

The background features a watercolor illustration of a forest with several evergreen trees. In the foreground, there is a large, light-colored rock with a rough, textured surface. The text is overlaid on this scene.

WISDOM LITERATURE

reflection guide

Week 3

What is Wisdom Literature?

Wisdom literature is an Old Testament genre that contains a collection of wise proverbs, moral teachings, poems, life observations, and testimonies that are meant to guide the reader along the path of “wisdom” that leads to a life of *shalom* in Christ. Traditionally, the Old Testament books Job, Proverbs, Ecclesiastes, and Song of Solomon are considered wisdom literature.

What Is Shalom?

The word *Shalom* is a Hebrew word meaning “peace” and “wholeness.” In **Proverbs 3.17**, wisdom is depicted as a woman whose “paths all lead to *shalom*”. The promise of Scripture is that those who follow the Lord’s path of wisdom will inherit a life of *shalom* - a life of peace and wholeness in Christ.

How Do I Use This Guide?

This 7-week guide is designed to help you be with Jesus as you interact with wisdom literature, reflect personally, and pray with intention. For each week, there are four different movements: *Centering Prayer, Scripture Reading, Personal Reflection, and Realigning Prayer.*

Each movement should be done at your own pace and at your own time. You can do all the movements in one sitting or (as we recommend) space them out in the week.

Keep in mind that this is not meant to be something you work to accomplish, but instead a practice to enjoy, as you be with, become like, and love like Jesus.

WISDOM IN EMBRACING TRIALS

WEEK THREE

April 26 – May 2

Instructions

Interact with the following four movements at your own pace throughout the week.

Key Verse

*For the Lord will be your confidence and will keep your foot from being caught
- Proverbs 3.26*

Movement #1 | Centering Prayer

Spend a dedicated amount of time (however long is good for you personally) where you are intentionally focusing your full attention on the Lord in **silence, solitude, and stillness**.

Find a comfortable spot where you can safely be in solitude for the duration of the time you've set aside. Do your best to sit still and avoid speaking. Take deep breaths and try to quiet your mind as best you can. The purpose of this is to simply be present with the Lord during this time.

When you are ready, spend a few minutes repeating aloud or writing this verse down: ***"The beginning of wisdom is the fear of the Lord."*** - Proverbs 1:7

Movement #2 | Scripture Reading

As you read the following, write down or highlight anything that stands out to you: **Job 1:20-22, Proverbs 3.21-26, Proverbs 14.13, Proverbs 24.10, Ecclesiastes 7.14**

In your own words, how would you define what wisdom literature says about embracing trials and adversity?

WISDOM IN EMBRACING TRIALS WEEK THREE

Movement #3 | Personal Reflection Thought

Please read the following and respond to the reflection questions provided.

Let's be honest: We all wish life were easier. That the load on our backs were lighter, the days simpler, the terrain smoother, and the storms calmer. But like most things in life, we cannot control the storms hovering above us. Life is not a vending machine; we can't pick and choose the trials we face and the ones we avoid. We all know the heartbreaking reality: *life just happens*. We can't control what happens in life; but we can control how we live through it. The decision on how and when to move forward is ours to make. But the question stands. Will we continue to walk along God's path of wisdom even as adversity lurks along the sidelines? His path doesn't come with a guarantee of easy travel; in fact, in this life, you will have trouble. But the path holds a better and far more rewarding promise: **"He will be at your side. He will be your confidence and He will keep your foot from being caught."** (Proverbs 3.26)

In the pain that won't release, He is there.

In the long nights on the bathroom floor, He is there.

In the stack of bills, He is there.

In the once-again-messy kitchen, He is there.

In the exhaustion of parenting, He is there.

In the newest negative test, He is there.

In the rejection letter, He is there.

In the empty chair at the table, He is there.

In the hospital room after the diagnosis was given, He is there.

In the aftermath when only ashes remain, He is there.

In the long and lonely afternoons, He is there.

In the uncertainty of the next step, He is there.

He is there. At your side. Holding you close, as He always has, whispering what He's always said: **"Come to me, all you who are weary and burdened, and I will give you rest."** (Matthew 11.28)

WISDOM IN EMBRACING TRIALS WEEK THREE

Movement #3 | Personal Reflection Questions

Spend a few minutes reflecting on these questions. This would be a great time to journal if that helps you process.

What is Resonance?

Feeling a deep alignment with God and His path of wisdom.

What is Resistance?

Feeling a tension in your alignment with God and His path of wisdom.

Reflection Questions

Where do you feel “resonance” with God in how you navigate trials?

Where do you feel “resistance” with God in how you navigate adversity?

What do you need to do to realign with God’s Wisdom for your life?

Movement #4 | Realignment Prayer

For this fourth movement, take a walk or find a comfortable place to relax. Bring to mind your reflection responses, praying through them and asking the Lord for His wisdom and guidance over your next steps and the decisions ahead of you. Ask him to lead you in a life of righteous living.

When you're ready, read or listen to **Proverbs 3.5–8**. If you'd like, use this Scripture as a guide in praying to your Father.

WISDOM IN EMBRACING TRIALS WEEK THREE

Wisdom Quote

*"When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer" - **Corrie Ten Boom***

Recommended Resources For A Deeper Dive

- › **Podcast:** *The Bible Project: Proverbs: The Art Of Living*
- › **Book:** *Walking With God Through Pain and Suffering* by Timothy Keller

*Recommended Scripture Memorization

Proverbs 3.26
Psalms 46.1-3
Matthew 11.28

Spotify Playlist



Family Activity

Blindfold Challenge!

Use pillows, boxes, or furniture to create a little obstacle course in your living room or any open space in your home. Take turns being blindfolded while trying to navigate through the course. Whoever is not wearing the blindfold should try to whisper directions to help guide the person who is blindfolded. Turn on some loud music to make it more challenging!

When you're done, take a moment to discuss how in life we don't always see where we're going or why things happen. But God promises to always be at our side, guiding us with His "still, small whisper." Feel free to talk more about how you, as a family, can make more space to hear God's whispers as you navigate life!