



**Title** | Who Are You Going to Trust?  
**Series** | Wisdom for the Weary  
**Text** | Proverbs 3:5-8; 16:18; 29:23  
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**Date** | October 13, 2024

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# Sermon Notes

## Proverbs 3:

- 5 Trust in the LORD with all your heart,  
and do not lean on your own understanding.
- 6 In all your ways acknowledge him,  
and he will make straight your paths.
- 7 Be not wise in your own eyes;  
fear the LORD, and turn away from evil.
- 8 It will be healing to your flesh  
and refreshment to your bones.

## Proverbs 16:18

Pride goes before destruction,  
and a haughty spirit before a fall.

## Proverbs 29:23

One's pride will bring him low,  
but he who is lowly in spirit will obtain honor. *ESV*

## Big Idea:

### Proverbs 3:

- 7 Be not wise in your own eyes;  
fear the LORD, and turn away  
from evil.
- 8 It will be healing to your flesh  
and refreshment to your bones. *ESV*

## For Reflection and Application:

### Monday:

Read Proverbs 3:5-8. In this passage, there are three do's, three don'ts, and three results. Can you identify them? What do the do's have in common? What do the don'ts have in common? What do the results have in common? What is the overall instruction from the passage?

### Tuesday:

From Proverbs 3:5-8, it says, "he will make straight your paths," "it will bring healing to your flesh," and "it will be refreshment to your bones." What do these results have to do with weariness? According to the text, how can you deal with weariness?

### Wednesday:

Three admonitions from Proverbs 3:5-8 include "do not lean on your own understanding," "be not wise in your own eyes," and "turn away from evil." In this context, what "evil" is in view? Read Proverbs 16:18; 29:23. What does pride have to do with trusting in ourselves?

### Thursday:

Three commands from Proverbs 3:5-8 include "trust in the Lord with all your heart," "in all your ways acknowledge him," and "fear the Lord." Specifically, how do you do these things?

### Friday:

In your experience, is it difficult to trust in the Lord and not yourself? Why or why not? What are some specific things you can do to more fully trust the Lord?

### Daily Prayer:

Lord, I confess my propensity to trust in myself over you. I am weary of it. Help me to experience the refreshment and vitality that comes from trusting you with all my heart. Amen.

If you would like to have the daily reflection and application emailed to you, scan the QR code or email [info@moonvalleybible.org](mailto:info@moonvalleybible.org).

