



COMMUNITY LIFE

AT BEAVERTON CHRISTIAN CHURCH

WISDOM IRL | FALL 2026

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Wisdom IRL

Figuring out our lives can be difficult. We're either figuring out some initial direction for our lives, or we're needing some wisdom to redirect us when we're feeling a bit lost. We need guidance through the process and we need to learn the skills necessary to navigate life well. One of the ways that God loves us and cares for us is by providing us with wisdom on how to live well. The Hebrew word for wisdom can mean "skillful living".

The Book of Proverbs gives us instruction on practical areas of our daily lives to help us navigate all the challenges with the necessary skill. It provides the theory, while other stories in the Bible show us the practice. In this series, we'll look at the wisdom of Proverbs and how characters in the Bible give us an example of that wisdom in real life—sometimes an example to follow; sometimes not.

How to Use This Book

This book was created as a companion guide to the Sunday teaching series, *Wisdom IRL*. In it, you will find passages of scripture that pertain to the week's Sunday message, as well as spiritual practices that promote relationship building between you and God, and between you and your community circle.

If you miss a Sunday gathering, you can listen to the message on your favorite podcast platform, via YouTube, or directly from our website. The content in this book is designed as a tool to aid you in the process of reflecting on the weekly Sunday message and giving it time to settle deeper. We do this by slowing down to study scripture, and stepping into practices of spiritual formation that lead to outward action.

All passages of scripture found in this book are in the New Living Translation (NLT), unless noted.

What to Expect

Weekly Rhythm

Each week of this series follows a simple four-day rhythm designed to help you move from hearing God's Word to integrating it into your life.

Rather than adding more information, this guide invites you to slow down and notice how God's wisdom meets us in the ordinary places of life, such as our decisions, words, money, relationships, emotions, care for others, and work.

Day 1 | Overview

INTRODUCING THE THEME

Begin with a short reflection that introduces the theme for the week and the Scripture we'll be exploring together.

You'll be invited to sit with one simple question, either as someone who follows Jesus or someone who is still exploring faith.

The goal is not to find the "right" answer, but to begin noticing how this theme connects to your own life.

Day 2 | Learning the Way of Wisdom

NOTICING THE INVITATION OF PROVERBS

Read a few passages from Proverbs that speak to the skill we are practicing that week. As you read, notice the contrasts Proverbs often gives us between wisdom and foolishness, life and harm, humility and pride, diligence and neglect.

These contrasts help us pay attention to the kind of life God is inviting us into.

You'll be invited to reflect honestly on where this wisdom connects to your own life, not as a way to measure your performance, but as a way to become more open to how God can shape you.

Day 3 | Seeing Wisdom Embodied

LOOKING TO THE STORY AND TO JESUS

Next, we turn to a story from Scripture where we can see wisdom practiced, neglected, tested, or needed in real life.

As you read, notice what the story reveals about human nature, faithful living, and our need for God.

Then, we look to Jesus, who is the wisdom of God. The goal is not simply to try harder or become better at wise living on our own. In Jesus, we find forgiveness where we fall short, grace for where we are still being formed, and the truest picture of wisdom embodied.

You'll be invited to pray again, allowing the truth of Scripture to reshape the places where God may be forming wisdom in you.

Day 4 | Solitude Practice

MAKING ROOM FOR WISDOM

Finally, we slow down and practice being with God.

Through a simple solitude practice, you'll spend a few quiet minutes resting in God's presence and becoming attentive to what He may be revealing.

Transformation does not come from striving harder, but from learning to receive the love, grace, wisdom, and presence of God.

A Gentle Invitation

You do not need perfect focus, perfect words, or perfect understanding for this time with God to matter. If you miss a day, simply return the next day. This guide is meant to support your journey with God, not measure your performance.

Simply come honestly.

God is already present, and He meets us right where we are.

WEEK 1

SKILLFUL LIVING

WISDOM IRL

Message Notes

Day 1 | Overview

INTRODUCING THE THEME

Life can be hard to figure out. While we can gather information, ask for advice, and weigh our options, there are times we realize we need more than answers. We need wisdom.

Proverbs tells us that wisdom begins with the fear of the Lord. This doesn't mean being afraid of God, but living with reverence, humility, and trust. It means remembering that God sees more than we see, knows more than we know, and loves us enough to guide us.

This week, we will look at Solomon, who was given more responsibility than he knew how to carry. When God invited him to ask for what he needed, Solomon asked for wisdom. This is also a good place for us to begin.

Around our tables are people in different places, some who trust Jesus deeply, and others who are still exploring what they believe. Wherever you are, you are welcome here.

Take time to consider this question:

Where in your life do you feel most aware of your need for wisdom right now?

Day 2 | Learning the Way of Wisdom

NOTICING THE INVITATION OF PROVERBS

Wisdom begins with reverence for God, trust in His direction, and humility about the limits of our own understanding. As you read, notice the posture Proverbs connects with wisdom.

PROVERBS 1:7

Fear of the Lord is the foundation of true knowledge,
but fools despise wisdom and discipline.

PROVERBS 3:5-6

Trust in the Lord with all your heart;
do not depend on your own understanding.
Seek his will in all you do,
and he will show you which path to take.

Take a few minutes to reflect:

What word, phrase, or contrast stands out to you?

What kind of wisdom are these proverbs inviting us to practice?

Where might God be inviting you to trust Him instead of relying only on your own understanding?

Day 3 | Seeing Wisdom Embodied

LOOKING TO THE STORY AND TO JESUS

As you read, notice Solomon's posture before God. He is newly entrusted with leadership, aware of his own limits, and honest about his need for wisdom.

1 KINGS 3:3–14

³Solomon loved the Lord and followed all the decrees of his father, David, except that Solomon, too, offered sacrifices and burned incense at the local places of worship. ⁴The most important of these places of worship was at Gibeon, so the king went there and sacrificed 1,000 burnt offerings. ⁵That night the Lord appeared to Solomon in a dream, and God said, “What do you want? Ask, and I will give it to you!”

