

PROVERBS: WISDOM FOR LIFE

**A Series of Firm Foundation
God's Grace Sanctuary**

INTRODUCTION

The book of Proverbs is like a treasure chest full of God's wisdom. It teaches young people how to make right choices, avoid trouble, build godly character, choose friends wisely, guard the tongue, work hard, and honour God.

Wisdom is not just knowing many things—it is knowing how to live in a way that pleases God.

Key Verse for the Study:

Proverbs 9:10

"The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is understanding."

How To Use This Study

- Read one lesson each day.
- Read the Bible passages aloud.
- Memorize the memory verse.
- Answer reflection questions honestly.
- Pray for wisdom daily.

DAY 1: THE BEGINNING OF WISDOM

Scripture Reading

Proverbs 1:7

"The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction."

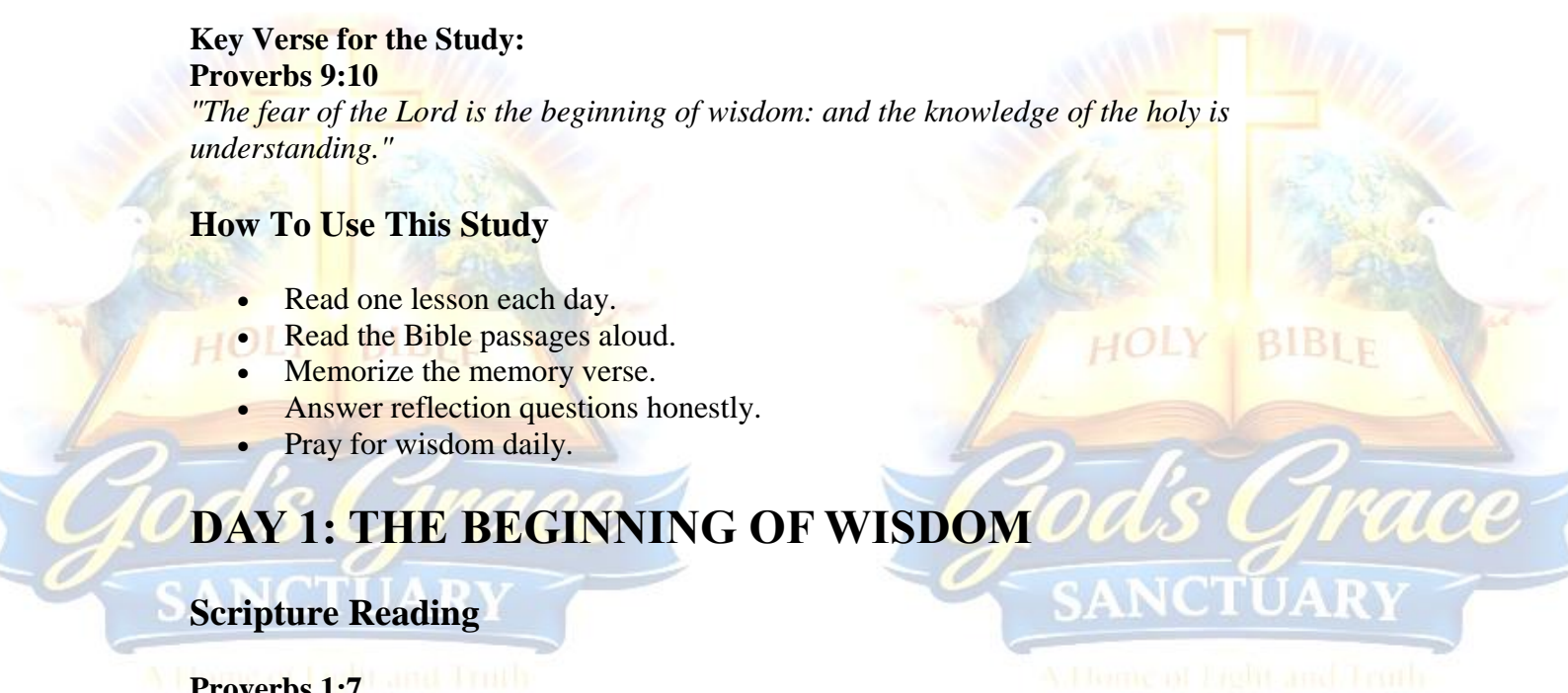
Lesson

Everything begins with reverence for God.

Many teens seek popularity, trends or pleasure, but Proverbs says wisdom begins with fearing God—respecting Him, obeying Him, and putting Him first.

Without God, intelligence may become pride. With God, knowledge becomes wisdom.

Illustration



A phone with many apps but no battery is useless.

A smart teen without God's wisdom may know many things but still ruin life through foolish choices.

Example

Joseph feared God and acted wisely when tempted by Potiphar's wife (Genesis 39).

Points To Remember

1. Wisdom begins with fearing God.
2. Foolish people reject correction.
3. Wise people welcome instruction.

Memory Verse

Proverbs 1:7 *"The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction."*

Reflective Questions

1. Do I accept correction?
2. What does fearing God mean in my life?
3. What foolish habits should I abandon?

DAY 2: TRUST GOD, NOT YOURSELF

Scripture

Proverbs 3:5-6

"Trust in the Lord with all your heart; and lean not unto your own understanding. In all your ways acknowledge him, and he shall direct your paths."

Lesson

Young people often face confusing decisions.

God says:

- Trust Him
- Don't depend only on your feelings
- Let Him lead.

Your understanding can fail. God's never does.

Illustration

A passenger may not know the road, but the driver does.

God sees tomorrow.

Example

David trusted God against Goliath while others trusted weapons.

Points To Remember

1. God directs surrendered lives.
2. Human understanding is limited.
3. Trust leads to guidance.

Memory Verse

Proverbs 3:5-6

Reflective Questions

1. Where am I relying on myself instead of God?
2. Have I asked God about my future?
3. How can I trust God more?

DAY 3: GUARD YOUR FRIENDSHIPS

Scripture

Proverbs 13:20

"He who walks with wise men shall be wise: but a companion of fools shall be destroyed."

