



# wisdom from proverbs

Pr. 9:10

**WHAT IS THE KEY  
TO SPIRITUAL GROWTH  
AND HEALTH?**

The key to spiritual  
growth and health:

Not achievement

The key to spiritual  
growth and health:

Not achievement  
But astonishment

**“The fear of the Lord.”**

“Happy is the man that feareth  
always...” *(Proverbs 28:14a, KJV)*

“The fear of the LORD leads to life; then one rests content, untouched by trouble.”

*(Proverbs 19:23, NIV)*

“The fear of the Lord is a life-giving fountain...”

*(Proverbs 14:27, NIV)*

# **THE RIDDLE OF THE FEAR OF GOD**

We are told to “fear God”  
**100 times in the Bible**

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Yet God keeps telling  
people to “fear not” when  
he appears to them

SO WHAT DOES IT  
MEAN TO  
“FEAR THE LORD”?



1. It's about living in  
awe

“Blessed is the one who fears the LORD always, but whoever hardens his heart will fall into calamity.” *(Proverbs 28:14, ESV)*

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“Awe is a fundamental part of being a healthy human.”

Lani Shiota  
Professor, ASU













“That indefinable mixture of reverence, fear, pleasure, joy and awe which fills our hearts when we realize who God is and what he has done for us.”

Sinclair Ferguson

Why use the word “fear”?

**Fear is revealing**



2. It's about choosing  
a perspective

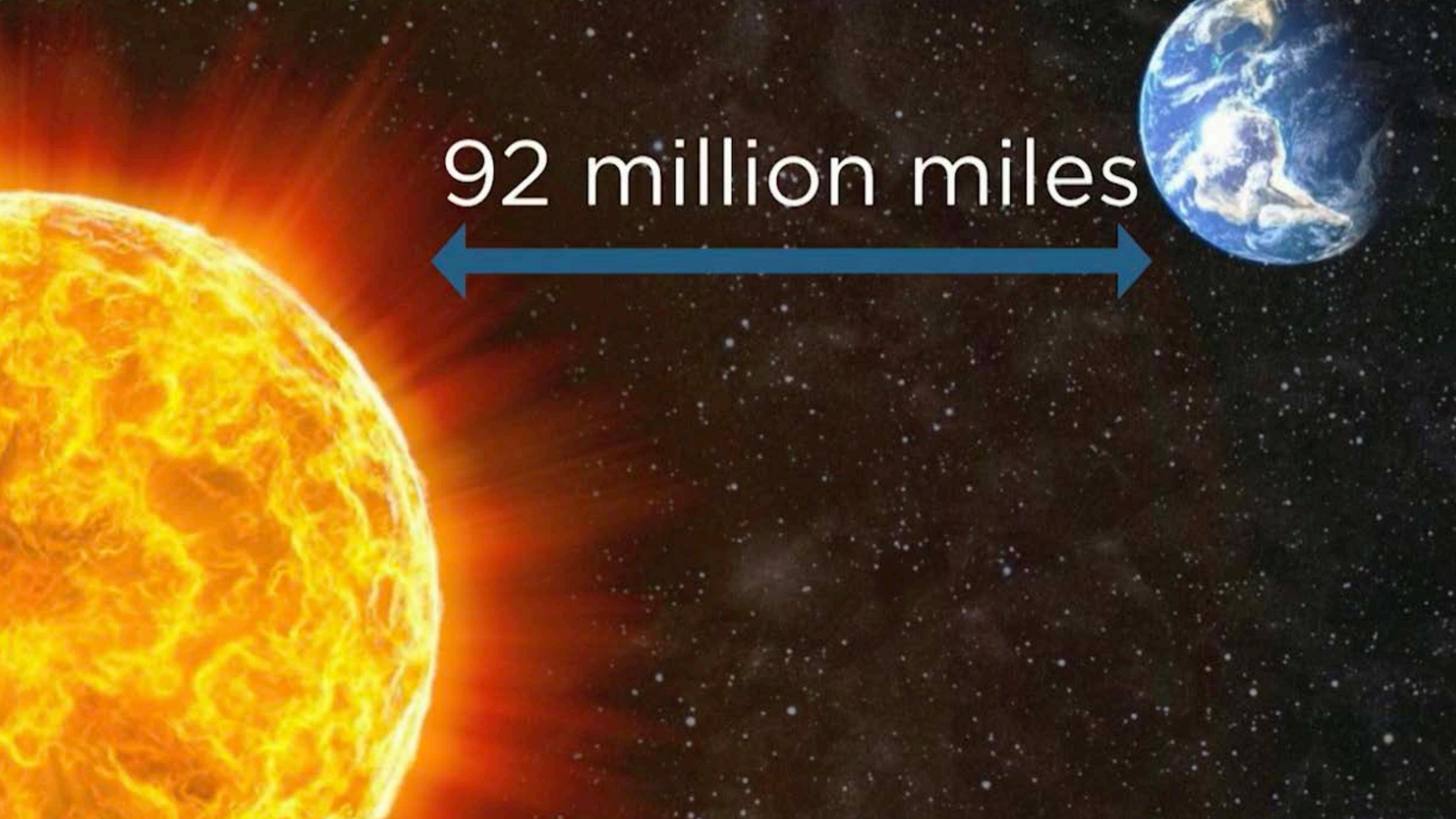
“The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is insight.” *(Proverbs 9:10, ESV)*

