

# “Love Lifted Me Recovery Ministries”

## Favorite Proverbs Bible Study - Part 1

### Proverbs 3:8-20 Lesson #4

\*\*INSTRUCTIONS: Read the entire section of Scripture in Proverbs before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word.  
Most Scriptures are from the New King James Version.

8 It will be **HEALTH to your FLESH, and strength to your bones.**

•**Proverbs 4:20-22** "My son, give attention to My \_\_\_\_\_; incline your ear to My sayings. Do not let them depart from your sight; keep them in the \_\_\_\_\_ of your \_\_\_\_\_. For they are \_\_\_\_\_ to those who find them, and \_\_\_\_\_ to all their whole \_\_\_\_\_"

•**Exodus 15:26** "...If you diligently heed the \_\_\_\_\_ of the \_\_\_\_\_ your \_\_\_\_\_, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put \_\_\_\_\_ of the \_\_\_\_\_ on you (lit. - "I will NOT ALLOW any of these diseases to come on you"), which I have brought on the Egyptians (lit. - "which I HAVE ALLOWED to COME on the Egyptians"), for I am the \_\_\_\_\_ who \_\_\_\_\_."

•**Exodus 23:25** "So you shall \_\_\_\_\_ the \_\_\_\_\_ your \_\_\_\_\_, and He will bless your bread and your water. And I will \_\_\_\_\_ \_\_\_\_\_ from the midst of you."

**Definition: “HEALTH to your FLESH, and strength to your bones”** – This is the same as Proverbs 1:2, where it says, “**Length of days and LONG LIFE and PEACE they will add to you.**” Again, as Believers in Jesus Christ, our obedience to His commandments **will IMPROVE the QUALITY of our lives with a longer life and PEACE** from God, and this verse just goes into a little more detail. This promise and the promise in verses 9-10 are GENERAL promises of health and prosperity for Believers, but there are always some exceptions, such as Job. In Job's case, Satan had challenged God by saying that Job only obeyed God because of His blessings. God ALLOWED Satan to cause Job to be sick and lose all his possessions for a short time, in order to show Satan that Job would still be faithful to God, in spite of his losses. There are times when we must suffer for Christ's sake in this evil world, but God will always provide what we NEED.

•**Psalm 103:2-3** "Bless the Lord, O my soul, and forget not \_\_\_\_\_ His \_\_\_\_\_: Who forgives all \_\_\_\_\_ Your iniquities; Who \_\_\_\_\_ all your \_\_\_\_\_."

•**James 5:14-16** "Is any among you \_\_\_\_\_? Let him call for the \_\_\_\_\_ of the \_\_\_\_\_, and let them \_\_\_\_\_ over him, \_\_\_\_\_ him with \_\_\_\_\_ in the \_\_\_\_\_ of the \_\_\_\_\_; and the \_\_\_\_\_ of \_\_\_\_\_ will \_\_\_\_\_ the one who is \_\_\_\_\_, and the Lord will \_\_\_\_\_ him \_\_\_\_\_, and if he has committed sins, they will be forgiven him."

9-10 **Honor the Lord** with your possessions, and **with the FIRSTFRUITS of all your INCREASE**; so your barns will be filled with plenty, and your vats will overflow with new wine.

•**Malachi 3:10** "Bring all the \_\_\_\_\_ (offerings) into the storehouse, so that there will be provision in \_\_\_\_\_; and prove (test) Me now in this, says the \_\_\_\_\_, whether I will \_\_\_\_\_ the \_\_\_\_\_ of \_\_\_\_\_, and pour you out a \_\_\_\_\_ until there is \_\_\_\_\_ than \_\_\_\_\_."

**Definition: “Honor the Lord.... with the FIRSTFRUITS of all your INCREASE” – “Increase” here would be the same as saying our financial INCOME.** At the time these proverbs were written, most people were farmers, and to have their “barns filled with plenty, and their vats overflowing with new wine” meant **they were prosperous, well-provided for, and had all they needed.** This is still a promise for us as Believers in Christ, because II Corinthians 1:20 says that “All the promises of God are yes and amen” in Christ Jesus, and since most of the promises at that time were in the Old Testament, it means they also apply to us. **To give God the “firstfruits” means you give to God His portion BEFORE you pay all your bills and buy whatever you want.** God does not want our leftovers.

•**Matthew 6:33** “But seek \_\_\_\_\_ the \_\_\_\_\_ of \_\_\_\_\_, and His righteousness; and \_\_\_\_\_ these \_\_\_\_\_ shall be \_\_\_\_\_ to \_\_\_\_\_.”

•**Philippians 4:19** “But my \_\_\_\_\_ shall \_\_\_\_\_ your \_\_\_\_\_ according to His \_\_\_\_\_ in \_\_\_\_\_ by Christ \_\_\_\_\_.”

•**Psalm 1:1-3** “\_\_\_\_\_ is the man who does \_\_\_\_\_ walk in the counsel of the \_\_\_\_\_, nor stands in the way of sinners, nor sits in the seat of the scornful. But his \_\_\_\_\_ is in the \_\_\_\_\_ of the \_\_\_\_\_, and in His law he meditates day and night. And he shall be like a tree planted by the rivers of water, that brings forth his fruit in his season, his leaf also shall not wither, and \_\_\_\_\_ he does \_\_\_\_\_.”