Lesson

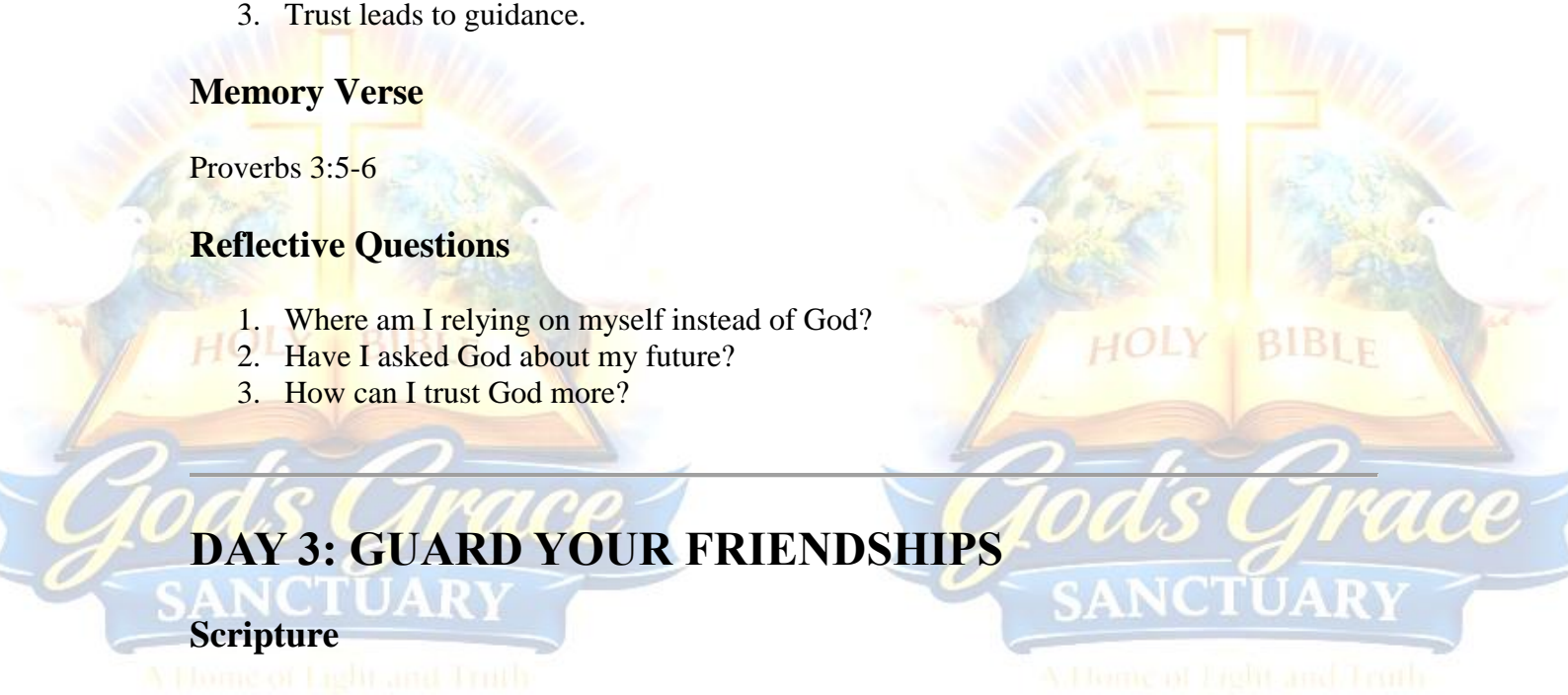
Friends shape destiny.

Wrong friends can pull you down.

Wise friends lift you higher.

Show me your friends and I can show your future.

Illustration



A rotten fruit in a basket affects others.

Bad company spreads corruption.

Example

Rehoboam listened to foolish friends and lost a kingdom. (1 Kings 12)

Points To Remember

1. Friends influence character.
2. Wise friends help you grow.
3. Foolish companions bring destruction.

Memory Verse

Proverbs 13:20 He who walks with wise *men* will be wise,
But the companion of fools will be destroyed.

Reflective Questions

1. Are my friends making me stronger spiritually?
2. Who influences me most?
3. What friendships need boundaries?

DAY 4: POWER OF YOUR WORDS

Scripture

Proverbs 18:21

"Death and life are in the power of the tongue."

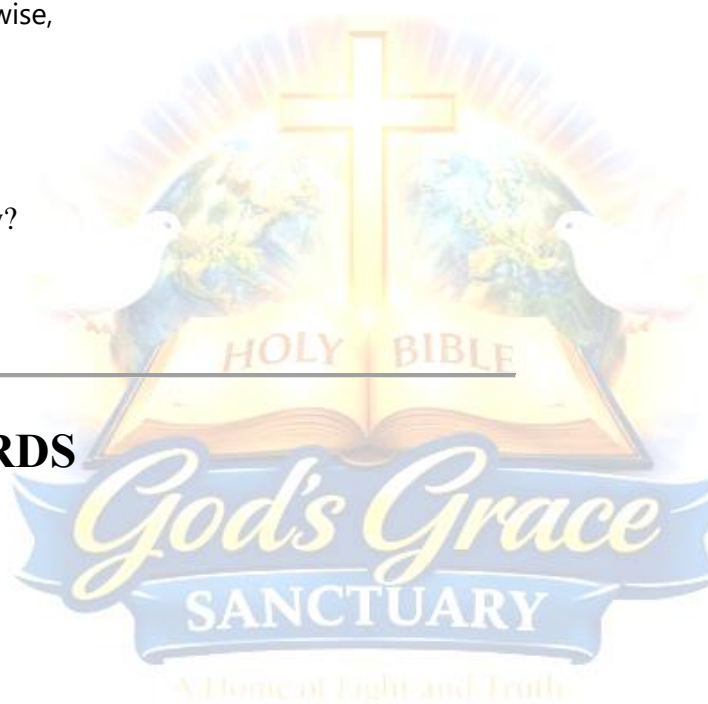
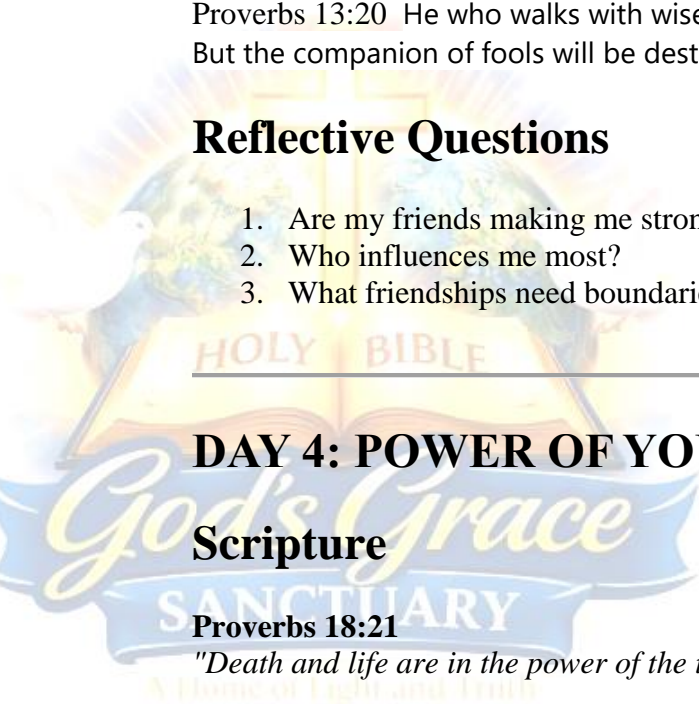
Lesson

