



DEVOTIONAL GUIDE

PROVERBS

GOD'S WISDOM FOR EVERYDAY LIFE

HOW TO USE THIS GUIDE

This devotional is designed to help you grow in wisdom as you walk through the Proverbs series at The Met.

Each week includes five short readings, one for each weekday, Monday through Friday, built around a key passage and truth from Scripture.

Here's the rhythm:

- **MONDAY–FRIDAY:** Read one passage a day. Reflect on the truth and how it applies to your life.
- **WEEKEND:** Review the week's theme. Ask God how He's shaping your heart through His Word.

These moments aren't about checking a box, they're about slowing down, listening, and letting God's Word renew your mind. Whether you read it with your small group, your family, or alone in a quiet moment, this guide will help you take one step closer to Jesus each day.



A NOTE FROM PASTOR KY

God's Word is full of wisdom, not just for knowing more, but for living differently. As we journey through Proverbs together, my prayer is that this guide helps you experience that transformation.

Every time you open these pages, remember: God delights to meet with you. He wants to shape your thoughts, your words, and your steps.

Let's walk in wisdom, not in our own strength, but in His.

– Pastor Ky



WEEK 1 – WISDOM JOURNEY

MONDAY

Proverbs 1:7 (CSB)

The fear of the Lord is the beginning of knowledge; fools despise wisdom and discipline.

What does it mean to fear the Lord?

Truth: The fear of the Lord is the foundation of true knowledge, marked by reverence and awe for God's holiness. Jesus modeled this perfectly by living in complete submission to the Father, honoring Him in every word and action. Even in Gethsemane, Jesus showed holy fear by yielding to God's will over His own. We can live this out by approaching God with humility, recognizing His authority in our decisions and desires.

Live It Out: Let us seek wisdom by honoring God above all, letting His truth shape our hearts and choices.

Prayer: Lord, teach us to fear You rightly, with reverence and love. Help us walk in wisdom that begins with honoring You.

TUESDAY

Proverbs 3:5–6 (CSB)

Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight.

Trusting God in the journey

Truth: Trusting in the Lord means surrendering our understanding and allowing Him to direct our paths. Jesus trusted the Father completely, even when the road led to the cross. He showed us that faith is not about ease but obedience, even in uncertainty. We can live this out by releasing control and seeking God's guidance in prayer and Scripture.

Live It Out: Let us lean not on our own wisdom, but trust that God is leading us with purpose.

Prayer: Father, help us to trust You fully. Guide our steps and give us peace in the journey.

WEDNESDAY

Proverbs 9:10 (CSB)

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

Truth: True wisdom starts with a deep reverence for God and a desire to know Him.

Jesus embodied this wisdom, always seeking the Father’s will and teaching others to do the same. His life was a constant invitation to know God intimately and walk in truth.

We live this out by prioritizing time with God, listening to His voice above the noise.

Live It Out: Let our pursuit of wisdom begin with worship and deepen through relationship.

Prayer: God, give us hearts that revere You. May our wisdom grow as we draw closer to You.

THURSDAY

Proverbs 15:33 (CSB)

The fear of the LORD is what wisdom teaches, and humility comes before honor.

Truth: Wisdom is cultivated through humility and a willingness to be taught.

Jesus, though fully divine, humbled Himself to serve and to learn obedience through suffering. He welcomed correction and modeled teachability, even washing the feet of His disciples.

Live It Out: We live this out by embracing feedback, seeking counsel, and remaining teachable in every season. Let humility be our posture as we grow in wisdom and grace.

Prayer: Lord, make us humble learners. Teach us Your ways and help us receive instruction with joy.

FRIDAY

Proverbs 4:7 (CSB)

Wisdom is supreme—so get wisdom. And whatever else you get, get understanding.

Truth: Wisdom is the principal thing—worth pursuing above riches, status, or comfort.

Jesus taught that the wise build their lives on His words, and He lived as the embodiment of divine wisdom. He showed that wisdom is not just knowledge, but living truth in love and action.

Live It Out: We live this out by seeking God's wisdom daily, valuing it more than temporary gain. Let our choices reflect a heart that treasures wisdom above all.

Prayer: God, give us a hunger for Your wisdom. Help us pursue it with passion and live it with purpose.

