

The background features a soft watercolor illustration of a forest scene. In the upper half, several evergreen trees are depicted in shades of light grey and blue. Below the trees, a wide, calm lake is shown in a pale, muted blue, reflecting the sky and trees. The overall style is artistic and serene.

**WISDOM  
LITERATURE**

*reflection guide*

# 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 THE FEAR OF THE LORD

WEEK ONE  
April 12 – April 18

## Instructions

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

## Key Verse

***"The beginning of wisdom is the fear of the Lord" – Proverbs 1:7***

## 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: **Proverbs 1:7, Proverbs 2:3–15, Proverbs 3:5–8, Proverbs 14:26–27, Proverbs 16:6, Proverbs 22:4.**

*In your own words, how would you define what wisdom literature says about living with a "fear of the Lord?"*

## Movement #3 | Personal Reflection Thought

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

### ***“The beginning of wisdom is the fear of the Lord” – Proverbs 1.7***

In our modern era, the word “fear” describes the adrenaline-fused dread we feel when facing something terrifying – an emotion we desperately strive to avoid in life. However, when the authors of wisdom literature use the word, they seem to hold a different meaning in mind. The phrase “*fear of the Lord*” is not meant to communicate that we should be terrified of God. Rather, it is coming to the realization of who God truly is and continually accepting His invitation to gently surrender yourself to Him in humility and awe.

It’s like sitting on a sandy shoreline, watching the rippling tide roll in under a bright expanding sunset that you didn’t create and could never control. It’s all beautiful and breathtaking and perfect, and in that moment, you find peace in the fact that you are *not* the one in control.

*Fear of the Lord* is recognizing that God is beyond your control and being overwhelmingly at peace with that – because you trust Him completely. You trust that the powerful hand that could crush you is truly the loving hand that holds you. The One who fashions oceans and designs stars is the same One who knows and sways to the rhythm of your small heartbeat. Fear of the Lord is choosing to be dependent upon the One who always chooses to be available to you.

If wisdom is the language of God’s heart, then *the fear of the Lord* is how we learn to understand it, speak it, and walk in it.

# WISDOM IN THE FEAR OF THE LORD WEEK ONE

## 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 your life?*

*Where do you feel "resistance" with God in your life?*

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

## Movement #4 | Realigning 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.

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 THE FEAR OF THE LORD WEEK ONE

## Wisdom Quote

"The holy is hidden and veiled; we cannot grasp it with our intellect, but only approach it with awe and wonder."

- **Rudolf Otto**, a German Theologian

## Recommended Resources For A Deeper Dive

- › **Podcast:** *The Bible Project: Proverbs: The Art Of Living*
- › **Book:** *The Knowledge of the Holy* by A.W. Tozer
- › **Sermon:** *Treasuring the Fear of God* by Francis Chan

## Family Activity

### \*Recommended Scripture Memorization

*Proverbs 1.7*  
*Proverbs 2.6-8*  
*Proverbs 3.5-8*

### Spotify Playlist



### Stargazing!

On a clear evening, spread a few blankets out and gather the family to lie back and take in the night sky. Use this quiet, expansive moment to talk with your kids about how big God is — communicating to them that the same Creator who spoke every star into existence also designed the very hairs on their heads. To anchor this experience in Scripture, read **Psalm 19:1** together: "*The heavens declare the glory of God; the skies proclaim the work of his hands.*" If your children are older, feel free to read the entire chapter to explore how God's majesty in nature points us toward the perfection of His Word.