Words can heal or destroy.

With words you can:

- Encourage
- Wound
- Build
- Tear down

Many battles begin with careless words.



Illustration

Toothpaste squeezed out cannot go back in.

Words spoken cannot be taken back.

Example

Joseph's brothers used hurtful words.

Jesus used life-giving words.

Points To Remember

1. Words carry power.
2. Speak life.
3. Control your tongue.

Memory Verse

Proverbs 18:21

Reflective Questions

1. Are my words healing or hurting?
2. Do I gossip?
3. How can I speak life more?

DAY 5: DILIGENCE VS LAZINESS

Scripture

Proverbs 6:6-8

"Go to the ant, thou sluggard..."

Lesson

Proverbs praises hard work.

Even ants teach discipline.

Lazy habits destroy dreams.

Diligence builds destiny.



Illustration

An ant carries food in summer preparing for winter.

Preparation is wisdom.

Example

Daniel was diligent and excellent.

Points To Remember

1. Hard work honours God.
2. Laziness steals potential.
3. Discipline brings success.

Memory Verse

Proverbs 6:6

Reflective Questions

1. Where am I lazy?
2. How can I improve discipline?
3. What goals require diligence?



God's Grace

DAY 6: GUARD YOUR HEART

Scripture

Proverbs 4:23

"Keep thy heart with all diligence; for out of it are the issues of life."

Lesson

Your heart is life's control center.

What enters your heart shapes actions.

Guard what you watch.

Guard what you listen to.

Guard what influences you.



A Home of Right and Truth

Illustration

A polluted spring gives polluted water.

A polluted heart produces sinful living.

Example

David fell because temptation entered his heart.

Points To Remember

1. Guard your thoughts.
2. What enters your heart matters.
3. Pure hearts lead to pure lives.

Memory Verse

Proverbs 4:23

Reflective Questions

1. What is feeding my heart?
2. What should I remove from my life?
3. How can I keep my heart pure?

DAY 7: CHOOSE WISDOM *(I have written more on wisdom at the end of the book make sure you read it)*

Scripture

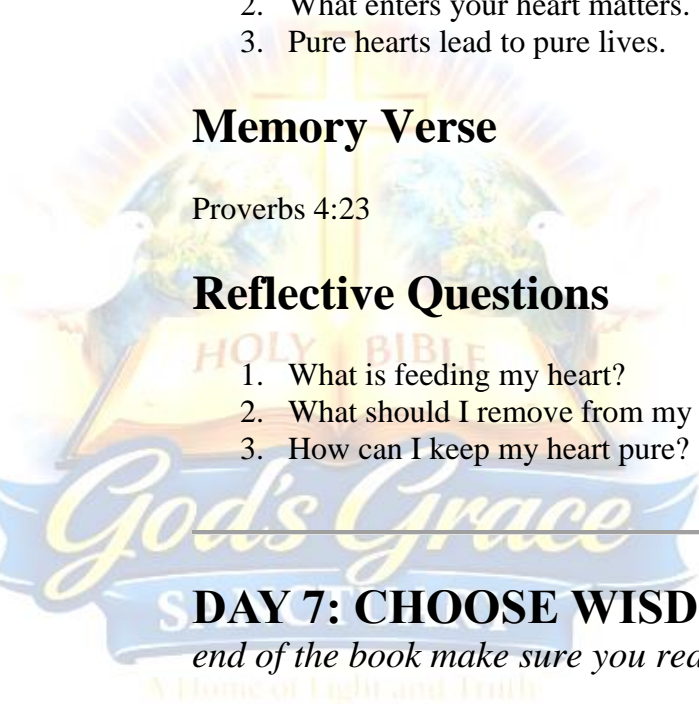
Proverbs 4:7

"Wisdom is the principal thing; therefore get wisdom..."

Lesson

Wisdom is worth pursuing.

People chase fame, money and beauty—
Proverbs says chase wisdom.



Wisdom helps in:

- Relationships
- Decisions
- Purity
- Leadership
- Future

Illustration

A treasure hunter sells much to gain treasure.

Wisdom is worth pursuing.

Example

Solomon asked for wisdom above riches.

Points To Remember

1. Wisdom is priceless.
2. Seek wisdom daily.
3. Wise living honours God.

Memory Verse

Proverbs 4:7

Reflective Questions

1. Am I actively seeking wisdom?
2. What wise decisions must I make now?
3. What have I learned this week?



THINGS TO REMEMBER FROM PROVERBS

- Fear God.
 - Trust God.
 - Choose friends wisely.
 - Guard your tongue.
 - Work hard.
 - Guard your heart.
 - Seek wisdom daily.
-

More teachings on wisdom:

What Is Wisdom and How to Pursue It

(Teen Bible Study – Proverbs Theme, NKJV)

What Is Wisdom?

Many people think wisdom is simply being intelligent or educated. But **wisdom is more than knowledge.**

Knowledge is knowing facts.

Understanding is knowing what those facts mean.

Wisdom is knowing how to apply truth correctly in everyday life.

Biblical Wisdom

In the Bible, wisdom is **seeing life from God’s perspective and living according to His truth.**

Proverbs 9:10 (NKJV)

*“The fear of the Lord is the beginning of wisdom,
And the knowledge of the Holy One is understanding.”*

True wisdom begins with God.

