



Inside Out

—Life Hacks Week 7—

Proverbs 4 (NIV)

I. _____ the _____

- ^{4:1} Listen, my sons, to a father’s instruction;
pay attention and gain understanding.
- ² I give you sound learning,
so do not forsake my teaching.
- ³ For I too was a son to my father,
still tender, and cherished by my mother.
- ⁴ Then he taught me, and he said to me,
“Take hold of my words with all your heart;
keep my commands, and you will live.
- ⁵ Get wisdom, get understanding;
do not forget my words or turn away from them.
- ⁶ Do not forsake wisdom, and she will protect you;
love her, and she will watch over you.
- ⁷ **The beginning of wisdom is this: Get wisdom.
Though it cost all you have, get understanding.**
- ⁸ Cherish her, and she will exalt you;
embrace her, and she will honor you.
- ⁹ She will give you a garland to grace your head
and present you with a glorious crown.”

II. _____ the _____

- ¹⁰ Listen, my son, accept what I say,
and the years of your life will be many.
- ¹¹ I instruct you in the **way** of wisdom
and lead you along straight **paths**.
- ¹² When you **walk**, your **steps** will not be hampered;
when you **run**, you will not stumble.
- ¹³ Hold on to instruction, do not let it go;
guard it well, for it is your life.
- ¹⁴ Do not set **foot** on the **path** of the wicked
or **walk** in the **way** of evildoers.
- ¹⁵ Avoid it, do not **travel** on it;
turn from it and go on your **way**.
- ¹⁶ For they cannot rest until they do evil;
they are robbed of sleep till they make someone stumble.
- ¹⁷ They eat the bread of wickedness
and drink the wine of violence.
- ¹⁸ The **path** of the righteous is like the morning sun,
shining ever brighter till the full light of day.
- ¹⁹ But the **way** of the wicked is like deep darkness;
they do not know what makes them stumble.

III. _____ for _____

- ²⁰ My son, pay attention to what I say;
turn your ear to my words.
- ²¹ Do not let them out of your sight,
keep them within your heart;
- ²² for they are life to those who find them
and health to one’s whole body.
- ²³ **Above all else, guard your heart,
for everything you do flows from it.**
- ²⁴ Keep your mouth free of perversity;
keep corrupt talk far from your lips.
- ²⁵ Let your eyes look straight ahead;
fix your gaze directly before you.
- ²⁶ Give careful thought to the paths for your feet
and be steadfast in all your ways.
- ²⁷ Do not turn to the right or the left;
keep your foot from evil.

The Bottom Line

_____ all _____, _____ your _____

How?

- 1. _____ to receive the _____ and a _____.
- 2. _____ your _____ with _____ about your _____.
- 3. _____ from any _____ entanglements or _____.
- 4. _____ your _____ to _____, _____ as you _____.
- 5. Carefully _____ what you _____ your _____.

Summer Suggestion

Either read one chapter a day (the chapter that corresponds to each day of the month: on July 23 read chapter 23) or memorize one verse a week and reflect on it every day that week (this week’s suggestion: Proverbs 4:23).

Proverbs 4:23

Above all else, guard your heart,
for everything you do flows from it.



Bro, do you even guard your heart?