“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

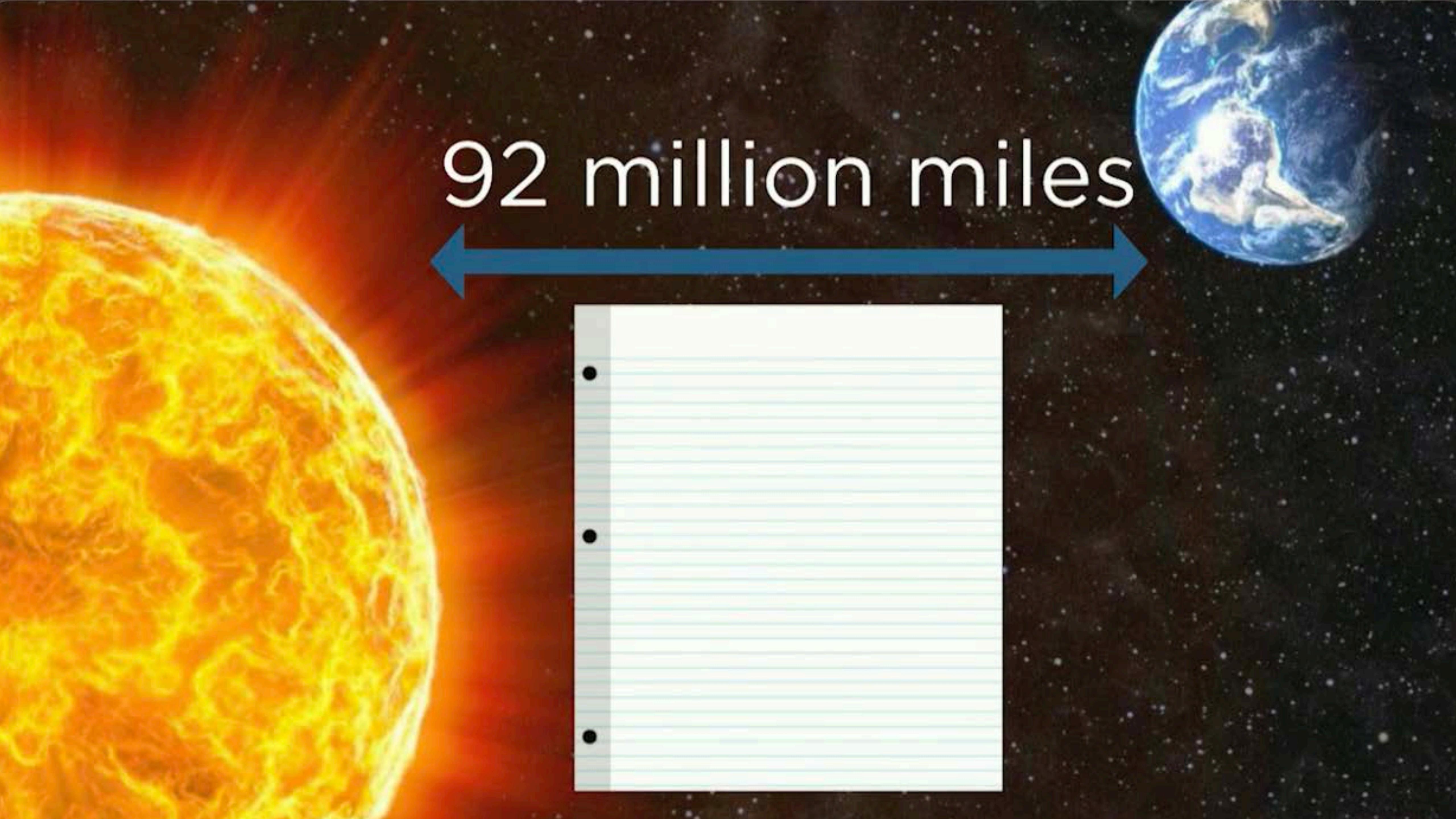
*(Proverbs 3:5,6, NIV)*

“**Trust** in the **LORD** with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