Wisdom helps you:

- Make right choices
- Avoid sin
- Handle relationships well
- Solve problems rightly
- Discern good from evil
- Live skilfully for God

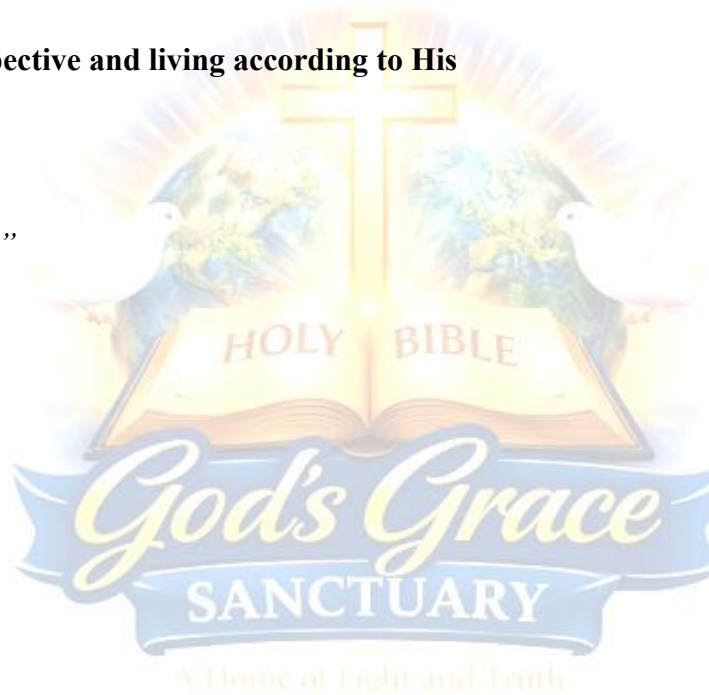
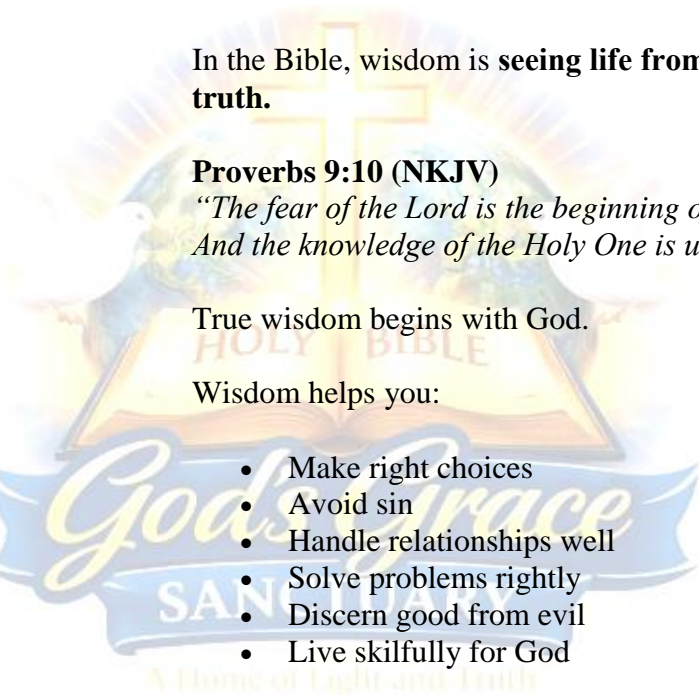
Wisdom is not merely having answers—it is living rightly.

What Wisdom Is Like

1. Wisdom Is God’s Guidance for Life

Wisdom shows you how to live.

Like a compass directs a traveller, wisdom directs life.



Proverbs 4:11 (NKJV)

*“I have taught you in the way of wisdom;
I have led you in right paths.”*

2. Wisdom Is Skill for Living

The wise know what to do, when to do it, and how to do it.

For example:

- Knowing when to speak—and when to stay silent
- Knowing which friends to choose
- Knowing how to resist temptation

That is wisdom.

3. Wisdom Is Moral Discernment

Wisdom helps you tell right from wrong.

Proverbs 2:6 (NKJV)

*“For the Lord gives wisdom;
From His mouth come knowledge and understanding.”*

4. Wisdom Is Practical Obedience

Wisdom is not just hearing truth but living it.

A wise young person obeys God's Word.

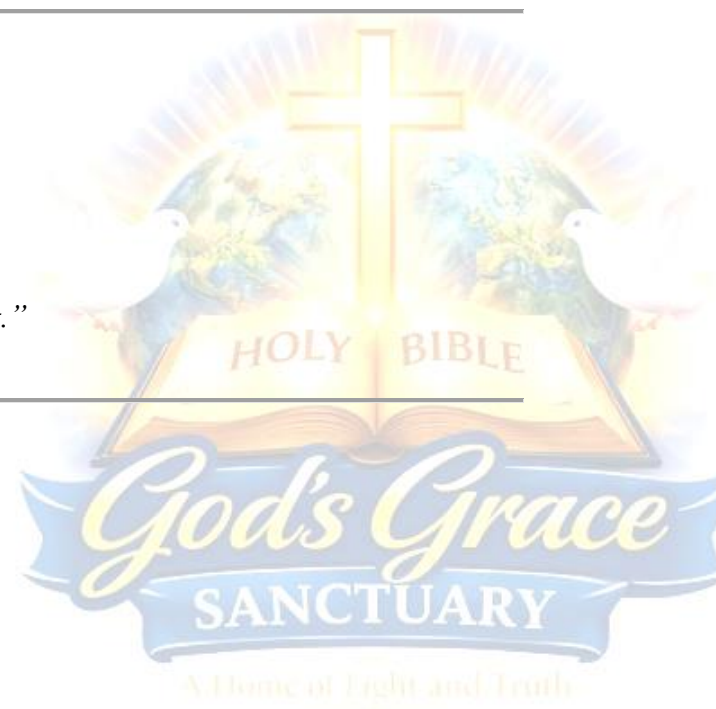
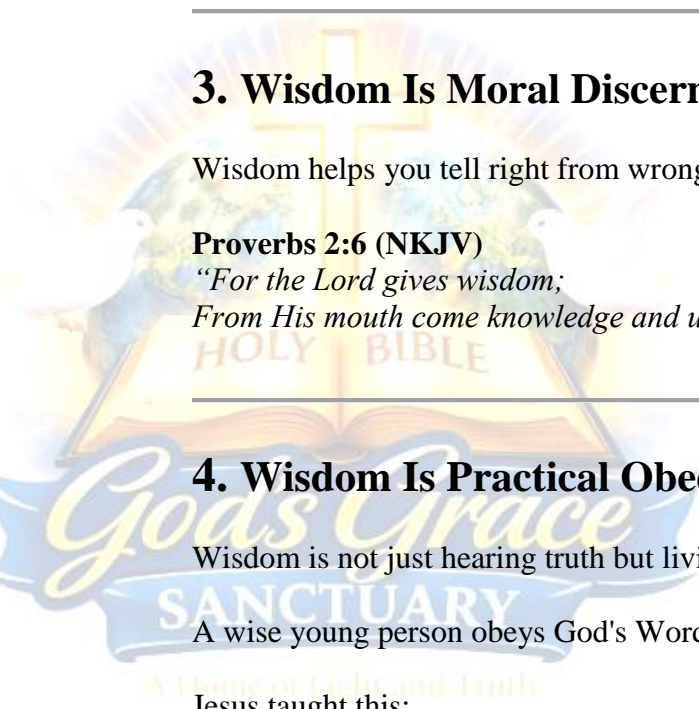
Jesus taught this:

