

Health to all your flesh

Proverbs 4:1-27

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does this passage say God's words do for the whole body, and what does it say to guard?

2. What does it show me about people — and about myself?

What are you letting into your heart that is costing you in body and mind?

3. What will I obey this week? (a concrete step, with a day)

What one path will you keep your foot off this week?

4. Who will I tell?

Who could you pass this wisdom to, the way a parent passes it to a child?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

Father, you say your words are life to those who find them and health to all their flesh. Make us people who guard our hearts, because everything flows from there.



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