11-12 My son, **do NOT DESPISE the CHASTENING of the Lord, nor DETEST His CORRECTION;** for **whom the Lord LOVES He CORRECTS,** just as a FATHER the son in whom he delights.

•**Job 5:17** “Behold, \_\_\_\_\_ is the man whom God \_\_\_\_\_; therefore do not \_\_\_\_\_ the \_\_\_\_\_ (discipline) of the \_\_\_\_\_.”

•**Job 23:10** “But He knows the way I take; when He has \_\_\_\_\_ me, I shall come forth as \_\_\_\_\_.”

**Definition: “Do NOT DESPISE the CHASTENING of the Lord, nor DETEST His CORRECTION” – “DESPISE” and “DETEST” both mean the same thing: despise means to look down on with contempt, to scorn or to regard with DISLIKE. Detest means to CURSE or to HATE. “CHASTENING” and “CORRECTION” means to CORRECT bad behavior, to discipline, to change from wrong to right, and even punishment for the purpose of making something right. As Christians, God does NOT punish us, because Jesus took all our punishment on Himself on the cross when He paid for our sins. However, the Lord does CORRECT and DISCIPLINE His children when we are doing wrong. At other times, God brings TRIALS and TESTINGS into our lives to help us correct any wrong-doing, or to TEST our faith to see if we will follow Him, no matter what, such as the situation with Job. When either CHASTENING or TESTINGS come into our lives, we are NOT to despise or detest them, but “consider them all JOY” as James tells us. And verse 12 says, “whom the Lord LOVES He CORRECTS” so we should be thankful that God LOVES us enough to want to correct us and prepare us for heaven with Him.**

•**James 1:2-3** “My brethren, count it all \_\_\_\_\_ when you fall into various \_\_\_\_\_, knowing that the \_\_\_\_\_ of your \_\_\_\_\_ produces \_\_\_\_\_.”

•**Acts 5:41** “So they departed from the presence of the council, \_\_\_\_\_ that they were counted worthy to \_\_\_\_\_ shame for His \_\_\_\_\_.”

•**John 16:33** “These things I have spoken unto you, that in \_\_\_\_\_ you might have \_\_\_\_\_. In the \_\_\_\_\_ you shall have \_\_\_\_\_ (troubles, afflictions): but be of good \_\_\_\_\_; I have \_\_\_\_\_ the \_\_\_\_\_.”

•**Romans 5:3-4** “And not only that, but we also glory in \_\_\_\_\_, knowing that tribulation produces perseverance; and perseverance, character; and character, hope.”

**Definition: "VARIOUS TRIALS and TESTINGS"** — "Testing" - to qualify or prove by way of being put through certain conditions or procedures, in order to determine the quality or character of something. "Trial" - a tryout or experiment to test the quality, value or usefulness of something. Machines and automobiles are put through "stress tests" to see how well they will hold up.

• **1 Peter 1:7** "That the genuineness of your \_\_\_\_\_, being much more precious than gold that perishes, though it is \_\_\_\_\_ by fire, may be found to \_\_\_\_\_, honor and glory at the revelation of Jesus Christ."

• **Matthew 5:10-12** "\_\_\_\_\_ are those who are \_\_\_\_\_ for righteousness \_\_\_\_\_, for theirs is the kingdom of heaven. Blessed (happy) are you when they revile and \_\_\_\_\_ you, and \_\_\_\_\_ all kinds of \_\_\_\_\_ against you falsely for My \_\_\_\_\_. \_\_\_\_\_ and be exceedingly \_\_\_\_\_, for great is your \_\_\_\_\_ in heaven, for so they \_\_\_\_\_ the prophets who were before you."

• **James 1:12** "\_\_\_\_\_ is the man who \_\_\_\_\_; for when he has been \_\_\_\_\_, he will receive the \_\_\_\_\_ of \_\_\_\_\_ which the Lord has promised to those who \_\_\_\_\_ Him."

**Definition: "Blessed is the man who ENDURES TEMPTATION** – The word "temptation" in this context means **testing**, although resisting the temptation to sin can be a part of our testing that God allows in our lives. Usually, these times of "testing" include going through trials, tribulations, afflictions, and sometimes persecution or sickness. **Even Jesus was tempted by Satan**, but He did not give in to the temptation, so He did not sin in any way. Jesus was the sinless Son of God - **He was NOT being tested by the devil because of any sin in His life**. There are times when we must go through some kind of testing or trials, the "storms of life" so to speak, but it is not necessarily because there is some sin God is purging out of our lives. Some testings are just to teach us obedience and to trust in and depend on our Lord no matter what. They are to prepare us for service, a training course or "boot camp", as we become "soldiers of Christ". Even Jesus, God in the flesh, had to be "perfected" **through suffering in order to learn obedience**, because these were things He could not learn in the perfect environment of heaven (see Phil. 2:8).