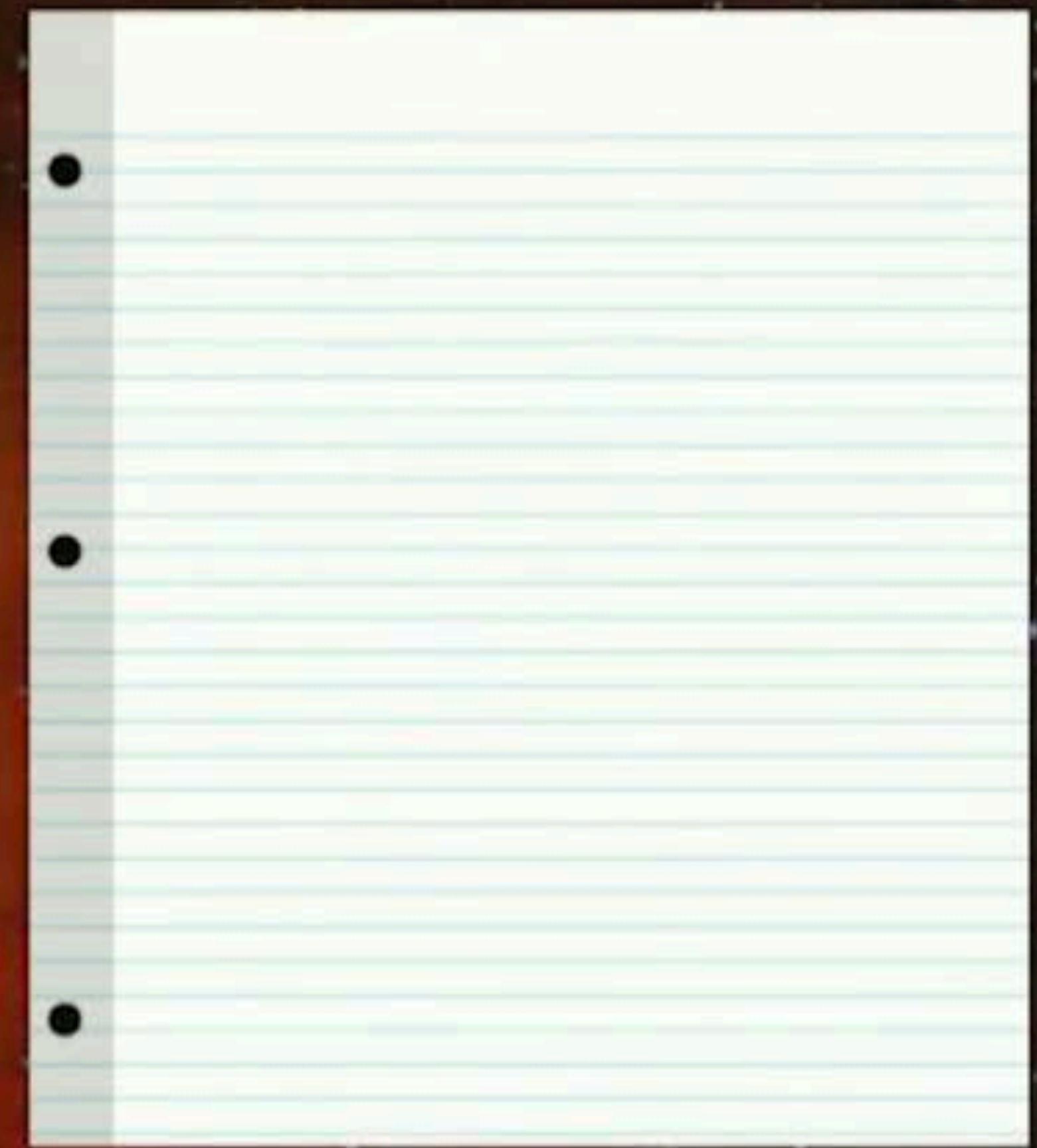
*(Proverbs 3:5,6, NIV)*



92 million miles



92 million miles











Is God your consultant  
or your Lord?

3. It's about being  
astonished  
at his grace



Who can say, “I have kept my heart pure; I am clean and without sin”? *(Proverbs 20:9, NIV)*

“By steadfast love and  
faithfulness iniquity is atoned for,  
and by the fear of the LORD one  
turns away from evil.”

