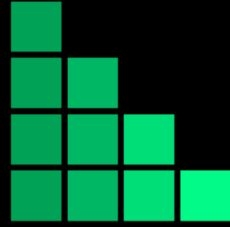


NEW LIFE ONE STUDIES



Ways of the Wise *Week 6 Study Guide*

Message:

“Trusting God when Life Feels Heavy”

SCRIPTURE

<i>Main Text:</i>	<i>Other Text:</i>
<i>Proverbs 3:1–8</i>	<i>James 1:5; Matthew 11:28–30; Isaiah 55:8–9; Psalm 23; John 10:10; John 16:33</i>

UNDERSTANDING THE STORY

*(This section focuses on understanding what the text means —
before jumping to what it means for us.)*

Read Proverbs 3:1–2

Main Idea:

God's wisdom begins with remembering His Word and allowing it to shape our hearts.

Commentary:

Proverbs 3 opens with the loving words of a father speaking to his child. Solomon isn't simply giving advice—he is passing on the wisdom of a life lived with God. His greatest desire isn't merely that his son make good decisions, but that he know and trust the God who gives wisdom.

When Solomon says, "Do not forget my teaching," he is talking about much more than memorizing information. Biblical remembrance means allowing God's truth to become part of who we are. His Word moves beyond our minds and takes root in our hearts.

From the very beginning, God's desire has always been relationship. His commands are not a checklist designed to earn His love. They are an invitation to walk closely with Him.

As we continue growing in Proverbs, we discover that wisdom isn't simply knowing what is right. Wisdom is living in relationship with God so consistently that His truth begins to shape our character, decisions, and responses.

Jesus echoed this same heart when He said He came so that we might have life—and have it abundantly. God desires more than survival. He desires transformation.

Discussion Questions:

1. Why do you think Solomon begins by telling us to remember God's Word?
2. What is the difference between knowing Scripture and allowing it to shape your heart?
3. How have you experienced God's Word speaking into a specific season of your life?

Takeaway:

God's wisdom begins when His Word becomes more than information—it becomes the foundation of our lives.

Read Proverbs 3:5–6**Main Idea:**

Trusting God means placing the full weight of our lives into His hands.

Commentary:

These verses are some of the most familiar in all of Scripture, yet they are also among the most difficult to live out.

Trust requires surrender.

It isn't simply believing that God exists. It is believing that He is trustworthy enough to carry what we cannot.

We often say we trust God until circumstances become difficult. When life feels uncertain, our natural response is to take control. We begin trying to solve every problem ourselves, carrying burdens God never intended us to bear.

Solomon reminds us not to rely on our own understanding because our perspective is limited. God sees what we cannot. His wisdom reaches beyond our circumstances into His eternal purposes.

Trust is not passive. It is an ongoing decision to place every part of our lives—our families, finances, health, relationships, fears, and future—into God's hands.

When we acknowledge Him in every area of life, He faithfully directs our paths, even when we cannot yet see where they lead.

Discussion Questions:

1. Why is trusting God often harder than believing in Him?
2. What situations make you most tempted to rely on your own understanding?
3. What does it practically look like to acknowledge God in all your ways?

Takeaway:

Trust grows when we choose surrender over control.

Read Isaiah 55:8–9 & Matthew 11:28–30

Main Idea:

God invites us to exchange our burdens for His peace.

Commentary:

One of the greatest struggles we face is believing we have to carry everything ourselves.

We carry worry. We carry fear. We carry guilt. We carry uncertainty.

Yet Jesus gives a different invitation: "Come to Me."

God never promised a life without trouble, but He did promise His presence in every season.

Isaiah reminds us that God's thoughts are higher than ours and His ways are beyond our understanding. There will be moments when life simply doesn't make sense. There will be questions without immediate answers.

In those moments, wisdom doesn't demand complete understanding.

Wisdom chooses trust.

Jesus describes Himself as gentle and humble in heart. He doesn't shame us for our weakness. Instead, He invites us to find rest for our souls.

The Shepherd does not remove every valley.