WEEK 2 – WISDOM IN CHOOSING FRIENDSHIPS/RELATIONSHIPS

MONDAY

Proverbs 13:20 (CSB)

The one who walks with the wise will become wise, but a companion of fools will suffer harm.

Truth: Walking with wise people shapes our character and strengthens our journey.

Jesus surrounded Himself with disciples, teaching and growing them in wisdom and truth. He showed that relationships rooted in godly wisdom lead to transformation.

Live It Out: We live this out by choosing friends who challenge us spiritually and walk in integrity. Let our closest relationships reflect wisdom and mutual growth.

Prayer: Lord, help us walk with the wise. Lead us into friendships that draw us closer to You.

TUESDAY

Proverbs 27:6 (CSB)

The wounds of a friend are trustworthy, but the kisses of an enemy are excessive.

Truth: True friends speak truth, even when it hurts, because they care deeply.

Jesus lovingly corrected His disciples, always with the goal of growth and restoration.

He showed that love sometimes means saying hard things with grace.

Live It Out: We live this out by being honest and receptive in our friendships, valuing truth over comfort. Let our relationships be marked by love, honesty, and trust.

Prayer: Father, give us friends who speak truth in love. Help us receive correction with humility and grace.

WEDNESDAY

Proverbs 17:17 (CSB)

A friend loves at all times, and a brother is born for a difficult time.

Truth: Real friendship is constant, not conditional, and shows up in every season.

Jesus was the ultimate friend—faithful, present, and sacrificial even when others failed Him. He loved deeply and consistently, modeling perfect friendship.

Live It Out: We live this out by being loyal, supportive, and present in the lives of those we love. Let our friendships reflect Your unfailing love.

Prayer: Lord, make us faithful friends. Teach us to love consistently, just as You love us.

THURSDAY

Proverbs 22:24 (CSB)

Don't make friends with an angry person, and don't be a companion of a hot-tempered one,

Truth: Being close to those with uncontrolled anger can lead us into destructive patterns. Jesus chose companions who were teachable and peace-seeking, not ruled by rage. He taught that character is contagious, and wisdom requires discernment in relationships.

Live It Out: We live this out by setting boundaries and choosing peace over drama.

Let us walk with those who reflect Your grace and self-control.

Prayer: God, give us discernment in our relationships. Help us walk with those who lead us toward peace.

FRIDAY

Proverbs 27:17 (CSB)

Iron sharpens iron, and one person sharpens another.

Truth: True friends challenge and refine one another, making each other stronger.

Jesus sharpened His disciples through teaching, correction, and encouragement.

He showed that growth happens in community, not isolation.

Live It Out: We live this out by investing in relationships that stretch us spiritually and emotionally. Let us be sharpened and sharpen others in love and truth.

Prayer: Father, use our friendships to grow us. Help us be a source of strength and wisdom to others.

WEEK 3 – WISDOM WITH WEALTH

MONDAY

Proverbs 3:9–10 (CSB)

Honor the LORD with your possessions and with the first produce of your entire harvest;

then your barns will be completely filled, and your vats will overflow with new wine.

Truth: Honoring God with our resources invites His blessing and reflects our trust in Him. Jesus praised the widow who gave all she had, showing that generosity is measured by the heart, not the amount. He lived a life of simplicity, always giving freely and trusting the Father to provide. We live this out by giving joyfully, budgeting wisely, and using our resources to serve others.

Live It Out: Let our finances reflect our faith and our desire to honor God.

Prayer: Lord, help us honor You with all we have. Teach us to give with joy and trust in Your provision.

TUESDAY

Proverbs 13:11 (CSB)

Wealth obtained by fraud will dwindle, but whoever earns it through labor will multiply it.

Truth: Wealth gained gradually through diligence and integrity lasts longer than quick riches. Jesus taught stewardship through parables, emphasizing faithfulness over flashy success. He modeled patience and purpose, never rushing but always trusting God's timing.

Live It Out: We live this out by working consistently, saving wisely, and resisting the lure of shortcuts. Let us value steady growth over instant gratification.

Prayer: Father, give us patience and discipline. Help us build wisely and trust Your timing.

WEDNESDAY

Proverbs 11:24–25 (CSB)

One person gives freely, yet gains more; another withholds what is right, only to become poor. A generous person will be enriched, and the one who gives a drink of water will receive water.

Truth: Giving freely leads to blessing, while withholding leads to lack.