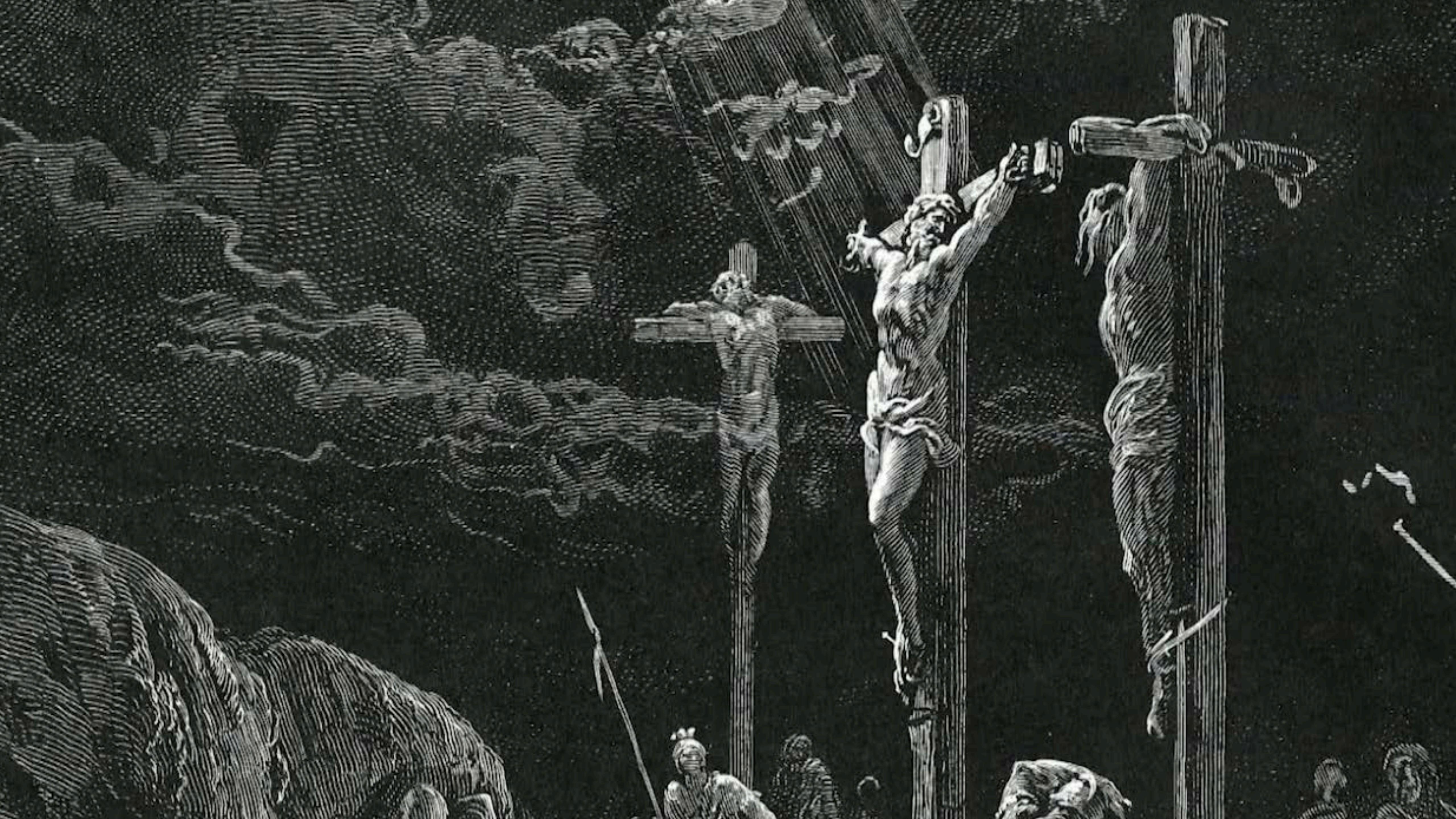
*(Proverbs 16:6, ESV)*

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The key to spiritual  
growth and health:

Not achievement  
But astonishment

“Don’t envy sinners, but always  
continue to fear the LORD.”

*(Proverbs 23:17, NLT)*

**KEY:**  
**Continue to have  
this perspective**

A photograph of a dirt path winding through a vineyard at sunset. The sky is a warm orange and yellow. The vineyard rows are made of wooden posts and wire, with green vines growing between them. The path is in the foreground, leading into the distance.

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