



GUIDED BIBLE STUDY

Do Not Lean

Speaker: Pastor Tony Orihuela

Highlighted Scripture

Proverbs 3:1–8

My son, do not forget my teaching, but let your heart keep my commandments; for length of days and years of life and peace they will add to you.

Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man.

Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your path.

Be not wise in your own eyes. Fear the Lord and turn away from evil. It will be healing to your flesh and refreshment to your bones.

Discussion Questions

- 1. Which line from Proverbs 3 in the Highlighted Scripture struck you most, and why?**
- 2. What does “lean not on your own understanding” look like in a practical decision you’re facing now?**
- 3. How can we “bind steadfast love and faithfulness around our neck” in everyday life? (concrete habits/practices)**

- 4. Where have you seen God “make straight your path” after choosing to trust rather than rely on your own wisdom?**
- 5. The speaker says trusting God brings “healing to your flesh and refreshment to your bones.” How might spiritual trust produce physical or emotional renewal in your life?**



Devotional Homework

- Pick one short passage from Proverbs 3 (one or two verses) and memorize it this week.**
- Pause and say that verse aloud as a short prayer asking God to help you not lean on your own understanding that day.**
- Keep a one-paragraph journal entry. where did you intentionally trust God (small or large), and what difference did that make?**



Prayer Prompt

Lord, help me to trust You with all my heart. Teach me to release my tendency to rely on my own wisdom and to lean instead on Your understanding. Put steadfast love and faithfulness in my life; write Your ways on my heart. Guide my steps, bring healing to my body and refreshment to my soul, and help me walk humbly with You each day. Amen.