Jesus gave everything—His time, His love, His life—and in doing so, brought eternal abundance. He taught that generosity opens the door to joy and deeper connection with God.

Live It Out: We live this out by sharing what we have, trusting that God multiplies what we give. Let generosity be our lifestyle, not just an occasional act.

Prayer: God, make us generous like You. Use our giving to bless others and glorify Your name.

THURSDAY

Proverbs 22:7 (CSB)

The rich rule over the poor, and the borrower is a slave to the lender.

Truth: The borrower becomes servant to the lender, reminding us to handle money with discipline. Jesus taught financial wisdom, warning against greed and encouraging contentment. He lived free from material entanglements, focused on eternal treasure.

Live It Out: We live this out by budgeting carefully, avoiding unnecessary debt, and seeking financial freedom. Let our stewardship reflect wisdom and self-control.

Prayer: Lord, help us manage money wisely. Free us from debt and lead us in disciplined living.

FRIDAY

Proverbs 21:20 (CSB)

Precious treasure and oil are in the dwelling of a wise person, but a fool consumes them.

Truth: Wise people store up resources, while fools consume all they have.

Jesus taught stewardship through parables, urging us to prepare and plan with wisdom.

He showed that managing resources well honors God and blesses others.

Live It Out: We live this out by saving intentionally, spending wisely, and planning for the future. Let our financial habits reflect wisdom and foresight.

Prayer: Father, teach us to be good stewards. Help us save with purpose and spend with wisdom.

WEEK 4 – WISDOM ON MISSION

Dates: February 3–7

Theme: Living Sent With Wisdom

Focus Verse: “The fruit of the righteous is a tree of life, and a wise person captivates people.” — Proverbs 11:30 (CSB)

A short, simple intro (optional for the doc):

God’s heart beats for people, and wise living always moves outward. Missions is not a moment—it’s a lifestyle shaped by compassion, courage, and intentionality. This week, we learn how wisdom leads us to love, serve, and reach others with the hope of Jesus.

MONDAY

Proverbs 11:30 (CSB)

The fruit of the righteous is a tree of life, and a wise person captivates people.

Truth: A wise life produces fruit that gives life to others. People are drawn to those whose character reflects Christ.

Jesus: Jesus embodied this perfectly—His life was a “tree of life,” drawing hurting, curious, and broken people to hope and healing.

Live It Out:

Live today with awareness that your words, actions, and posture preach something long before you use words.

Prayer: Lord, help my life point others to You. Make me a tree of life in every space You send me.

TUESDAY

Proverbs 14:21 (CSB)

The one who despises his neighbor sins, but whoever shows kindness to the poor will be happy.

Truth: Wisdom refuses to ignore those in need. God blesses the heart that sees and responds.

Jesus: Jesus moved toward the poor, the overlooked, and the vulnerable—never away from them. His compassion ushered people into the kingdom.

Live It Out: Identify one person or group in need today. Offer encouragement, help, or generosity—whatever God puts in front of you.

Prayer: Father, give me eyes to see my neighbors the way You do. Make my heart tender toward those who need compassion.

WEDNESDAY

Proverbs 19:17 (CSB)

Kindness to the poor is a loan to the Lord, and he will give a reward to the lender.

Truth: Serving others is serving the Lord Himself. God sees every act of compassion and counts it as worship.

Jesus: Jesus taught, “Whatever you did for the least of these, you did for Me.” He ties love for others directly to love for Him.

Live It Out: Reflect on where God may be inviting you to invest your time, skills, or resources in kingdom work—locally or globally.

Prayer: Jesus, remind me that every act of kindness is for You. Help me invest my life in what matters to Your heart.

THURSDAY

Proverbs 3:27 (CSB)

When it is in your power, don't withhold good from the one to whom it belongs.

Truth: Wisdom acts. It doesn't delay or withhold good when God provides the opportunity and ability.

Jesus: Jesus never postponed compassion. He responded immediately to people's needs—teaching us to move when the Spirit prompts.

Live It Out: Take one step of obedience today you've been putting off—reaching out, serving, encouraging, giving, or reconciling.

Prayer: Lord, make me quick to act when You nudge my heart. Let me not withhold good from anyone You place in front of me.