• **Matthew 4:1-3** "Then \_\_\_\_\_ was \_\_\_\_\_ up \_\_\_\_\_ the \_\_\_\_\_ into the wilderness to be \_\_\_\_\_ by the \_\_\_\_\_. And when He had fasted forty days and forty nights, afterward He was hungry. Now when the \_\_\_\_\_ came to Him, he said, "If You are the Son of God, command that these stones become bread."

13-18 **Happy is the man who finds WISDOM, and the man who GAINS UNDERSTANDING**; for her proceeds are better than the profits of silver, and her gain than fine gold. She is more precious than rubies, and all the things you may desire cannot compare with her, **Length of days** is in her right hand, in her left hand riches and honor. **Her ways are ways of pleasantness, and all her paths are peace**. She is a tree of life to those who take hold of her, and happy are all who retain her.

• **Proverbs 3:1-2** "My son, do not forget my law, but your \_\_\_\_\_ my \_\_\_\_\_; for \_\_\_\_\_ of \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_ they will add to you."

**Definition: "Happy is the man who finds WISDOM, and the man who GAINS UNDERSTANDING"** – Wisdom and understanding are the main theme of the Book of Proverbs. Here, we see the benefits of **having God's WISDOM and UNDERSTANDING** are the same as in verses 1 and 2, the benefits of keeping God's commandments. **That is because, if you truly have God's WISDOM and understanding of His word, you WILL keep His commandments**. Keeping God's commandments does not EARN us our salvation (salvation is by faith in Jesus Christ ONLY), but **obedience AFFECTS the**

**QUALITY of our lives here on EARTH**, and the **LENGTH** of our lives. As Christians, we **SHOULD** be obeying God's commandments, which is another way to say **DOING GOOD WORKS**.

•**Ephesians 6:1-3** "Children, \_\_\_\_\_ your parents in the \_\_\_\_\_, for this is right. \_\_\_\_\_ your father and mother,' which is the first \_\_\_\_\_ with \_\_\_\_\_; 'That it may be well with you and you may live \_\_\_\_\_ on the earth.'"

•**Psalm 34:11-14** "Come, you \_\_\_\_\_, listen to me; I will teach you the fear of the Lord. Who is the man who desires \_\_\_\_\_, and loves \_\_\_\_\_ that he may see \_\_\_\_\_? \_\_\_\_\_ your tongue from evil, and your lips from speaking guile. Depart from evil, and do \_\_\_\_\_; seek \_\_\_\_\_, and pursue it."

•**Romans 12:2** "And be \_\_\_\_\_ conformed to this world, but be transformed by the \_\_\_\_\_ of your \_\_\_\_\_ that you may prove what is that good and acceptable and perfect \_\_\_\_\_ of \_\_\_\_\_."

**Definition: "RENEWED" and "TRANSFORMED"** — To be **CHANGED** and **MADE NEW**. If we want to see positive changes in our lives, we **must renew our minds** by constantly reading the **word of God**. Otherwise, we will think, act and talk just like the rest of the **world**. As our **minds** are changed (our way of thinking), we will begin to see things as God sees them (**we will have God's WISDOM and understanding of His word**), and our outward behavior will change. We will "Walk in the Spirit and will not fulfill (carry out) the lusts of the flesh (the Old Man)." Galatians 5:16

19-20 **The Lord by WISDOM founded the earth; by UNDERSTANDING He established the heavens;** by His knowledge the depths were broken up, and clouds drop down the dew.

•**Psalm 104:24-25** "O Lord, how manifold are Your works! In \_\_\_\_\_ You have \_\_\_\_\_ them all. The earth is full of Your possessions - this great and wide \_\_\_\_\_, in which are innumerable teeming things, \_\_\_\_\_ both small and great."

**Definition: "The Lord by WISDOM founded the earth; by UNDERSTANDING He established the heavens"** - **God just spoke the word**, and the heavens and earth and everything in them was created. It was by His **WISDOM** that He created all these things to work perfectly - they could not have just appeared and created themselves to function so marvelously.

•**Genesis 1:1-2** "In the beginning God created the \_\_\_\_\_ and the \_\_\_\_\_. The \_\_\_\_\_ was without \_\_\_\_\_, and void; and darkness was on the face of the \_\_\_\_\_. And the \_\_\_\_\_ of \_\_\_\_\_ was hovering over the face of the \_\_\_\_\_."

•**Genesis 1:6-10** "Then God \_\_\_\_\_, 'Let there be a \_\_\_\_\_ in the midst of the \_\_\_\_\_, and let it \_\_\_\_\_ the \_\_\_\_\_ from the \_\_\_\_\_.' Thus God made the firmament, and \_\_\_\_\_ the \_\_\_\_\_ which were \_\_\_\_\_ the firmament from the waters which were \_\_\_\_\_ the \_\_\_\_\_; and it was so. And God called the firmament \_\_\_\_\_. So the evening and the morning were the second day. Then God said, 'Let the \_\_\_\_\_ under the heavens be gathered together into one place, and let the \_\_\_\_\_ land appear'; and it was so. And God called the \_\_\_\_\_ land \_\_\_\_\_, and the gathering together of the \_\_\_\_\_ He called \_\_\_\_\_. And God saw that it was good."