⁶Solomon replied, “You showed great and faithful love to your servant my father, David, because he was honest and true and faithful to you. And you have continued to show this great and faithful love to him today by giving him a son to sit on his throne.

⁷“Now, O Lord my God, you have made me king instead of my father, David, but I am like a little child who doesn't know his way around. ⁸And here I am in the midst of your own chosen people, a nation so great and numerous they cannot be counted! ⁹Give me an understanding heart so that I can govern your people well and know the difference between right and wrong. For who by himself is able to govern this great people of yours?”

¹⁰The Lord was pleased that Solomon had asked for wisdom. ¹¹So God replied, “Because you have asked for wisdom in governing my people with justice and have not asked for a long life or wealth or the death of your enemies— ¹²I will give you what you asked for! I will give you a wise and understanding heart such as no one else has had or ever will have! ¹³And I will also give you what you did not ask for—riches and fame! No other king in all the world will be compared to you for the rest of your life! ¹⁴And if you follow me and obey my decrees and my commands as your father, David, did, I will give you a long life.”

IN THE STORY:

Where do you see humility, trust, or wisdom being practiced in this story?

IN JESUS:

1 CORINTHIANS 1:24

But to those called by God to salvation, both Jews and Gentiles, Christ is the power of God and the wisdom of God.

COLOSSIANS 2:3

In him lie hidden all the treasures of wisdom and knowledge.

Solomon asked God for wisdom, but Jesus is the wisdom of God embodied. He lived in perfect trust and reverence before the Father, and He is our hope when our own wisdom is limited.

How does looking to Jesus reshape the way you think about wisdom?

IN YOU:

Where might God be inviting you to ask for wisdom instead of depending on your own understanding? Tell God honestly where you need His wisdom, guidance, or help.

Day 4 | Solitude Practice

MAKING ROOM FOR WISDOM

Wisdom begins with humility. Before we can receive wisdom from God, we often need space to recognize the limits of our own understanding and pay attention to His presence.

Find a quiet, distraction-free place for 15 minutes or more. You may sit in stillness or go for a quiet walk without music, podcasts, or other input.

As you begin, take a few slow breaths. Become aware of God's presence with you and your desire to be present with Him.

Do not rush or try to make anything happen. Simply notice what rises into your awareness.

- Is there a decision where you need wisdom?
- A place where you feel unsure?
- A desire you have been too busy to notice?
- A question that is stirring?
- A place where you have been relying on your own understanding?

Whatever comes up, stay with God there. Rest in Him. You do not need to fix anything or force clarity.

When your time ends, offer yourself back to God for the rest of your day.

**Jesus is the wisdom of God. In solitude, we make room to receive
His presence, His guidance, and His way.**

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS WISDOM IN YOUR REAL LIFE?

Where did you notice wisdom being practiced, needed, or resisted?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

Group Prayer Page

Pray for one another. Use this page to record prayer requests, praises, and God's answers along the way.

WEEK 2

WORD SKILLS

WISDOM IRL

Message Notes

Day 1 | Overview

INTRODUCING THE THEME

Most of us know what it feels like to carry words that have stayed with us for years. Whether these are words that gave us courage, helped us feel seen, or words that wounded us, words matter.

Proverbs says the tongue can bring life or death. Words can build trust or break it. They can bring healing or create distance. They can strengthen a community or slowly tear it apart.

This week, we will look at the wisdom of our words and the story of Miriam and Aaron speaking against Moses. We will also look to Jesus, the Word made flesh, whose words bring life, healing, correction, mercy, and restoration.

Around our tables are people in different places, some who trust Jesus deeply, and others who are still exploring what they believe. Wherever you are, you are welcome here.

Take time to consider this question:

When you think about the power of words, what kind of words have most shaped you, words that brought life, words that caused harm, or both?

Day 2 | Learning the Way of Wisdom

NOTICING THE INVITATION OF PROVERBS

As you read, notice the contrast Proverbs gives us. Words can bring life or death. They can cut like a weapon or bring healing. Proverbs does not treat speech as neutral; it teaches us that our words carry weight.

PROVERBS 18:21

The tongue can bring death or life;
those who love to talk will reap the consequences.

PROVERBS 12:18

Some people make cutting remarks,
but the words of the wise bring healing.

Take a few minutes to reflect:

What word, phrase, or contrast stands out to you?

What kind of wisdom are these proverbs inviting us to practice?

Where might God be inviting you to use your words with more wisdom, healing, or restraint?

Day 3 | Seeing Wisdom Embodied

LOOKING TO THE STORY AND TO JESUS

As you read, notice how words are used in this story. Miriam and Aaron speak against Moses, and their words do not remain private or harmless. Their criticism affects Moses, their own hearts, and the wider community.

NUMBERS 12:1-15

¹While they were at Hazeroth, Miriam and Aaron criticized Moses because he had married a Cushite woman. ²They said, “Has the Lord spoken only through Moses? Hasn’t he spoken through us, too?” But the Lord heard them. ³(Now Moses was very humble—more humble than any other person on earth.)

⁴So immediately the Lord called to Moses, Aaron, and Miriam and said, “Go out to the Tabernacle, all three of you!” So the three of them went to the Tabernacle. ⁵Then the Lord descended in the pillar of cloud and stood at the entrance of the Tabernacle. “Aaron and Miriam!” he called, and they stepped forward. ⁶And the Lord said to them, “Now listen to what I say:

“If there were prophets among you,
I, the Lord, would reveal myself in visions.
I would speak to them in dreams.
⁷But not with my servant Moses.
Of all my house, he is the one I trust.
⁸I speak to him face to face,
clearly, and not in riddles!
He sees the Lord as he is.
So why were you not afraid
to criticize my servant Moses?”