Matthew 7:24 (NKJV)

“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man...”

Wisdom obeys.

Wisdom Is Not



Wisdom is not:

- Being clever in sin
- Manipulating people
- Mere education
- Age alone
- Worldly success

Someone may be educated and still foolish.

Examples of Wisdom in the Bible

Solomon

He asked God for wisdom above riches.

1 Kings 3:9 (NKJV)

“Therefore give to Your servant an understanding heart...”

Joseph

He used wisdom under pressure.

He avoided temptation and governed Egypt wisely.

Daniel

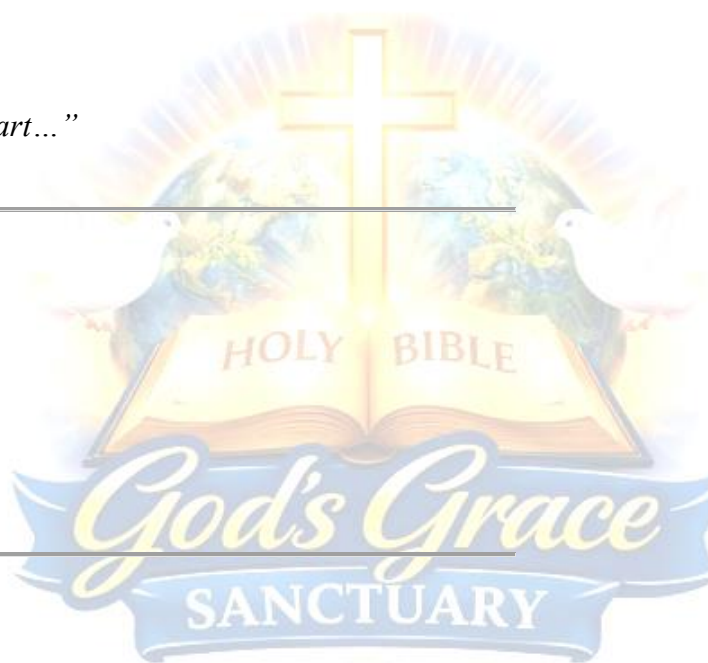
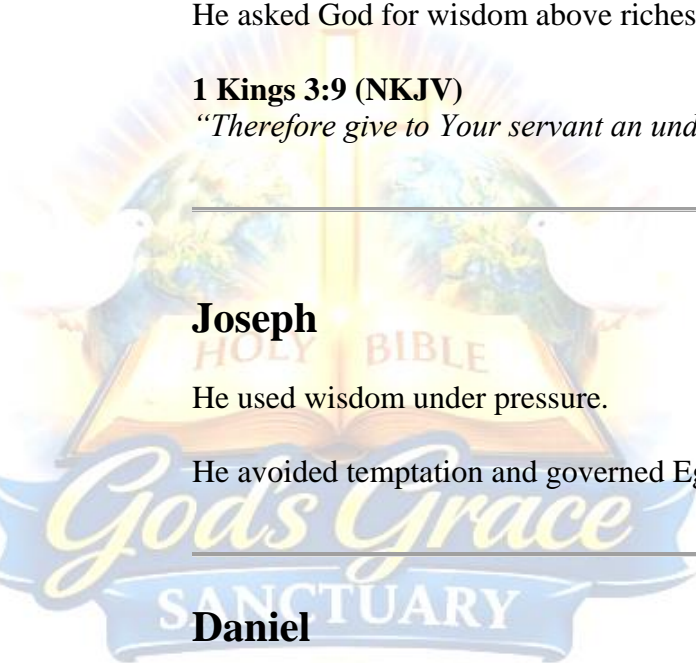
He stood for God in Babylon with wisdom and courage.

Jesus

Jesus is the perfect expression of wisdom.

1 Corinthians 1:24 (NKJV)

“...Christ the power of God and the wisdom of God.”



How To Acquire Wisdom

1. Fear the Lord

This is where wisdom starts.

Proverbs 1:7 (NKJV)

“The fear of the Lord is the beginning of knowledge...”

Honour God. Submit to Him.

2. Ask God for Wisdom

Wisdom is given.

James 1:5 (NKJV)

“If any of you lacks wisdom, let him ask of God...”

Pray:

“Lord, teach me to choose wisely.”

3. Study God’s Word

Proverbs is a school of wisdom.

Read Scripture daily.

God’s Word trains wise thinking.