He walks with us through it.

Discussion Questions:

1. What burdens are easiest for you to hold onto?
2. Why is surrender sometimes harder than striving?
3. How have you experienced God's peace during a difficult season?

Takeaway:

God doesn't ask us to carry life alone. He invites us to walk beside Him.

Read James 1:5

Main Idea:

God generously gives wisdom to those who ask.

Commentary:

Every person eventually faces situations beyond their own understanding.

There are moments when experience isn't enough.

Knowledge isn't enough.

Strength isn't enough.

James reminds believers that God delights in giving wisdom to His children.

Notice what James does not say.

He doesn't say God gives wisdom reluctantly.

He doesn't say God gives wisdom only to people who have everything together.

He says God gives generously and without finding fault.

God welcomes honest dependence.

He isn't looking for perfect people.

He is looking for people willing to ask.

Wisdom begins when we recognize our need for Him.

Discussion Questions:

1. Why is it sometimes difficult to ask God for wisdom?
2. How does knowing God gives generously change the way you pray?
3. What area of your life needs God's wisdom right now?

Takeaway:

God's wisdom is always available to those who seek Him.

MAKE IT PERSONAL

Every one of us carries something.

Some carry fear about the future.

Some carry grief.

Some carry financial pressure.

Others carry broken relationships, health concerns, or unanswered prayers.

Often, no one else knows the weight we feel.

But God does.

He sees every burden before we ever speak it.

The invitation of Proverbs is not to pretend everything is fine.

It is to trust God with what feels impossible.

Trust isn't pretending life is easy.

Trust is believing that God is faithful even when life isn't.

Reflect:

1. What burden have you been trying to carry on your own?
2. Where are you relying more on your own understanding than God's wisdom?
3. What would it look like to surrender that situation to Him this week?
4. How has God shown Himself faithful in your past that encourages you today?

Key Truth:

Wisdom isn't having all the answers. Wisdom is trusting the God who does.

LIVING IT OUT

Let this passage move you from reflection to action this week.

Remember God's Word

Spend time reading Proverbs 3 each day this week. Ask God to move His truth from your head to your heart.

Trust Him Daily

Identify one burden you've been carrying and intentionally surrender it to God in prayer each day.

Ask for Wisdom

Before making an important decision this week, pause and ask God for His guidance instead of relying only on your own understanding.

Rest in His Presence

Take time to slow down and simply be with God. Let His peace replace your anxiety.

Follow His Leading

When God prompts you to obey—even if it feels uncomfortable—choose trust over fear.

For LifeGroups

ENCOURAGE EACH OTHER

Talk through these together:

1. What circumstances make trusting God most difficult for you?
 2. Have you ever experienced a time when God proved Himself faithful after you surrendered control?
 3. Which verse from Proverbs 3 speaks to you most right now?
 4. What burden do you need your group to pray with you about this week?
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PRAY TOGETHER

Thank God for His constant presence and faithful love.

Confess the areas where you've relied on your own understanding instead of trusting Him.

Ask God for wisdom in every decision and circumstance you are facing.

Pray for courage to surrender your fears, burdens, and future into His hands.

Ask the Holy Spirit to help your group become people who remember God's Word, trust Him completely, and walk faithfully wherever He leads.

Final Thoughts

Life will always present questions we cannot answer and burdens we cannot carry alone.

Proverbs reminds us that wisdom isn't found in controlling every circumstance—it is found in trusting the One who already holds them.

The invitation of God has never been to have all the answers.

It has always been to know Him.

As we remember His Word, acknowledge His presence, and trust Him with our whole hearts, we discover that He is exactly who He says He is—faithful, loving, sovereign, and good.

Perhaps the greatest act of wisdom is not figuring everything out.

It is placing the full weight of our lives into the hands of our Good Shepherd.

As you walk through this week, remember:

God is good. God is good to you. And God is good at being God.

When we trust Him completely, fear begins to give way to peace, striving gives way to surrender, and wisdom becomes a daily walk with the One who will never leave us nor forsake us.