FRIDAY

Proverbs 24:11–12 (CSB)

Rescue those being taken off to death, and save those stumbling toward slaughter. If you say, “But we didn’t know about this,” won’t he who weighs hearts consider it?

Truth: Wisdom acknowledges responsibility. God calls His people to intervene, help, and rescue—physically, relationally, and spiritually.

Jesus: Jesus came to rescue us when we were helpless. His mission becomes ours.

Live It Out: Pray for one person far from God by name. Ask for an opportunity to invite, encourage, or share your faith this week.

Prayer: God, give me courage to step into Your mission. Break my heart for those who need rescue and use my life to point them to You.

WEEK 5 – WISDOM WITH WORDS

MONDAY

Proverbs 18:21 (CSB)

Death and life are in the power of the tongue, and those who love it will eat its fruit.

Truth: Our words carry the power to build up or tear down, to give life or cause harm.

Jesus spoke life into the broken, healing with compassion and truth.

He used His words to restore dignity and call people into purpose.

Live It Out: We live this out by choosing words that encourage, heal, and reflect God's love. Let us speak with intention, knowing our words can shape hearts and futures.

Prayer: Lord, help us speak life today. May our words reflect Your grace and truth.

TUESDAY

Proverbs 15:1 (CSB)

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

Truth: A soft response can calm conflict, while harsh words stir up strife.

Jesus responded gently even when provoked, showing restraint and peace.

He taught us that meekness is strength under control, not weakness.

Live It Out: We live this out by pausing before reacting and choosing kindness over retaliation. Let our speech be seasoned with grace, especially in tense moments.

Prayer: God, give us gentle tongues. Help us bring peace through our words.

WEDNESDAY

Proverbs 10:19 (CSB)

When there are many words, sin is unavoidable, but the one who controls his lips is prudent.

Truth: Too many words can lead to sin, but wisdom is found in holding back.

Jesus often chose silence over defense, especially before His accusers.

He showed that restraint can be powerful and purposeful.

Live It Out: We live this out by listening more and speaking with thoughtfulness.

Let our words be few but full of wisdom and love.

Prayer: Lord, teach us to be slow to speak. May our silence honor You when words are not needed.

THURSDAY

Proverbs 25:11 (CSB)

A word spoken at the right time is like gold apples in silver settings.

Truth: Words spoken at the right time are beautiful and impactful.

Jesus knew when to speak and when to wait, offering truth exactly when hearts were ready. He used timely words to awaken faith and bring healing.

Live It Out: We live this out by being sensitive to the Spirit and the needs of others.
Let our words be timely, thoughtful, and full of grace.

Prayer: Father, help us speak with wisdom and timing. Use our words to bless and uplift.

FRIDAY:**Proverbs 12:18 (CSB)**

There is one who speaks rashly, like a piercing sword;
but the tongue of the wise brings healing.

Truth: Careless words cut deep, but wise words bring healing.

Jesus healed with His words, restoring the broken and comforting the weary.

He never spoke to shame, but always to redeem.

Live It Out: We live this out by choosing words that bring hope and healing to others.

Let our speech be a source of life, not harm.

Prayer: God, make our words instruments of healing.
Help us speak with love and wisdom.

WEEK 6 – WISDOM AT WORK

MONDAY

Proverbs 6:6–11 (CSB)

Go to the ant, you slacker! Observe its ways and become wise. Without leader, administrator, or ruler, it prepares its provisions in summer; it gathers its food during harvest. How long will you stay in bed, you slacker? When will you get up from your sleep?

A little sleep, a little slumber, a little folding of the arms to rest, and your poverty will come like a robber, your need, like a bandit.

Truth: The ant models diligence, preparation, and initiative without needing constant oversight. Jesus worked faithfully in His earthly ministry, never idle, always purposeful in His actions. He taught that work is a way to glorify God and serve others.

Live It Out: We live this out by approaching our tasks with discipline, integrity, and a sense of mission. Let our work reflect the wisdom of preparation and the value of effort.

Prayer: Lord, help us be diligent like the ant. Give us energy and purpose in all we do.

TUESDAY

Proverbs 10:4 (CSB)

Idle hands make one poor, but diligent hands bring riches.

Truth: Hard work leads to provision, while laziness results in lack.

Jesus was diligent in His mission, tirelessly teaching, healing, and serving.

He showed that diligence is not just about results, but about faithfulness.