⁹The Lord was very angry with them, and he departed. ¹⁰As the cloud moved from above the Tabernacle, there stood Miriam, her skin as white as snow from leprosy. When Aaron saw what had happened to her, ¹¹he cried out to Moses, “Oh, my master! Please don’t punish us for this sin we have so foolishly committed. ¹²Don’t let her be like a stillborn baby, already decayed at birth.”

¹³So Moses cried out to the Lord, “O God, I beg you, please heal her!”

¹⁴But the Lord said to Moses, “If her father had done nothing more than spit in her face, wouldn’t she be defiled for seven days? So keep her outside the camp for seven days, and after that she may be accepted back.”

¹⁵So Miriam was kept outside the camp for seven days, and the people waited until she was brought back before they traveled again.

IN THE STORY:

Where do you see words bringing harm, division, or disruption in this story?

IN JESUS:

JOHN 1:14

So the Word became human and made his home among us. He was full of unfailing love and faithfulness.

JOHN 6:68

Simon Peter replied, “Lord, to whom would we go? You have the words that give eternal life.”

Miriam and Aaron used words to question, criticize, and undermine. But Jesus, the true Word of God, came full of grace and truth. His words brought healing, life, correction, mercy, and restoration. When our words have caused harm, our hope is not simply to “try harder,” but to come to Jesus and be formed by the One whose words give life.

How does looking to Jesus reshape the way you think about your own words?

IN YOU:

Where might God be inviting you to speak with more healing, restraint, truth, or grace? Tell God honestly where you need His wisdom with your words.

Day 4 | Solitude Practice

MAKING ROOM FOR WISDOM

Wisdom with our words often begins before we speak. Before words come out of our mouths, they are usually forming somewhere deeper, such as in our thoughts, assumptions, wounds, fears, or desires.

Today we practice solitude so we can become more aware of what is happening within us before we speak.

Find a quiet, distraction-free place for 15 minutes or more. You may sit in stillness or go for a quiet walk without music, podcasts, or other input.

As you begin, take a few slow breaths. Become aware of God's presence with you and your desire to be present with Him.

Do not rush or try to make anything happen. Simply notice what rises into your awareness.

- Is there a conversation you are replaying?
- A word you regret speaking?
- A truth you need courage to say?
- A person who needs encouragement from you?
- A place where silence, restraint, or listening may be wisdom?

Whatever comes up, stay with God there. Rest in Him. You do not need to fix anything or force clarity.

When your time ends, offer your words back to God for the rest of your day.

**Jesus is the Word made flesh. In solitude, we make room
for His grace and truth to shape the words we speak.**

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS WISDOM IN YOUR REAL LIFE?

Where did you notice wisdom being practiced, needed, or resisted?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

Group Prayer Page

Pray for one another. Use this page to record prayer requests, praises, and God's answers along the way.

WEEK 3

MONEY SKILLS

WISDOM IRL

Message Notes

Day 1 | Overview

INTRODUCING THE THEME

Money is rarely just about money. It's often connected to much deeper things in us like security, fear, control, comfort, generosity, and trust.

Proverbs does not say money is bad, but it also does not let us treat money like it can save us. Money can be useful, but it's fleeting, it's uncertain. While it's a helpful tool, it was never meant to become our source of security.

This week, we will consider what it looks like to hold money with wisdom, gratitude, and open hands. And we will look to Jesus, our true treasure and provider.

Around our tables are people in different places, some who trust Jesus deeply, and others who are still exploring what they believe. Wherever you are, you are welcome here.

Take time to consider this question:

When you think about money, do you most often feel tension around security, generosity, control, contentment, fear, or something else?

Day 2 | Learning the Way of Wisdom

NOTICING THE INVITATION OF PROVERBS

As you read, notice the way Proverbs talks about wealth. Money is not treated as evil, but it is also not treated as ultimate. Proverbs invites us to see money honestly: it can be a gift, a tool, a temptation, or a false place of security.

PROVERBS 11:28

Trust in your money and down you go!
But the godly flourish like leaves in spring.

PROVERBS 23:4-5

Don't wear yourself out trying to get rich.
Be wise enough to know when to quit.
In the blink of an eye wealth disappears,
for it will sprout wings and fly away like an eagle.

PROVERBS 3:9-10

Honor the Lord with your wealth
and with the best part of everything you produce.
Then he will fill your barns with grain,
and your vats will overflow with good wine.

Take a few minutes to reflect:

What word, phrase, or contrast stands out to you?

What kind of wisdom are these proverbs inviting us to practice with money?

Where might God be inviting you to trust Him more deeply with what you have?

Day 3 | Seeing Wisdom Embodied

LOOKING TO THE STORY AND TO JESUS

As you read, notice Abram's posture toward wealth. After rescuing Lot and recovering possessions, Abram is offered more by the King of Sodom. But Abram refuses wealth become his source of security or the explanation for his blessing.

GENESIS 14:17-24

¹⁷After Abram returned from his victory over Kedorlaomer and all his allies, the king of Sodom went out to meet him in the valley of Shaveh (that is, the King's Valley). ¹⁸And Melchizedek, the king of Salem and a priest of God Most High, brought Abram some bread and wine. ¹⁹Melchizedek blessed Abram with this blessing:

“Blessed be Abram by God Most High,
Creator of heaven and earth.
²⁰And blessed be God Most High,
who has defeated your enemies for you.”

Then Abram gave Melchizedek a tenth of all the goods he had recovered.

²¹The king of Sodom said to Abram, “Give back my people who were captured. But you may keep for yourself all the goods you have recovered.”

²²Abram replied to the king of Sodom, “I solemnly swear to the Lord, God Most High, Creator of heaven and earth, ²³that I will not take so much as a single thread or sandal thong from what belongs to you. Otherwise you might say, ‘I am the one who made Abram rich.’ ²⁴I will accept only what my young warriors have already eaten, and I request that you give a fair share of the goods to my allies—Aner, Eshcol, and Mamre.”

