

ULC Sermon Study Resource
Summer Wisdom: Wisdom for Now
Pastor Gabe
August 9, 2020

Prayer: Pause for a few moments to go to the Lord in prayer. Ask that He would draw near to you in this time, and open your heart and mind to hear His Word.

Icebreaker: Think of someone in your life who exudes sunshine/joy and share! OR Describe yourself in terms of the following: Are you a leader or follower? Are you an optimist or pessimist?

Reading: Proverbs 14:30, 17:22, 23:1-3, 26:4-5, 20:29, 26:25-26, 29:8,10

Outline:

- I. Stay healthy. (Prov. 14:30, 17:22)
 - a. The right thinking will have an important effect upon our mental and physical health.
 - b. Avoid envy/ comparing yourself to others to stave off a crushed spirit, and get the help you need to stay healthy.
Q: How do you find joy when you're experiencing a crushed spirit instead?
- II. Be thoughtful. (Prov. 29:8, 26:4-5)
 - a. Don't listen/conform to "scoffers"-- those who stir up skepticism, division, and cynicism.
 - b. Instead, let discernment and thoughtfulness guide your responses. If you do respond, then challenge, speak, and listen. We know the real truth is in Christ, not in the crowd.
Q: How do we decide when to engage in a conflict and when to "turn away wrath?"
- III. Don't become a monster. (Prov. 26:25-26)
 - a. Be aware of the sinful nature inside of you, and don't let it control you.
 - b. God meets us in the middle of our isolation and struggle. Lean on His love and His gifts of salvation and peace as you face the chaos around and within you.
Q: Since all are sinful, how can we truly trust anyone's intentions?

Reflection/Application Questions:

- 1) Do you engage in any ways of thinking that are unhealthy (envy, negativity, pride, etc.)?
- 2) What are you mentally struggling with right now? How can you give it to God/seek help for it?
- 3) Do you know of any "scoffers" in your life? Are you one yourself? How can you respond in love?
- 4) Search your heart. What is a sin you are currently struggling with and need to bring before God?
- 5) What is one way you can better lean into God this week?

Suggestions for further study:

- Psalm 27**Q: What is our role in walking in God's ways and what is God's role?**
- John 15:18-27**Q: Can we be liked by those around us and still be "not of the world?"**
- 1 Peter 3:8-21**Q: What does it look like to "make a defense" for the reason for our hope?**

Closing Prayer: *Lord God, thank You for the enduring wisdom of Your Word. Thank You that these words You inspired Your people to write thousands of years ago speak to us now in this moment. May we lean into the wisdom You offer us. Most of all, Lord, may we look to the hope we have in Jesus. He is the one who has conquered all things and has overcome the world. May we find our Peace in Him; let that be our reality. We pray this all in His holy name, Amen.*

