

# Super Food: The Path of Wisdom

By Brett Hilliard, August 14, 2022

My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favour and a good name in the sight of God and man. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. Honour the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine. My son, do not despise the Lord's discipline, and do not resent His rebuke, because the Lord disciplines those He loves, as a father the son He delights in. Proverbs 3:1-12(NIV)

5 ingredients of wisdom:

1. Constant nourishment on God.

Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Proverbs 3:3

2. Healthy scepticism of yourself.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight. Proverbs 3:5-6

3. Prioritised role of people.

Do not be wise in your own eyes. Proverbs 3:7

4. Routine of best practices of faith.

My son, do not forget my teaching, but keep my commands in your heart. Proverbs 3:1

5. Perspective on problems.

My son, do not despise the Lord's discipline, and do not resent His rebuke, because the Lord disciplines those He loves, as a father the son He delights in. Proverbs 3:11-12

REFLECTION QUESTIONS

1. Who is a person in your life that you consider wise? How have you observed wisdom in their life?
2. Which of the five points discussed stands out to you the most? How can you apply it to your life?