IN THE STORY:

Where do you see trust, generosity, or restraint being practiced in this story?

IN JESUS:

HEBREWS 7:17

And the psalmist pointed this out when he prophesied, “You are a priest forever in the order of Melchizedek.”

2 CORINTHIANS 8:9

You know the generous grace of our Lord Jesus Christ. Though he was rich, yet for your sakes he became poor, so that by his poverty he could make you rich.

Abram honors God through Melchizedek, the mysterious priest-king who blesses him with bread and wine. Later, Scripture points us to Jesus as our true and eternal High Priest. Jesus gives us more than earthly security; He gives Himself. Through His life, death, and resurrection, we receive riches that cannot be lost, stolen, or taken away.

How does looking to Jesus reshape the way you think about security, generosity, and enough?

IN YOU:

Where might God be inviting you to loosen your grip on money as security and receive Him as your true provider? Tell God honestly where you need His wisdom, trust, or freedom with money.

Day 4 | Solitude Practice

MAKING ROOM FOR WISDOM

Wisdom with money begins beneath the surface. Before we spend, save, give, or withhold, there are often deeper fears and desires shaping us. Solitude gives us space to notice what we may be asking money to do for us.

Find a quiet, distraction-free place for 15 minutes or more. You may sit in stillness or go for a quiet walk without music, podcasts, or other input.

As you begin, take a few slow breaths. Become aware of God's presence with you and your desire to be present with Him.

Do not rush or try to make anything happen. Simply notice what rises into your awareness.

- Is there a financial fear you are carrying?
- A place where you are looking to money for security?
- A desire for more that has been hard to name?
- A place where God may be inviting generosity?
- A reminder of how God has already provided?

Whatever comes up, stay with God there. Rest in Him. You do not need to fix anything or force clarity.

When your time ends, offer your money, resources, and desires back to God.

**Jesus is our true treasure and our eternal High Priest.
In solitude, we make room for His presence to reshape what we trust,
what we hold, and what we give.**

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS WISDOM IN YOUR REAL LIFE?

Where did you notice wisdom being practiced, needed, or resisted?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

Group Prayer Page

Pray for one another. Use this page to record prayer requests, praises, and God's answers along the way.

WEEK 4

SOCIAL SKILLS

WISDOM IRL

Message Notes

Day 1 | Overview

INTRODUCING THE THEME

We do not become who we are on our own, but through the people around us who influence us. It's through the voices we listen to, the friends we walk with, and the relationships we allow to influence us that we are shaped.

Proverbs reminds us that walking with the wise helps us grow in wisdom. Good friendship can encourage us, challenge us, tell us the truth, and help us become more faithful, loving, and whole.

This week, we will look at the friendship between David and Jonathan. Their friendship was loyal, costly, and courageous. We will also look to Jesus, the truest friend, who does not love us from a distance, but lays down His life for us.

Around our tables are people in different places, some who trust Jesus deeply, and others who are still exploring what they believe. Wherever you are, you are welcome here.

Take time to consider this question:

When you think about the people who have shaped you most, what kind of influence have they had on the person you are becoming?

Day 2 | Learning the Way of Wisdom

NOTICING THE INVITATION OF PROVERBS

As you read, notice what Proverbs teaches about companionship. Wisdom is not only something we pursue alone; it is also shaped by the people we walk with, listen to, and allow to speak into our lives.

PROVERBS 13:20

Walk with the wise and become wise;
associate with fools and get in trouble.

PROVERBS 27:17

As iron sharpens iron,
so a friend sharpens a friend.

Take a few minutes to reflect:

What word, phrase, or contrast stands out to you?

What kind of wisdom are these proverbs inviting us to practice in friendship?

Where might God be inviting you to pay attention to who is shaping you — and who you are shaping?

Day 3 | Seeing Wisdom Embodied

LOOKING TO THE STORY AND TO JESUS

As you read, notice the friendship between David and Jonathan. Their relationship is marked by loyalty, honesty, courage, and costly love. Jonathan chooses faithfulness to David even when it costs him something.

1 SAMUEL 20:1-42

¹David now fled from Naioth in Ramah and found Jonathan. “What have I done?” he exclaimed. “What is my crime? How have I offended your father that he is so determined to kill me?”

²“That’s not true!” Jonathan protested. “You’re not going to die. He always tells me everything he’s going to do, even the little things. I know my father wouldn’t hide something like this from me. It just isn’t so!”

³Then David took an oath before Jonathan and said, “Your father knows perfectly well about our friendship, so he has said to himself, ‘I won’t tell Jonathan—why should I hurt him?’ But I swear to you that I am only a step away from death! I swear it by the Lord and by your own soul!”

⁴“Tell me what I can do to help you,” Jonathan exclaimed.

⁵David replied, “Tomorrow we celebrate the new moon festival. I’ve always eaten with the king on this occasion, but tomorrow I’ll hide in the field and stay there until the evening of the third day. ⁶If your father asks where I am, tell him I asked permission to go home to Bethlehem for an annual family sacrifice. ⁷If he says, ‘Fine!’ you will know all is well. But if he is angry and loses his temper, you will know he is determined to kill me. ⁸Show me this loyalty as my sworn friend—for we made a solemn pact before the Lord—or kill me yourself if I have sinned against your father. But please don’t betray me to him!”

⁹“Never!” Jonathan exclaimed. “You know that if I had the slightest notion my father was planning to kill you, I would tell you at once.”

¹⁰Then David asked, “How will I know whether or not your father is angry?”

