

The background features a soft, watercolor-style illustration of a forest with several evergreen trees and a calm lake in the foreground. The colors are muted, with various shades of grey, blue, and green.

# **WISDOM LITERATURE**

*reflection guide*

**Week 6**

# 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 SEASONS

WEEK SIX  
May 17 – May 23

## Instructions

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

## Key Verse

*Death and life are in the power of the tongue, and those who love it will eat its fruits  
- Proverbs 18.21*

## 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 27.1, Ecclesiastes 3:1-11, 12:13-14.**

*In your own words, how would you define what wisdom literature says about the time and seasons?*

## Movement #3 | Personal Reflection Thought

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

Have you ever paused to notice how time reshapes the world around you? The streets you once wandered now hum with new stories. The childhood home glows with unfamiliar laughter. Life doesn't stand still; it ripples forward, like water finding its way through stone. And just as time moves, so too does creation—turning through its divine rhythm. The same grace that shifts the years also turns the wheel of the seasons, each one carrying its own quiet lesson.

I've found that God has helped me understand these seasons—their constancy, their purpose. This sacred rhythm is His design: sowing and reaping, death and resurrection, rest and renewal. Each turn of time echoes the story written from Genesis to Revelation, the fall and the promise, the waiting and the restoration.

*"The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man. For God will bring every deed into judgment, with every secret thing, whether it is good or evil." —*

**Ecclesiastes 12:13–14**

In every cycle, He reminds us that life is not a straight line but a continual return to His grace: the dying of self, the rising of faith, the living in obedience, and the preparing for His coming glory.

We walk through time with humility, knowing tomorrow is never promised:

*"Do not boast about tomorrow, for you do not know what a day may bring." —*

**Proverbs 27:1**

Yet even when life feels cruel, the rhythm of God's design continues. The same hands that shaped the seasons hold the passing of every heart. In winter's silence, He promises spring. In loss, He whispers renewal. The cycle does not end—it transforms. For every fading moment, there is a dawn waiting to rise.

*Written by Page McPhail*

## 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 your season of life?*

*Where do you feel “resistance” with God in how you navigate your season of life?*

*What do you need to do to realign with God’s Wisdom?*

## 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. 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 Quote

*"All we have to decide is what to do with the time that is given us."  
— J.R.R. Tolkien*

## Recommended Resources For A Deeper Dive

› **Book:** Everything Is Never Enough by Bobby Jamieson

## Family Activity

### HOW DO WE SPEND OUR TIME

For this week's activity, create a schedule showing the average flow of the day for your family. Use different colors to symbolize certain categories (school, work, rest, play, etc.) When you've got the gist of the schedule, take a few moments to talk about how your family can find little ways to be present with each other, with those around you and with God through the day's schedule. Write those ideas down on sticky notes and place them on schedule. Take a few moments to explain how important it is to be present in the day that God has given us; how we can choose to enjoy the day, no matter what's going on or what's in store.