



Welcome to Week 2, Lesson 1 of Faith & Fit! Jane and I pray that you become strong both spiritually and physically. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed, please sign your initials on the line: _____

Please read Proverbs 24:13-16, silently and out loud:

*13 My son, eat honey because it is good, and the honeycomb which is sweet to your taste;
14 So shall the knowledge of wisdom be to your soul; if you have found it, there is a prospect,
And your hope will not be cut off.*

*15 Do not lie in wait, O wicked man, against the dwelling of the righteous;
Do not plunder his resting place; 16 For a righteous man may fall seven times
And rise again, but the wicked shall fall by calamity.*

What verse or phrases from the text above are meaningful to you at this time?

In verse 13, to what is the knowledge of wisdom being compared?

How is wisdom sweet to the soul?

Did you know that honey is one of the few foods that never spoils? Likewise God's Word is always fresh, always nutritious and always beneficial.

How has God's Word nourished you lately?

The word *prospect* in verse 14 is derived from the Hebrew word *'achariyth* means *a reward, an after part, a latter event*. Wisdom carries a double reward—sweetness now and in the future. You will never regret living according to God's Word.

Using what we have learned, and the power of drawing an inference, please finish the following analogy:

Reward is to wisdom as _____ is to foolishness.

According to verse 14, what is another benefit of seeking wisdom?

Which is more important to you — *hope* or *reward*? Why?

Please read verse 16 again.

What word does God use to describe a person who seeks wisdom?

What will happen to a righteous woman if she falls?

God says she will *rise* again. In the original Hebrew, the word *rise* transliterates as *quwm* which means ... *to become powerful, to be fulfilled, to set up, establish, to build, to build up ruins* (emphasis mine). Someone will be blessed by this definition.

If you, like me, have ever ruined part of your life, take hope! God can give you beauty for your ashes; He will rebuild what you have ruined and empower you to walk with Him again. Perhaps you think you don't deserve a second chance; I didn't either. God gave me a second chance anyway ... and a third ... and a fourth, etc. All you need to do *to rise again* is get up. He will even supply the energy for that!

Thank you for joining us today! See you next week!