¹¹“Come out to the field with me,” Jonathan replied. And they went out there together. ¹²Then Jonathan told David, “I promise by the Lord, the God of Israel,

that by this time tomorrow, or the next day at the latest, I will talk to my father and let you know at once how he feels about you. If he speaks favorably about you, I will let you know. ¹³But if he is angry and wants you killed, may the Lord strike me and even kill me if I don't warn you so you can escape and live. May the Lord be with you as he used to be with my father. ¹⁴And may you treat me with the faithful love of the Lord as long as I live. But if I die, ¹⁵treat my family with this faithful love, even when the Lord destroys all your enemies from the face of the earth."

¹⁶So Jonathan made a solemn pact with David, saying, "May the Lord destroy all your enemies!" ¹⁷And Jonathan made David reaffirm his vow of friendship again, for Jonathan loved David as he loved himself.

¹⁸Then Jonathan said, "Tomorrow we celebrate the new moon festival. You will be missed when your place at the table is empty. ¹⁹The day after tomorrow, toward evening, go to the place where you hid before, and wait there by the stone pile. ²⁰I will come out and shoot three arrows to the side of the stone pile as though I were shooting at a target. ²¹Then I will send a boy to bring the arrows back. If you hear me tell him, 'They're on this side,' then you will know, as surely as the Lord lives, that all is well, and there is no trouble. ²²But if I tell him, 'Go farther—the arrows are still ahead of you,' then it will mean that you must leave immediately, for the Lord is sending you away. ²³And may the Lord make us keep our promises to each other, for he has witnessed them."

²⁴So David hid himself in the field, and when the new moon festival began, the king sat down to eat. ²⁵He sat at his usual place against the wall, with Jonathan sitting opposite him and Abner beside him. But David's place was empty. ²⁶Saul didn't say anything about it that day, for he said to himself, "Something must have made David ceremonially unclean." ²⁷But when David's place was empty again the next day, Saul asked Jonathan, "Why hasn't the son of Jesse been here for the meal either yesterday or today?"

²⁸Jonathan replied, "David earnestly asked me if he could go to Bethlehem. ²⁹He said, 'Please let me go, for we are having a family sacrifice. My brother demanded that I be there. So please let me get away to see my brothers.' That's why he isn't here at the king's table."

³⁰Saul boiled with rage at Jonathan. “You stupid son of a whore!” he swore at him. “Do you think I don’t know that you want him to be king in your place, shaming yourself and your mother? ³¹As long as that son of Jesse is alive, you’ll never be king. Now go and get him so I can kill him!”

³²“But why should he be put to death?” Jonathan asked his father. “What has he done?” ³³Then Saul hurled his spear at Jonathan, intending to kill him. So at last Jonathan realized that his father was really determined to kill David.

³⁴Jonathan left the table in fierce anger and refused to eat on that second day of the festival, for he was crushed by his father’s shameful behavior toward David.

³⁵The next morning, as agreed, Jonathan went out into the field and took a young boy with him to gather his arrows. ³⁶“Start running,” he told the boy, “so you can find the arrows as I shoot them.” So the boy ran, and Jonathan shot an arrow beyond him. ³⁷When the boy had almost reached the arrow, Jonathan shouted, “The arrow is still ahead of you. ³⁸Hurry, hurry, don’t wait.” So the boy quickly gathered up the arrows and ran back to his master. ³⁹He, of course, suspected nothing; only Jonathan and David understood the signal. ⁴⁰Then Jonathan gave his bow and arrows to the boy and told him to take them back to town.

⁴¹As soon as the boy was gone, David came out from where he had been hiding near the stone pile. Then David bowed three times to Jonathan with his face to the ground. Both of them were in tears as they embraced each other and said good-bye, especially David.

⁴²At last Jonathan said to David, “Go in peace, for we have sworn loyalty to each other in the Lord’s name. The Lord is the witness of a bond between us and our children forever.” Then David left, and Jonathan returned to the town.

IN THE STORY:

Where do you see wisdom, loyalty, courage, or sacrificial friendship being practiced in this story?

IN JESUS:

JOHN 15:13

There is no greater love than to lay down one's life for one's friends.

PROVERBS 18:24

There are "friends" who destroy each other,
but a real friend sticks closer than a brother.

Jonathan models costly friendship, but Jesus is the truest friend. He does not only risk His life for His friends; He lays it down. When human friendship is imperfect, limited, or painful, Jesus remains the friend who stays, loves, tells the truth, and gives Himself for us.

How does looking to Jesus reshape the way you think about friendship?

IN YOU:

Where might God be inviting you to become a wiser, more faithful, or more courageous friend? Tell God honestly where you need His wisdom in your relationships.

Day 4 | Solitude Practice

MAKING ROOM FOR WISDOM

Wisdom in friendship begins with paying attention. In solitude, we step away from noise and activity long enough to notice who is shaping us, how we are showing up in relationships, and where God may be inviting us toward greater wisdom.

Find a quiet, distraction-free place for 15 minutes or more. You may sit in stillness or go for a quiet walk without music, podcasts, or other input.

As you begin, take a few slow breaths. Become aware of God's presence with you and your desire to be present with Him.

Do not rush or try to make anything happen. Simply notice what rises into your awareness.

- Is there a friendship you are grateful for?
- A relationship that needs honesty or courage?
- A person whose influence you may need to reconsider?
- A friend God may be inviting you to encourage?
- A place where you have been avoiding being known?

Whatever comes up, stay with God there. Rest in Him. You do not need to fix anything or force clarity.

When your time ends, offer your friendships and relationships back to God.

**Jesus is the truest friend. In solitude, we make room
for His love to shape the way we walk with others.**

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS WISDOM IN YOUR REAL LIFE?

Where did you notice wisdom being practiced, needed, or resisted?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

Group Prayer Page

Pray for one another. Use this page to record prayer requests, praises, and God's answers along the way.