4. Accept Correction

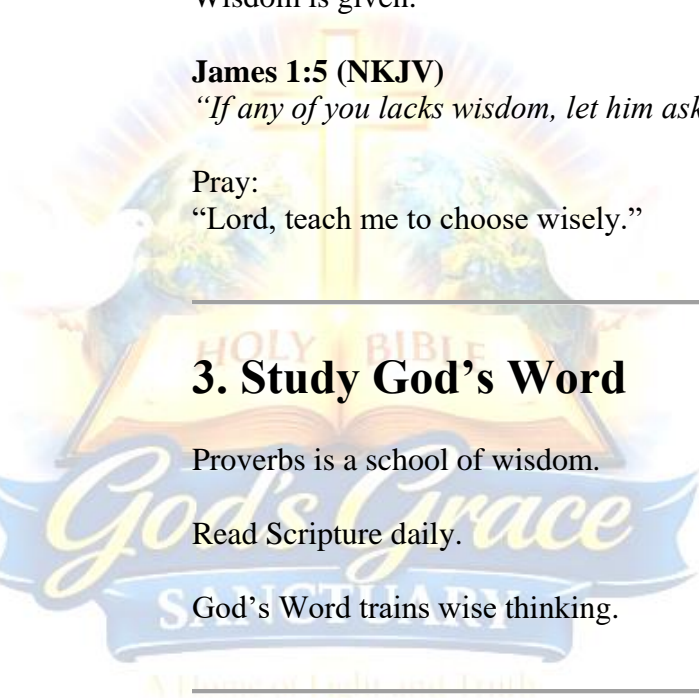
Wise people love instruction.

Proverbs 12:1 (NKJV)

“Whoever loves instruction loves knowledge...”

Correction grows wisdom.

5. Walk With Wise People



Wisdom is contagious.

Proverbs 13:20 (NKJV)

“He who walks with wise men will be wise...”

Choose mentors.

Choose godly friends.

6. Practice Wisdom Daily

Wisdom grows through use.

Use wisdom:

In speech

- In friendships
- In purity
- In finances
- In time management

Practice makes wisdom mature.

7. Learn From Mistakes

The wise learn.
Fools repeat errors.

Failure can become a classroom.

Illustration

A person may own a Bible (knowledge), understand verses (understanding), but only the one who obeys and applies them has wisdom.

Wisdom is truth in action.



Signs You Are Growing in Wisdom

You:

- ✓ Think before acting
 - ✓ Pray before deciding
 - ✓ Receive correction
 - ✓ Control your tongue
 - ✓ Choose good company
 - ✓ Resist temptation
 - ✓ Seek God first
-

The Value of Wisdom

Proverbs 4:7 (NKJV)

*“Wisdom is the principal thing;
Therefore get wisdom...”*

Proverbs 3:13 (NKJV)

“Happy is the man who finds wisdom...”

Wisdom protects.
Wisdom preserves.
Wisdom prospers.

Reflective Questions

1. How does biblical wisdom differ from intelligence?
 2. Which area of my life needs wisdom most?
 3. How can I pursue wisdom this week?
-

Memory Verse

Proverbs 4:7 (NKJV)

“Wisdom is the principal thing; therefore get wisdom. And in all your getting, get understanding.”

Proverbs 2:6–7 (NKJV)



*“For the Lord gives wisdom;
From His mouth come knowledge and understanding;
He stores up sound wisdom for the upright...”*

I declare:

- The Lord shall give me wisdom.
- Understanding shall increase in my life.
- I shall walk uprightly before God.
- I shall not fall into destruction.

PRAYER FOR WISDOM AND DIRECTION

Heavenly Father,

“Lord, make me wise. Help me fear You, choose right friends, guard my heart, control my words and walk in wisdom all my days. In Jesus’ name, Amen.”

A powerful truth:

Knowledge tells you a tomato is a fruit.

Wisdom tells you not to put it in fruit salad.

PROVERBS: WISDOM FOR LIFE

Youth Study Workbook

**A Series of Firm Foundation
God’s Grace Sanctuary**

SANCTUARY

A Home of Light and Truth

God’s Grace
SANCTUARY

A Home of Light and Truth

FINAL EXAM ONE — Multiple Choice (30 Questions)

Choose the correct answer.

1. “The fear of the Lord is the beginning of...”
 - a) Riches
 - b) Knowledge
 - c) Fame
2. Proverbs 3:5 says trust in the Lord with all your
 - a) Strength
 - b) Heart
 - c) Mind
3. We should not lean on our own
 - a) Friends

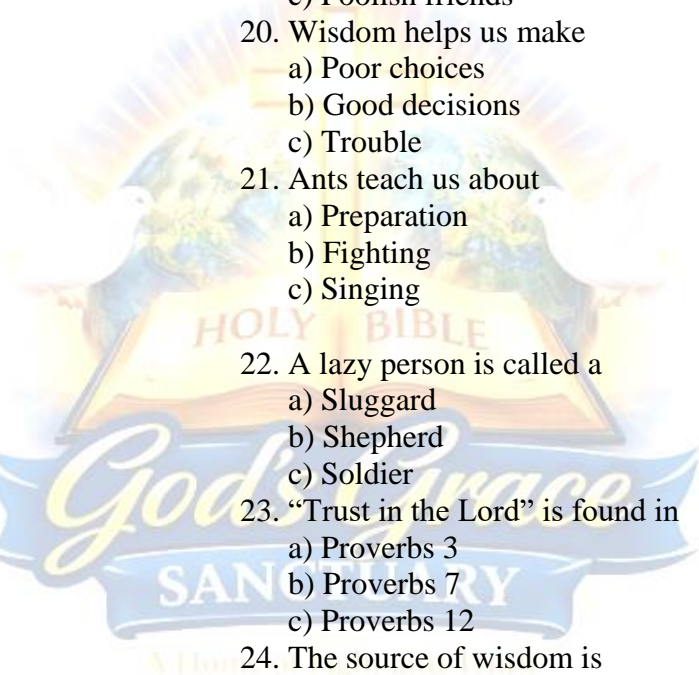
- b) Understanding
- c) Wealth
- 4. "He who walks with wise men will be..."
 - a) Famous
 - b) Wise
 - c) Strong
- 5. A companion of fools will be
 - a) Blessed
 - b) Destroyed
 - c) Promoted
- 6. Death and life are in the power of the
 - a) Tongue
 - b) Hand
 - c) Eye
- 7. "Go to the ant, you sluggard..." teaches
 - a) Courage
 - b) Diligence
 - c) Wealth
- 8. Wisdom is called the
 - a) Hidden thing
 - b) Principal thing
 - c) Last thing
- 9. The Lord gives
 - a) Wisdom
 - b) Silver
 - c) Fame
- 10. Wise people welcome
 - a) Correction
 - b) Flattery
 - c) Pride
- 11. Fools despise
 - a) Instruction
 - b) Food
 - c) Work
- 12. Proverbs says to guard your
 - a) House
 - b) Heart
 - c) Hands
- 13. Solomon asked God for
 - a) Armies
 - b) Wisdom
 - c) Gold
- 14. Joseph showed wisdom when he resisted
 - a) Prison
 - b) Temptation
 - c) Brothers
- 15. Daniel was known for
 - a) Laziness



