



Spiritual Health – Do I Make Wise Choices?

February 19, 2023

Word — A healthy Christian knows God through the applied word of God under the direction and empowerment of the Holy Spirit.

Worship — A healthy Christian manifests a lifestyle of worship and prayer based on close daily communion with God.

Warmth — A healthy Christian engages in meaningful life-on-life relationships that reflect the love of God and leave people impacted and changed.

Witness — A healthy Christian lives under the commission of Christ to win and grow disciples, integrating outreach into all aspects of life.

Works — A healthy Christian builds up the body of Christ through their spiritual gifts and passions.

Wisdom — A healthy Christian manages their skills, money, and time putting them under the Lordship of Jesus.

What Does A Healthy Christian Look Like?



Wisdom

...for wisdom is better than jewels, and all that you may desire cannot compare with her. Proverbs 8:11 (ESV)

- In the New Testament, for the Greeks, wisdom meant understanding a concept or analyzing a problem.
- In the Old Testament, for the Hebrews, wisdom meant skill in practical living.

How can I make wise choices in real life?

1. Fear of God is the beginning of wisdom.

The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is insight. Proverbs 9:10 (ESV)

The fool says in his heart, "There is no God.".... Psalm 14:1 (ESV)

...you have exalted above all things your name and your word. Psalm 138:2 (ESV)

The fear of the LORD prolongs life, but the years of the wicked will be short.
Proverbs 10:27 (ESV)

The reward for humility and fear of the LORD is riches and honor and life.
Proverbs 22:4 (ESV)

2. A wise person guards their mind.

For as he thinks in his heart, so is he... Proverbs 23:7 (NKJV)

Keep your heart with all vigilance, for from it flow the springs of life. Proverbs 4:23 (ESV)

The simple inherit folly, but the prudent are crowned with knowledge.
Proverbs 14:18 (ESV)

- Simple means “an open door.” A simple person does not limit what they allow in their mind.

3. A wise person chooses friends carefully.

My son, if sinners entice you, do not consent. Proverbs 1:10 (ESV)

Iron sharpens iron, and one man sharpens another. Proverbs 27:17 (ESV)

If they say, “Come with us, let us lie in wait for blood; let us ambush the innocent without reason; like Sheol let us swallow them alive, and whole, like those who go down to the pit; Proverbs 1:11–12 (ESV)

we shall find all precious goods, we shall fill our houses with plunder; throw in your lot among us; we will all have one purse”— my son, do not walk in the way with them; hold back your foot from their paths, for their feet run to evil, and they make haste to shed blood. For in vain is a net spread in the sight of any bird, but these men lie in wait for their own blood; they set an ambush for their own lives. Proverbs 1:13–18 (ESV)

Do not be deceived: “Bad company ruins good morals.” 1 Corinthians 15:33 (ESV)

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother. Proverbs 18:24 (ESV)

Whoever walks with the wise becomes wise, but the companion of fools will suffer harm. Proverbs 13:20 (ESV)

4. A wise person learns self-discipline.

He dies for lack of discipline, and because of his great folly he is led astray.
Proverbs 5:23 (ESV)

The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin.
Proverbs 5:22 (ESV)

He who commits adultery lacks sense; he who does it destroys himself.
Proverbs 6:32 (ESV)

Drink water from your own cistern, flowing water from your own well. Should your springs be scattered abroad, streams of water in the streets? Let them be for yourself alone, and not for strangers with you. Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love. Why should you be intoxicated, my son, with a forbidden woman and embrace the bosom of an adulteress? For a man's ways are before the eyes of the LORD, and he ponders all his paths. The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin. He dies for lack of discipline, and because of his great folly he is led astray. Proverbs 5:15–23 (ESV)

5. A wise person watches their words.

Put away from you crooked speech, and put devious talk far from you.
Proverbs 4:24 (ESV)

A worthless person, a wicked man, goes about with crooked speech,
Proverbs 6:12 (ESV)

But what comes out of the mouth proceeds from the heart, and this defiles a person.
Matthew 15:18 (ESV)

The one who conceals hatred has lying lips, and whoever utters slander is a fool.
Proverbs 10:18 (ESV)

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. Ephesians 4:29 (ESV)

When words are many, transgression is not lacking, but whoever restrains his lips is prudent. Proverbs 10:19 (ESV)

There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing. Proverbs 12:18 (ESV)

A soft answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1 (ESV)

6. A wise person works hard.

Go to the ant, O sluggard; consider her ways, and be wise. Without having any chief, officer, or ruler, she prepares her bread in summer and gathers her food in harvest. How long will you lie there, O sluggard? When will you arise from your sleep? A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man. Proverbs 6:6–11 (ESV)

The sluggard says, "There is a lion in the road! There is a lion in the streets!" As a door turns on its hinges, so does a sluggard on his bed. Proverbs 26:13-14 (ESV)

A slack hand causes poverty, but the hand of the diligent makes rich. He who gathers in summer is a prudent son, but he who sleeps in harvest is a son who brings shame. Proverbs 10:4-5 (ESV)

...making the best use of the time, because the days are evil. Ephesians 5:16 (ESV)

7. A wise person manages their money.

Honor the LORD with your wealth and with the firstfruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine. Proverbs 3:9-10 (ESV)

Such are the ways of everyone who is greedy for unjust gain; it takes away the life of its possessors. Proverbs 1:19 (ESV)

Conclusion

Life Group Questions

1. Review the message on your sermon handout. What did you learn that was new? What parts were review?
2. **Read the verses on the outline under point 1.** Proverbs 9:10 reminds us that the fear of the Lord is the beginning of wisdom. Psalm 14:1 reminds us that it is only a fool who claims to be an atheist and says there is no God. What foolish choices have you seen made in our society by people who have rejected God and the Bible? What were the results of their choices?
3. **Read the verses on the outline under point 2.** Wise people guard what they put in their minds. What are some of the common ways society puts unwholesome thoughts enter our minds? If you were to identify an open door in your life that fosters ungodly thoughts, what would it be? How can you close that door?
4. **Read the verses on the outline under point 3.** How have poor friendship choices led to bad outcomes in your life? Proverbs 18:24 teaches us it is better to have a few godly friends we trust who can tell us the truth in a loving way than a large number of surface friends. What is the danger of pursuing popularity instead of a smaller number of godly friends?
5. **Read the verses on the outline under point 4.** Why is it important to learn self-discipline and how to say, "No?" In our hyper-sexualized world, what are the consequences of allowing ourselves to satisfy our sexual desires, either mentally or physically, with someone other than our spouse outside of the marital commitment? How can a wise person develop greater levels of self-discipline? (See Galatians 5:22-26)
6. **Read the verses on the outline under point 5.** Which of the verses is most important to you? Why? This week, memorize that verse.
7. **Read the verses on the outline under point 6.** Why must a wise person work hard? What is the long-term reward for a hard-working person?