WEEK 5

EMOTIONAL SKILLS

WISDOM IRL

Message Notes

Day 1 | Overview

INTRODUCING THE THEME

Anger is powerful, and helps reveal what really lies underneath. Sometimes it's hurt, fear, injustice, exhaustion, or disappointment. Anger is not always the problem, but it becomes dangerous when it takes the lead and convinces us to take matters into our own hands.

Proverbs invites us into wisdom, patience, and self-control. It does not ask us to pretend we are fine. It teaches us to notice anger without being ruled by it.

This week, we will look at Moses striking the rock, when years of frustration rise to the surface in one painful moment. We will also look to Jesus, who meets us with grace and forms in us what we cannot produce by willpower alone, and that is peace, patience, gentleness, and self-control.

Around our tables are people in different places, some who trust Jesus deeply, and others who are still exploring what they believe. Wherever you are, you are welcome here.

Take time to consider this question:

When anger rises in you, what does it usually reveal. Is it hurt, fear, frustration, injustice, exhaustion, or something else?

Day 2 | Learning the Way of Wisdom

NOTICING THE INVITATION OF PROVERBS

As you read, notice how Proverbs speaks about anger and self-control. Wisdom does not deny emotion, but it teaches us not to be mastered by it. Pay attention to the contrast between reacting impulsively and responding with patience.

PROVERBS 29:11

Fools vent their anger,
but the wise quietly hold it back.

PROVERBS 16:32

Better to be patient than powerful;
better to have self-control than to conquer a city.

PROVERBS 14:29

People with understanding control their anger;
a hot temper shows great foolishness.

Take a few minutes to reflect:

What word, phrase, or contrast stands out to you?

What kind of wisdom are these proverbs inviting us to practice with our emotions?

Where might God be inviting you to pause before anger takes the lead?

Day 3 | Seeing Wisdom Embodied

LOOKING TO THE STORY AND TO JESUS

As you read, notice what is happening around Moses and within Moses. The people are complaining again. Moses is weary. God gives clear instruction, but Moses responds from frustration and strikes the rock.

NUMBERS 20:1-13

¹In the first month of the year, the whole community of Israel arrived in the wilderness of Zin and camped at Kadesh. While they were there, Miriam died and was buried.

²There was no water for the people to drink at that place, so they rebelled against Moses and Aaron. ³The people blamed Moses and said, “If only we had died in the Lord’s presence with our brothers! ⁴Why have you brought the congregation of the Lord’s people into this wilderness to die, along with all our livestock? ⁵Why did you make us leave Egypt and bring us here to this terrible place? This land has no grain, no figs, no grapes, no pomegranates, and no water to drink!”

⁶Moses and Aaron turned away from the people and went to the entrance of the Tabernacle, where they fell face down on the ground. Then the glorious presence of the Lord appeared to them, ⁷and the Lord said to Moses, ⁸“You and Aaron must take the staff and assemble the entire community. As the people watch, speak to the rock over there, and it will pour out its water. You will provide enough water from the rock to satisfy the whole community and their livestock.”

⁹So Moses did as he was told. He took the staff from the place where it was kept before the Lord. ¹⁰Then he and Aaron summoned the people to come and gather at the rock. “Listen, you rebels!” he shouted. “Must we bring you water from this rock?” ¹¹Then Moses raised his hand and struck the rock twice with the staff, and water gushed out. So the entire community and their livestock drank their fill.

¹²But the Lord said to Moses and Aaron, “Because you did not trust me enough to demonstrate my holiness to the people of Israel, you will not lead them into the land I am giving them.” ¹³This place was known as the waters of Meribah (which means “arguing”) because there the people of Israel argued with the Lord, and there he demonstrated his holiness among them.

IN THE STORY:

Where do you see anger, weariness, or frustration shaping Moses' response?

IN JESUS:

1 CORINTHIANS 10:4b

For they drank from the spiritual rock that traveled with them, and that rock was Christ.

GALATIANS 5:22-23a

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Moses struck the rock in anger, but Paul tells us that Christ is the true Rock. In Jesus, we find forgiveness for the ways our anger has harmed others, and through His Spirit, we receive the patience, peace, gentleness, and self-control we cannot produce by willpower alone. Jesus does not simply tell us to manage our anger better. He forms a different kind of life in us.

How does looking to Jesus reshape the way you think about anger, forgiveness, and self-control?

IN YOU:

Where might God be inviting you to bring your anger honestly to Him before it comes out sideways toward others? Tell God honestly where you need forgiveness, patience, peace, gentleness, or self-control.

Day 4 | Solitude Practice

MAKING ROOM FOR WISDOM

Wisdom with our emotions begins with noticing. In solitude, we step away from noise, reaction, and distraction long enough to become aware of what anger may be revealing beneath the surface.

Find a quiet, distraction-free place for 15 minutes or more. You may sit in stillness or go for a quiet walk without music, podcasts, or other input.

As you begin, take a few slow breaths. Become aware of God's presence with you and your desire to be present with Him.

Do not rush or try to make anything happen. Simply notice what rises into your awareness.

- Is there a frustration you have been carrying?
- A hurt that has turned into anger?
- A place where you feel powerless or unheard?
- A situation where you reacted more strongly than you wanted to?
- A person or circumstance you need to bring honestly before God?

Whatever comes up, stay with God there. Rest in Him. You do not need to fix anything or force clarity.

When your time ends, offer your emotions, reactions, and relationships back to God.

Jesus is the true Rock who was struck for us.

**In solitude, we make room for His grace to meet our anger
and form us in patience, wisdom, and peace.**

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS WISDOM IN YOUR REAL LIFE?

Where did you notice wisdom being practiced, needed, or resisted?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

Group Prayer Page

Pray for one another. Use this page to record prayer requests, praises, and God's answers along the way.

WEEK 6

HELPFUL SKILLS

WISDOM IRL

Message Notes

Day 1 | Overview

INTRODUCING THE THEME

Wisdom is not only about making good decisions for our own lives, but how we notice and respond to the needs of others.