Live It Out: We live this out by working with excellence, knowing our labor honors God.

Let us reject laziness and embrace the value of steady effort.

Prayer: Father, make us diligent workers. Help us serve You faithfully in all we do.

WEDNESDAY

Proverbs 12:11 (CSB)

The one who works his land will have plenty of food, but whoever chases fantasies lacks sense.

Truth: Working honestly brings fulfillment, while chasing fantasies leads to poverty.

Jesus never sought shortcuts; He embraced the path of truth and sacrifice.

He taught that honest labor is a reflection of godly character.

Live It Out: We live this out by choosing integrity over convenience in our work.

Let our efforts be marked by honesty and purpose.

Prayer: God, bless our work when it's done with integrity. Keep us grounded in truth and diligence.

THURSDAY

Proverbs 14:23 (CSB)

There is profit in all hard work, but endless talk leads only to poverty.

Truth: All hard work yields profit, but mere talk leads to poverty.

Jesus didn't just speak about love—He demonstrated it through action and sacrifice.

He showed that words must be backed by faithful work.

Live It Out: We live this out by putting effort behind our intentions and following through with action. Let our work be fruitful and our words matched by deeds.

Prayer: Lord, help us work with purpose and follow through. May our actions reflect Your truth.

FRIDAY

Proverbs 16:3 (CSB)

Commit your activities to the LORD, and your plans will be established.

Truth: When we commit our work to God, He establishes our plans.

Jesus committed every step of His mission to the Father, trusting Him with the outcome. He showed that surrender leads to divine direction and impact.

Live It Out: We live this out by praying over our work and seeking God's guidance in our goals. Let our labor be surrendered and Spirit-led.

Prayer: Father, we commit our work to You. Guide our hands and bless our efforts for Your glory.

WEEK 7 – WISDOM IN SEXUAL PURITY

MONDAY

Proverbs 5:1–6 (CSB)

My son, pay attention to my wisdom; listen closely to my understanding so that you may maintain discretion and your lips safeguard knowledge. Though the lips of the forbidden woman drip honey and her words are smoother than oil, in the end she's as bitter as wormwood and as sharp as a double-edged sword. Her feet go down to death; her steps head straight for Sheol. She doesn't consider the path of life; she doesn't know that her ways are unstable.

Truth: Temptation may appear sweet, but it leads to bitterness, destruction, and regret.

Jesus resisted every temptation, remaining pure in heart and obedient to the Father.

He taught that purity begins in the heart and requires vigilance and surrender.

Live It Out: We live this out by guarding our eyes, thoughts, and relationships with intentionality. Let us flee temptation and pursue holiness in every area of life.

Prayer: Lord, protect our hearts from temptation. Help us walk in purity and honor You with our lives.

TUESDAY

Proverbs 6:27–29 (CSB)

Can a man embrace fire and his clothes not be burned? Can a man walk on burning coals without scorching his feet? So it is with the one who sleeps with another man's wife; no one who touches her will go unpunished.

Truth: Sexual sin is like playing with fire—it always burns and leaves scars. Jesus warned against lust and called His followers to radical purity and self-control. He showed that holiness is worth any sacrifice and leads to true freedom.

Live It Out: We live this out by setting boundaries, seeking accountability, and fleeing what entices sin. Let us not toy with danger but pursue righteousness with courage.

Prayer: Father, keep us from the fire of temptation. Give us strength to choose purity over pleasure.

WEDNESDAY

Proverbs 7:1–5 (CSB)

My son, obey my words, and treasure my commands. Keep my commands and live, and guard my instructions as you would the pupil of your eye. Tie them to your fingers; write them on the tablet of your heart. Say to wisdom, “You are my sister,” and call understanding your relative. She will keep you from a forbidden woman, a wayward woman with her flattering talk.

Truth: Wisdom and God’s Word protect our hearts from seduction and deception.

Jesus treasured Scripture, using it to resist temptation and guide His steps.

He taught that guarding the heart is essential to living a life that pleases God.

Live It Out: We live this out by memorizing Scripture, praying daily, and staying rooted in truth. Let our hearts be fortified by wisdom and filled with God’s presence.

Prayer: God, guard our hearts with Your truth. Help us stay close to Your Word and far from temptation.

THURSDAY

Proverbs 7:21–27 (CSB)

She seduces him with her persistent pleading; she lures with her flattering talk.