A Home of

A Home of Right and Truth

- b) Excellence
- c) Fear
- 16. Bad company can
 - a) Improve character
 - b) Corrupt character
 - c) Build wisdom
- 17. Wise words can bring
 - a) Life
 - b) Healing
 - c) Both
- 18. The fear of the Lord means
 - a) Reverence for God
 - b) Hiding from God
 - c) Running from God
- 19. Rehoboam lost his kingdom by listening to
 - a) Prophets
 - b) Wise elders
 - c) Foolish friends
- 20. Wisdom helps us make
 - a) Poor choices
 - b) Good decisions
 - c) Trouble
- 21. Ants teach us about
 - a) Preparation
 - b) Fighting
 - c) Singing
- 22. A lazy person is called a
 - a) Sluggard
 - b) Shepherd
 - c) Soldier
- 23. "Trust in the Lord" is found in
 - a) Proverbs 3
 - b) Proverbs 7
 - c) Proverbs 12
- 24. The source of wisdom is
 - a) Education
 - b) God
 - c) Experience
- 25. Wisdom protects us from
 - a) Sin
 - b) Foolishness
 - c) Both
- 26. The tongue should be
 - a) Controlled
 - b) Ignored
 - c) Feared
- 27. Jesus is called the
 - a) Light of the World



A Home of Faith and Truth

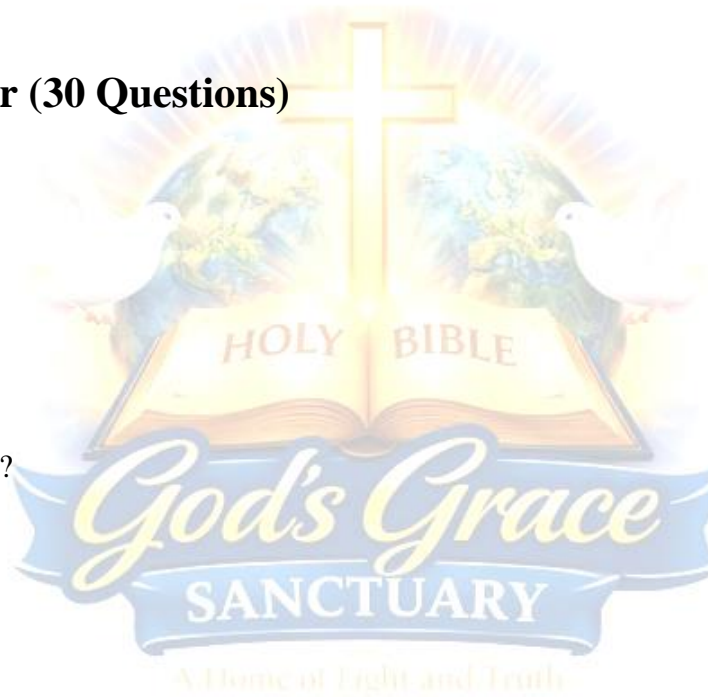
A Home of Faith and Truth

- b) Wisdom of God
 - c) Vine
28. Wise people learn from
- a) Correction
 - b) Failure
 - c) Both
29. “Keep your heart with all diligence” means
- a) Protect your inner life
 - b) Follow emotions
 - c) Ignore temptation
30. According to Proverbs 4:7, the principal thing is
- a) Wisdom
 - b) Money
 - c) Popularity

FINAL EXAM TWO — Short Answer (30 Questions)

1. What is biblical wisdom?
2. Explain Proverbs 1:7.
3. What does it mean to fear the Lord?
4. How is wisdom different from knowledge?
5. Why is wisdom called the principal thing?
6. Explain Proverbs 3:5–6.
7. How did Solomon pursue wisdom?
8. What lessons do we learn from Joseph?
9. What can we learn from Daniel about wisdom?
10. How do friends affect wisdom?
11. Why should believers avoid bad company?
12. What does Proverbs teach about the tongue?
13. Give examples of words bringing life.
14. Give examples of words bringing death.
15. What can ants teach about diligence?
16. Why is laziness dangerous?
17. What does it mean to guard your heart?
18. How can a teen pursue wisdom daily?
19. Why is correction important?
20. How does prayer help us gain wisdom?

21. How can social media influence the heart?
22. How can wisdom help resist temptation?
23. Why should we study Proverbs?
24. What role does obedience play in wisdom?
25. How can wisdom help in choosing friends?
26. What practical steps help grow in wisdom?
27. What is one lesson you learned from this study?
28. Write and explain Proverbs 4:7.



29. How can you apply wisdom this week?
30. Why is Jesus called the wisdom of God?
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Bonus Memory Verse Review (NKJV)

- Proverbs 1:7
 - Proverbs 3:5–6
 - Proverbs 4:7
 - Proverbs 4:23
 - Proverbs 13:20
 - Proverbs 18:21
-

Journey to Greatness

An Inspirational Story

In the dusty roads of Stoo Mbili, life moved differently from the busy cities.

Early every morning, bicycles rang their bells as young men carried milk, vegetables, charcoal, and passengers along the narrow roads. Donkeys pulled wooden carts loaded with water containers and farm produce. Motorcycles roared past carrying workers, students, and traders rushing to nearby markets.

At Stoo Mbili stage, a few matatus stood waiting for passengers traveling to Nakuru town, Njoro, and nearby trading centres. Conductors shouted loudly:

“Nakuru! Nakuru!”

“Njoro moja!”

“Town! Town!”

For many people, these small towns seemed forgotten.

But God often plants greatness in humble places.

Chapter 1: The Boy with the Bicycle

Seventeen-year-old Daniel lived in Naishi with his grandmother. Their small house stood near a dusty path where bicycles passed from morning until evening.

Daniel’s dream was simple:

He wanted to finish school and someday own a business that would help young people in the community.

But life was hard.

After school, Daniel rode his old bicycle carrying sacks of potatoes for farmers to earn small money. Sometimes the bicycle chain broke on the rough roads. Sometimes people refused to pay him fairly.

Still, he never gave up.