Proverbs calls us to speak up for those who cannot speak for themselves and to care for those who are poor, vulnerable, or overlooked. This kind of wisdom asks us to pay attention, advocate, and be willing to act.

This week, we will look at Ruth and Boaz. Ruth is a foreign widow in a vulnerable position, and Boaz notices her. He uses his position and resources to protect and provide for her. And we will look to Jesus, our Redeemer, who moves toward the vulnerable with compassion and restoring love.

Around our tables are people in different places, some who trust Jesus deeply, and others who are still exploring what they believe. Wherever you are, you are welcome here.

Take time to consider this question:

Where have you seen someone use their influence, resources, or care to protect or provide for someone else?

Day 2 | Learning the Way of Wisdom

NOTICING THE INVITATION OF PROVERBS

As you read, notice how Proverbs connects wisdom with justice, dignity, and care for the vulnerable. Wisdom is not only private or personal; it shapes how we see and respond to people who are overlooked, oppressed, poor, or in need.

PROVERBS 31:8-9

Speak up for those who cannot speak for themselves;
ensure justice for those being crushed.
Yes, speak up for the poor and helpless,
and see that they get justice.

PROVERBS 14:31

Those who oppress the poor insult their Maker,
but helping the poor honors him.

Take a few minutes to reflect:

What word, phrase, or contrast stands out to you?

What kind of wisdom are these proverbs inviting us to practice?

Where might God be inviting you to notice someone vulnerable, overlooked, or in need of help?

Day 3 | Seeing Wisdom Embodied

LOOKING TO THE STORY AND TO JESUS

As you read, notice how Boaz sees Ruth. She is a foreign widow in a vulnerable position, yet Boaz notices her, protects her, and uses his resources to make sure she has more than enough.

RUTH 2:1-16

¹Now there was a wealthy and influential man in Bethlehem named Boaz, who was a relative of Naomi's husband, Elimelech.

²One day Ruth the Moabite said to Naomi, "Let me go out into the harvest fields to pick up the stalks of grain left behind by anyone who is kind enough to let me do it." Naomi replied, "All right, my daughter, go ahead." ³So Ruth went out to gather grain behind the harvesters. And as it happened, she found herself working in a field that belonged to Boaz, the relative of her father-in-law, Elimelech.

⁴While she was there, Boaz arrived from Bethlehem and greeted the harvesters. "The Lord be with you!" he said. "The Lord bless you!" the harvesters replied.

⁵Then Boaz asked his foreman, "Who is that young woman over there? Who does she belong to?" ⁶And the foreman replied, "She is the young woman from Moab who came back with Naomi. ⁷She asked me this morning if she could gather grain behind the harvesters. She has been hard at work ever since, except for a few minutes' rest in the shelter."

⁸Boaz went over and said to Ruth, "Listen, my daughter. Stay right here with us when you gather grain; don't go to any other fields. Stay right behind the young women working in my field. ⁹See which part of the field they are harvesting, and then follow them. I have warned the young men not to treat you roughly. And when you are thirsty, help yourself to the water they have drawn from the well."

¹⁰Ruth fell at his feet and thanked him warmly. "What have I done to deserve such kindness?" she asked. "I am only a foreigner."

¹¹"Yes, I know," Boaz replied. "But I also know about everything you have done for your mother-in-law since the death of your husband. I have heard how you

left your father and mother and your own land to live here among complete strangers. ¹²May the Lord, the God of Israel, under whose wings you have come to take refuge, reward you fully for what you have done.”

¹³“I hope I continue to please you, sir,” she replied. “You have comforted me by speaking so kindly to me, even though I am not one of your workers.”

¹⁴At mealtime Boaz called to her, “Come over here, and help yourself to some food. You can dip your bread in the sour wine.” So she sat with his harvesters, and Boaz gave her some roasted grain to eat. She ate all she wanted and still had some left over.

¹⁵When Ruth went back to work again, Boaz ordered his young men, “Let her gather grain right among the sheaves without stopping her. ¹⁶And pull out some heads of barley from the bundles and drop them on purpose for her. Let her pick them up, and don’t give her a hard time!”

IN THE STORY:

Where do you see wisdom, kindness, protection, or generosity being practiced in this story?

IN JESUS:

LUKE 4:18-19

“The Spirit of the Lord is upon me,
for he has anointed me to bring Good News to the poor.
He has sent me to proclaim that captives will be released,
that the blind will see, that the oppressed will be set free,
and that the time of the Lord’s favor has come.”

MATTHEW 25:40

“And the King will say, ‘When you did it to one of the least of these my brothers and sisters, you were doing it to me.’”

Boaz uses his position to protect and provide for Ruth, a vulnerable, foreign widow. But Jesus is our ultimate Redeemer. Jesus doesn’t move away from vulnerability. Instead, He moves toward it with compassion, justice, and restoring love. In Him, we see that wisdom is not only knowing what is right, but using what we have for the good of those in need.

How does looking to Jesus reshape the way you think about helping, protecting, or advocating for others?

IN YOU:

Where might God be inviting you to use your time, voice, influence, or resources for the good of someone vulnerable? Tell God honestly where you need His wisdom, courage, or compassion.

Day 4 | Solitude Practice

MAKING ROOM FOR WISDOM

Wisdom that helps others begins with attention. In solitude, we step away from noise and hurry long enough to become present to God, to ourselves, and to the people we may be moving too quickly to see.

Find a quiet, distraction-free place for 15 minutes or more. You may sit in stillness or go for a quiet walk without music, podcasts, or other input.

As you begin, take a few slow breaths. Become aware of God's presence with you and your desire to be present with Him.

Do not rush or try to make anything happen. Simply notice what rises into your awareness.

- Is there someone you have overlooked?
- A need you have been avoiding because it feels inconvenient?
- A person or group God keeps bringing to mind?
- A resource, gift, or influence you could use for someone else's good?
- A place where compassion may need to become action?