He follows her impulsively like an ox going to the slaughter, like a deer bounding toward a trap until an arrow pierces its liver, like a bird darting into a snare—he doesn't know it will cost him his life. Now, sons, listen to me, and pay attention to the words from my mouth.

Don't let your heart turn aside to her ways; don't stray onto her paths. For she has brought many down to death; her victims are countless. Her house is the road to Sheol, descending to the chambers of death.

Truth: Sexual sin leads down a path of ruin, often unnoticed until it's too late.

Jesus warned of this danger and offered a better way—freedom through obedience and grace. He showed that love is not lust, and true intimacy begins with purity.

Live It Out: We live this out by recognizing warning signs and choosing accountability and wisdom. Let us walk the path of life, not destruction.

Prayer: Lord, keep our feet from the path of ruin. Lead us in purity and protect us from deception.

FRIDAY

Proverbs 4:23 (CSB)

Guard your heart above all else, for it is the source of life.

Truth: The heart is the wellspring of life, and guarding it is essential to living wisely.

Jesus lived with a pure heart, loving deeply without compromise or sin.

He taught that what flows from the heart shapes our words, actions, and destiny.

Live It Out: We live this out by filtering what we consume, who we trust, and how we think. Let our hearts be protected and filled with what is good and godly.

Prayer: Father, protect our hearts from impurity. Fill us with Your Spirit and guide us in holiness.

WEEK 8 – WISDOM IN MARRIAGE

MONDAY

Proverbs 31:10–12 (CSB)

Who can find a wife of noble character? She is far more precious than jewels. The heart of her husband trusts in her, and he will not lack anything good. She rewards him with good, not evil, all the days of her life.

Truth: A virtuous spouse is a rare treasure, bringing trust, strength, and blessing to the relationship. Jesus honored marriage by affirming its sacredness and loving with selfless devotion. He modeled faithfulness and sacrificial love, the foundation of a godly marriage.

Live It Out: We live this out by valuing our spouse, building trust, and loving with grace and consistency. Let our marriages reflect the beauty of virtue and the strength of commitment.

Prayer: Lord, help us cherish our spouse. Teach us to love with honor, faithfulness, and grace.

TUESDAY

Proverbs 18:22 (CSB)

A man who finds a wife finds a good thing and obtains favor from the LORD.

Truth: Marriage is a gift from God, bringing favor and joy to those who find a godly partner. Jesus affirmed that marriage is a divine union, created for companionship and mutual growth. He showed that love is covenantal, not conditional.

Live It Out: We live this out by seeing our spouse as a gift, nurturing the relationship with gratitude and care. Let our marriages be marked by joy, favor, and divine purpose.

Prayer: Father, thank You for the gift of marriage. Help us walk in Your favor as we love and serve our spouse.

WEDNESDAY

Proverbs 19:14 (CSB)

A house and wealth are inherited from fathers, but a prudent wife is from the LORD.

Truth: A wise and discerning spouse is a blessing that comes from God.

Jesus taught that wisdom in relationships is a reflection of God's grace and guidance.

He modeled discernment and care in every relationship, showing us how to love wisely.

Live It Out: We live this out by praying for wisdom in our marriage and valuing the spiritual depth of our spouse. Let our homes be filled with godly wisdom and mutual respect.

Prayer: Lord, thank You for the gift of a wise spouse. Help us grow together in Your wisdom and love.

THURSDAY

Proverbs 12:4 (CSB)

A wife of noble character is her husband's crown, but a wife who causes shame is like rotteness in his bones.

Truth: A noble spouse strengthens and honors their partner, building a foundation of trust and dignity. Jesus honored others with His words and actions, lifting them up and affirming their worth. He showed that love honors, protects, and builds up.

Live It Out: We live this out by speaking life into our spouse and treating them with respect and kindness. Let our marriages be places of honor, encouragement, and grace.

Prayer: God, help us honor our spouse daily. May our love reflect Your goodness and truth.

FRIDAY

Proverbs 5:18–19 (CSB)

Let your fountain be blessed, and take pleasure in the wife of your youth. A loving deer, a graceful doe—let her breasts always satisfy you; be lost in her love forever.

Truth: Marriage is meant to be enjoyed, celebrated, and cherished with delight.

