but incarceration will control their rage and violence.

#### a. When anger is unmanageable in others, what is the wise course of action?

Proverbs 19:19	A hot-tempered person must pay the penalty; rescue them, and you will have to do it again.
Proverbs 22:24	Do not make friends with a hot-tempered person, do not associate with one easily angered,
Proverbs 22:8	Whoever sows injustice reaps calamity, and the rod they wield in fury will be broken.

#### b. How do we balance this with Jesus' answer to Peter's question about how many times we should forgive a brother or sister who sins?

Matt 18:22	Jesus answered, "I tell you, not seven times, but seventy-seven times.
Luke 17:4	Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them."

## 5 What skills does God offer for us to manage our own anger? Which skills do you need to focus on at the moment?

Proverbs 19:11	A person's wisdom yields patience; it is to one's glory to overlook an offence.
Proverbs 25:15	Through patience a ruler can be persuaded, and a gentle tongue can break a bone.
Ephesians 4:26–27	“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.
James 1:19-20	My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

### *Apply, share and pray*

## 6 Read Colossians 3:1-17 and discuss: How has what Jesus has done through his death and resurrection and through the Christian community offered us a solution to the problem of anger?

### *During the week*

Day 1: Proverbs 11:23; 14:17, 35; 15:1, 18.  
 Day 2: Proverbs 16:14, 32; 19:11–12.  
 Day 3: Proverbs 19:19; 21:14; 22:8, 24.

Day 4: Proverbs 24:17–18; 25:15; 27:4.  
 Day 5: Proverbs 29:8, 11, 22; 30:33.

## ***MBM's Policy on Domestic Violence***

### **You have the right to feel safe**

If you or anyone you know is suffering at the moment.  
 Please reach out - [hello@mbm.org.au](mailto:hello@mbm.org.au) / 9677 0150