Whatever comes up, stay with God there. Rest in Him. You do not need to fix everything or force clarity.

When your time ends, offer your time, resources, and attention back to God.

**Jesus is our Redeemer. In solitude, we make room
for His compassion to reshape what we notice and how we respond.**

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS WISDOM IN YOUR REAL LIFE?

Where did you notice wisdom being practiced, needed, or resisted?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

Group Prayer Page

Pray for one another. Use this page to record prayer requests, praises, and God's answers along the way.

WEEK 7

WORKING SKILLS

WISDOM IRL

Day 1 | Overview

INTRODUCING THE THEME

Work is a significant part of our lives. For some it's a 9 to 5 job. It can also happen in a classroom, a home, a ministry, or in responsibilities that often go unseen. Whatever it looks like, work can become a place where wisdom is practiced.

Proverbs speaks about diligence, responsibility, competence, and integrity. This isn't an invitation to prove our worth through productivity, because our worth isn't found in what we do or what we accomplish. Still, the way we approach what has been entrusted to us matters.

This week, we will look at Joseph, who worked faithfully in circumstances he did not choose, with diligence and integrity even when his work was unseen or unfair. And we will look to Jesus, the truly faithful One, whose finished work frees us from striving to prove ourselves, and teaches us to work for the Lord.

Around our tables are people in different places, some who trust Jesus deeply, and others who are still exploring what they believe. Wherever you are, you are welcome here.

Take time to consider this question:

Where in your everyday responsibilities do you find it hardest to remain faithful, diligent, or hopeful?

Day 2 | Learning the Way of Wisdom

NOTICING THE INVITATION OF PROVERBS

As you read, notice how Proverbs speaks about diligence, responsibility, and skill. Wisdom does not treat work as meaningless. It invites us to bring care, effort, and integrity to what has been entrusted to us.

PROVERBS 12:24 (NIV)

Diligent hands will rule,
but laziness ends in forced labor.

PROVERBS 22:29

Do you see any truly competent workers?
They will serve kings rather than working for ordinary people.

Take a few minutes to reflect:

What word, phrase, or contrast stands out to you?

What kind of wisdom are these proverbs inviting us to practice in our work?

Where might God be inviting you to bring more faithfulness, diligence, or integrity to what has been entrusted to you?

Day 3 | Seeing Wisdom Embodied

LOOKING TO THE STORY AND TO JESUS

As you read, notice how words are used in this story and what effect they have on the community.

GENESIS 39:1-6, 20-23

¹When Joseph was taken to Egypt by the Ishmaelite traders, he was purchased by Potiphar, an Egyptian officer. Potiphar was captain of the guard for Pharaoh, the king of Egypt.

²The Lord was with Joseph, so he succeeded in everything he did as he served in the home of his Egyptian master. ³Potiphar noticed this and realized that the Lord was with Joseph, giving him success in everything he did. ⁴This pleased Potiphar, so he soon made Joseph his personal attendant. He put him in charge of his entire household and everything he owned. ⁵From the day Joseph was put in charge of his master's household and property, the Lord began to bless Potiphar's household for Joseph's sake. All his household affairs ran smoothly, and his crops and livestock flourished. ⁶So Potiphar gave Joseph complete administrative responsibility over everything he owned. With Joseph there, he didn't worry about a thing—except what kind of food to eat!

W.20-23

²⁰So he took Joseph and threw him into the prison where the king's prisoners were held, and there he remained. ²¹But the LORD was with Joseph in the prison and showed him his faithful love. And the LORD made Joseph a favorite with the prison warden. ²²Before long, the warden put Joseph in charge of all the other prisoners and over everything that happened in the prison. ²³The warden had no more worries, because Joseph took care of everything. The LORD was with him and caused everything he did to succeed.

IN THE STORY:

Where do you see diligence, integrity, or faithfulness being practiced in Joseph's story?

IN JESUS:

COLOSSIANS 3:23-24

Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ.

JOHN 19:30

When Jesus had tasted it, he said, “It is finished!” Then he bowed his head and gave up his spirit.

Joseph shows us faithfulness in difficult and unseen work, but Jesus is the truly faithful One. He completed the work we could never accomplish for ourselves. Because of Him, our work no longer has to carry the weight of proving our worth. We are free to work with diligence and integrity, not to earn God’s love, but because we are already held by it.

How does looking to Jesus reshape the way you think about your work, your effort, or your worth?

IN YOU:

Where might God be inviting you to approach your work with faithfulness rather than striving, resentment, or discouragement? Tell God honestly where you need His wisdom, endurance, or rest.

Day 4 | Solitude Practice

MAKING ROOM FOR WISDOM

Wisdom in our work begins beneath the surface. In solitude, we step away from noise and productivity long enough to notice what our work is forming in us — and what we may be asking our work to give us.

Find a quiet, distraction-free place for 15 minutes or more. You may sit in stillness or go for a quiet walk without music, podcasts, or other input.

As you begin, take a few slow breaths. Become aware of God's presence with you and your desire to be present with Him.

Do not rush or try to make anything happen. Simply notice what rises into your awareness.

- Is there a task or responsibility that feels discouraging?
- A place where you have been doing the bare minimum?
- A place where you are striving to prove your worth?
- A responsibility that feels unseen or unappreciated?
- A way God may be inviting you to work with greater faithfulness and rest?

Whatever comes up, stay with God there. Rest in Him. You do not need to fix anything or force clarity.

When your time ends, offer your work, responsibilities, and effort back to God.

**Jesus completed the work we could not do. In solitude,
we make room for His rest to reshape the way we work,
serve, and remain faithful.**

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS WISDOM IN YOUR REAL LIFE?

Where did you notice wisdom being practiced, needed, or resisted?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

Group Prayer Page

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