Jesus celebrated love and joy, turning water into wine at a wedding and affirming the beauty of union. He showed that joy in marriage is holy and worth protecting.

Live It Out: We live this out by investing in intimacy, laughter, and shared joy with our spouse. Let our marriages be filled with celebration, delight, and deep connection.

Prayer: Father, help us rejoice in our marriage. Fill our hearts with joy and our homes with love.

WEEK 9 – WISDOM IN PARENTING

MONDAY

Proverbs 22:6 (CSB)

Start a youth out on his way; even when he grows old he will not depart from it.

Truth: Intentional training shapes a child's lifelong path, anchoring them in truth.

Jesus welcomed children, blessing them and affirming their value in the kingdom of God. He modeled patient teaching and loving guidance, showing us how to nurture with grace.

Live It Out: We live this out by investing time, prayer, and wisdom into our children's growth. Let our parenting reflect God's heart and eternal perspective.

Prayer: Lord, help us train our children in Your ways. Give us wisdom and grace to guide them well.

TUESDAY

Proverbs 13:24 (CSB)

The one who will not use the rod hates his son, but the one who loves him disciplines him diligently.

Truth: Discipline, when rooted in love, protects and shapes a child's future.

Jesus corrected with compassion, always aiming to restore and build up.

He showed that discipline is an act of love, not punishment.

Live It Out: We live this out by setting boundaries, correcting with kindness, and staying consistent. Let our discipline reflect God's love and lead to growth.

Prayer: Father, help us discipline with love and wisdom. May our correction lead to life and understanding.

WEDNESDAY

Proverbs 29:15 (CSB)

A rod of correction imparts wisdom, but a youth left to himself is a disgrace to his mother.

Truth: Correction teaches discernment and helps children grow in understanding.

Jesus lovingly corrected His followers, helping them mature in faith and character.

He showed that wisdom often comes through gentle rebuke and patient instruction.

Live It Out: We live this out by guiding our children with truth, even when it's hard.

Let our correction be filled with grace and aimed at growth.

Prayer: God, give us courage to correct wisely. Help our children grow in wisdom through loving guidance.

THURSDAY

Proverbs 20:11 (CSB)

Even a young man is known by his actions—by whether his behavior is pure and upright.

Truth: Even a child's behavior reflects the condition of their heart and values.

Jesus saw the potential in children and treated them with dignity and purpose.

He taught that character is formed early and must be nurtured intentionally.

Live It Out: We live this out by observing, affirming, and shaping our children's actions with care. Let us raise children whose lives reflect godly character.

Prayer: Lord, help us see our children clearly. Shape their hearts and actions to reflect Your truth.

FRIDAY

Proverbs 1:8–9 (CSB)

Listen, my son, to your father's instruction, and don't reject your mother's teaching, for they will be a garland of favor on your head and pendants around your neck.

Truth: Parental wisdom is a gift that adorns a child's life with honor and protection.

Jesus honored His earthly parents and taught obedience as a virtue. He showed that listening leads to blessing and growth.

Live It Out: We live this out by teaching with love and encouraging our children to value instruction. Let our words be treasured and our guidance received with joy.

Prayer: Father, help our children listen and learn. May our instruction lead them closer to You.

WEEK 10 – WISDOM OF SELF-CONTROL/ANGER

MONDAY

Proverbs 25:28 (CSB)

A person who does not control his temper is like a city whose wall is broken down.

Truth: A person without self-control is vulnerable, like a city without walls.

Jesus demonstrated perfect self-control, even when provoked or mistreated.

He showed that restraint is strength and that peace is a fruit of the Spirit.

Live It Out: We live this out by setting boundaries, practicing patience, and relying on the Spirit for discipline. Let our lives be fortified by self-control and guided by wisdom.

Prayer: Lord, strengthen our self-control. Help us guard our hearts and respond with grace.

TUESDAY

Proverbs 14:29 (CSB)

A patient person shows great understanding, but a quick-tempered one promotes foolishness.

Truth: Patience reveals understanding, while quick temper exposes foolishness.

Jesus was patient with His disciples, the crowds, and even His enemies.

He modeled wisdom through calm responses and enduring love.

Live It Out: We live this out by slowing down, listening well, and choosing patience over reaction. Let our patience reflect the wisdom of Christ.

Prayer: Father, grow patience in us. Help us respond with wisdom and grace in every situation.