As he rode through Naishi and Stoo Mbili each day, he watched hardworking people struggling to survive:

- Motorcycle riders working late into the night
- Donkey cart owners transporting water
- Mothers selling vegetables beside the road
- Youth sitting hopelessly at shopping centres

Many young people had lost hope.

Some believed success only belonged to people from big cities.

Chapter 2: A Dangerous Shortcut

One evening, Daniel met his old friend Brian near the Stoo Mbili stage.

Brian now rode a flashy motorcycle and wore expensive clothes.

“Daniel,” Brian laughed, “why suffer with that old bicycle? There are faster ways to make money.”

Daniel knew some youth had joined theft groups and illegal businesses around the trading centres.

For a moment, he felt tempted.

His school fees were unpaid.

His grandmother was sick.

Life felt unfair.

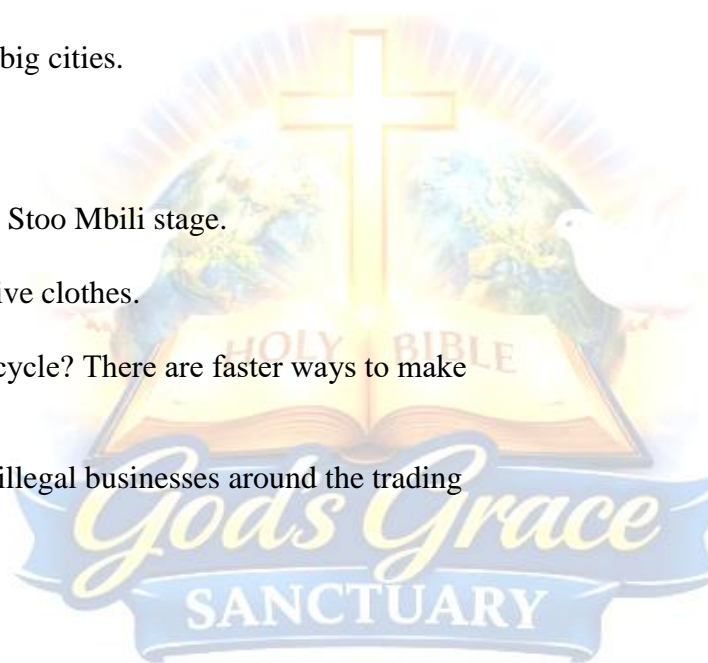
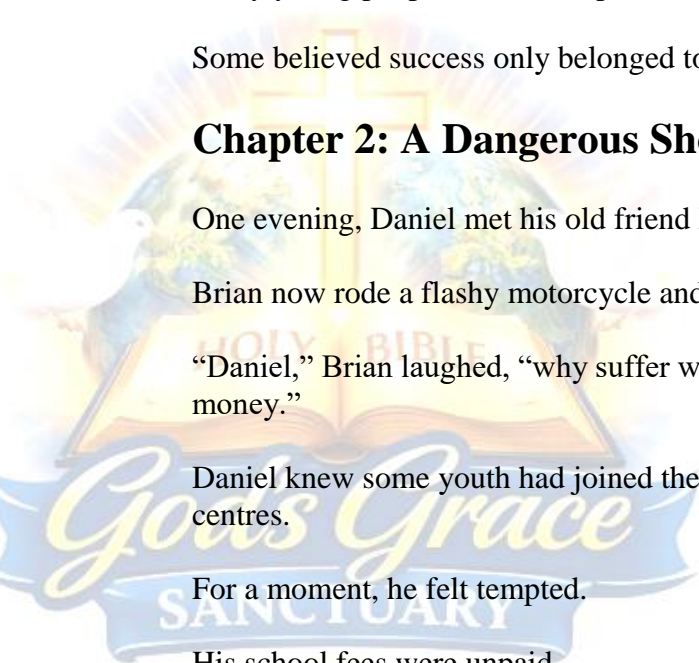
But later that night, his grandmother told him:

“My son, a donkey may move slowly, but it still reaches its destination. Never rush into destruction because others seem successful.”

Those words stayed in Daniel’s heart.

Chapter 3: The Youth Meeting

One Saturday, a church in Stoo Mbili organized a youth mentorship meeting.



A Home of Faith and Truth

Many teenagers came riding bicycles or walking long distances from nearby villages. Motorcycle riders parked beside the church compound while donkey carts passed slowly outside.

The guest speaker was a businessman who had once been a bicycle transporter in Nakuru County.

He told the youth:

“I began with nothing. I carried goods on a bicycle just like many of you. Never despise small beginnings.”

Then he added:

“Your environment should inspire you, not limit you.”

Daniel listened carefully.

For the first time, he realized that even the ordinary things around him — bicycles, donkeys, motorcycles, markets, and small businesses — could become opportunities instead of shame.

Chapter 4: Building a Better Future

Daniel started changing his life slowly.

Instead of wasting time at the shopping centre, he learned motorcycle repair from a mechanic in Stoo Mbili.

Instead of complaining, he saved small money from his bicycle transport work.

Instead of following bad friends, he joined church youth activities.

Months later, he became known as a disciplined and trustworthy young man.

Soon, motorcycle riders began bringing him repair work.

Farmers trusted him.

Teachers encouraged him.

Even younger boys started admiring his determination.

Chapter 5: Rising Beyond the Dust

Years later, Daniel opened a small garage near the Stoo Mbili stage.

What started with one bicycle grew into a respected business serving motorcycles, bicycles, and transport vehicles traveling between Nakuru, Njoro, and nearby towns.

But Daniel never forgot his roots.

Every month, he organized youth talks encouraging teenagers from Naishi and Stoo Mbili to avoid drugs, crime, and hopelessness.

He often told them:

“Never be ashamed of where you come from. Greatness can rise from dusty roads.”

And slowly, many young people began believing again.

Lessons from the Story

1. Small beginnings can lead to great success

A bicycle today can become a business tomorrow.

2. Avoid dangerous shortcuts

Easy money often destroys lives.

3. Learn practical skills

Skills create opportunities.

4. Your environment is not your limitation

Even small towns can produce great leaders.

5. Stay disciplined and faithful

Consistency and good character open doors.

Memory Verse

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” — Jeremiah 29:11

Final Encouragement to Youth

Whether you ride a bicycle, walk dusty roads, sell in the market, help your parents, or struggle through school — your future still matters.

Do not allow poverty, pressure, or your environment to steal your dreams.

God sees you.

Your community needs you.

And your story is still being written.