WEDNESDAY

Proverbs 15:18 (CSB)

A hot-tempered person stirs up conflict, but one slow to anger calms strife.

Truth: Anger fuels conflict, but calmness brings peace. Jesus calmed storms—both literal and emotional—with His presence and words. He taught that peacemakers reflect the heart of God.

Live It Out: We live this out by managing our emotions and choosing peace over escalation. Let our presence bring calm, not chaos.

Prayer: God, make us peacemakers. Help us control our temper and bring peace wherever we go.

THURSDAY

Proverbs 16:32 (CSB)

Patience is better than power, and controlling one's emotions, than capturing a city.

Truth: Controlling your spirit is greater than conquering a city.

Jesus ruled His spirit perfectly, even under pressure, choosing obedience over impulse.

He showed that inner mastery is true strength.

Live It Out: We live this out by surrendering our emotions to God and practicing spiritual discipline. Let our strength be found in self-control and surrender.

Prayer: Lord, help us rule our spirit. Give us strength to choose peace and wisdom over reaction.

FRIDAY

Proverbs 29:11 (CSB)

A fool gives full vent to his anger, but a wise person holds it in check.

Truth: Fools unleash all their anger, but the wise hold it back.

Jesus never lashed out in rage; He responded with truth, love, and restraint.

He taught that wisdom is shown in how we handle strong emotions.

Live It Out: We live this out by pausing, praying, and processing before we speak or act.
Let our restraint be a testimony of Your Spirit at work in us.

Prayer: Father, help us hold back when emotions rise. Teach us to respond with wisdom and grace.

WEEK 11 – WISDOM IN INTEGRITY, TRUTH, HONESTY

MONDAY

Proverbs 10:9 (CSB)

The one who lives with integrity lives securely, but whoever perverts his ways will be found out.

Truth: Integrity provides security and peace, while dishonesty leads to exposure and fear. Jesus walked in perfect integrity, never compromising truth even under pressure.

He showed that a life of honesty is a life of freedom and confidence.

Live It Out: We live this out by being truthful in our words, actions, and decisions, even when it's hard. Let our integrity be our foundation and our witness.

Prayer: Lord, help us walk in integrity. Make our lives secure through honesty and faithfulness.

TUESDAY

Proverbs 12:22 (CSB)

Lying lips are detestable to the LORD, but faithful people are his delight.

Truth: God detests lies but delights in those who speak truth. Jesus always spoke truth, even when it was unpopular or costly. He showed that truth is not just spoken—it's lived.

Live It Out: We live this out by being honest in every area of life, knowing it pleases God. Let our words and actions reflect Your truth.

Prayer: Father, help us speak and live truthfully. May our honesty bring You joy and honor.

WEDNESDAY

Proverbs 11:3 (CSB)

The integrity of the upright guides them, but the perversity of the treacherous destroys them.

Truth: Integrity is a compass that keeps us on the right path, while dishonesty leads to ruin. Jesus was guided by truth and righteousness, never swayed by deceit or compromise. He showed that integrity leads to clarity, peace, and purpose.

Live It Out: We live this out by letting God's Word shape our values and decisions.

Let our integrity guide us through every challenge.

Prayer: Lord, let integrity be our guide. Keep us steady and faithful in every step we take.

THURSDAY

Proverbs 20:7 (CSB)

A righteous person acts with integrity; his children who come after him will be happy.

Truth: A righteous life of integrity blesses not only the individual but also their family.

Jesus lived righteously, leaving a legacy of truth, love, and grace for all who follow Him.

He showed that integrity impacts generations and builds trust.

Live It Out: We live this out by modeling honesty and righteousness for those around us, especially our families. Let our legacy be one of truth and faithfulness.

Prayer: Father, help us walk in integrity daily. May our lives bless others and reflect Your righteousness.

FRIDAY

Proverbs 28:6 (CSB)

Better the poor person who lives with integrity than the rich one who distorts right and wrong.,

Truth: It is better to be poor and honest than rich and corrupt. Jesus had no earthly wealth, yet He lived with perfect integrity and eternal riches. He taught that character matters more than possessions.

Live It Out: We live this out by choosing honesty over gain and trusting God to provide.
Let our hearts value truth more than wealth.

Prayer: Lord, help us choose honesty over comfort.
Teach us to trust You and live with integrity.

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