

Week 38– Questions to Consider

Psalm 111 ~ Psalm 112 ~ Psalm 113 ~ Proverbs 23:1-18

Small Group Warm Up Question:

What are some tips you would share with a new Christian about church?

1. How has God used your church “congregation” to encourage, mentor, and grow you in your Christian walk? Name some specific examples. (Psalm 111:1) What sort of long-term legacy do you hope to leave within your local church family?
2. What is the difference between knowing something and studying something? Why would those who love the Lord’s works “study” them rather than just “knowing” them? What might that look like? (Psalm 111:2)
3. How would you describe the characteristics of someone who is “trustworthy”? Why do we want to have trustworthy friends, family, neighbors, and coworkers? How does it impact you to hear about God, that “all his precepts are trustworthy”? (Psalm 111:7) Do you think we give the Bible the time, attention, and love that it deserves? How can we do better?
4. How would you explain or summarize Psalm 111:10 in an easy-to-understand way?
5. What does it mean that “the righteous will never be moved”? (Psalm 112:6) What does it not mean? Who are the “righteous”?
6. Read Psalm 112:5-9. Do you agree or disagree with verse 5? How do you make sense of this passage?
7. Psalm 113 is summarized as “Who is like the Lord our God” based on verse 5. What stands out to you from Psalm 113 & why?
8. What is your favorite name of God? Characteristic of God? Miracle of God? Why? (for ideas see www.spiritualwarfare.blog/names-of-god , www.spiritualwarfare.blog/miracles-of-god , www.spiritualwarfare.blog/character-of-god). Why should we brag about God? What are some ways we can boast in the name of the Lord? In daily conversation? Through digital means?
9. Who is the most famous or richest person you have met? What was that like? Did you act differently when you were in their presence? Why? Why do we sometimes think that fame or riches would make our life better? What does the Bible say about fame and riches? (Proverbs 23:1-5)

More questions @ www.southfork.church/psalms-proverbs-discussion-guide

How to Live Better & Longer

Proverbs 23 (ESV)

Have you ever noticed the warnings in Proverbs about “gluttony”, “slothfulness”, “sleep”, and the “sluggard”?

3 Dangers of Over-Eating & Under-Moving

1. Food & Drink Can E_____ Us to Someone Else’s Purposes

- Proverbs 23:1–3 “When you sit down to eat with a ruler, observe carefully what is before you, and put a knife to your throat if you are given to appetite. Do not desire his delicacies, for they are deceptive food.”
- Proverbs 23:6–8 “Do not eat the bread of a man who is stingy; do not desire his delicacies, for he is like one who is inwardly calculating. ‘Eat and drink!’ he says to you, but his heart is not with you. You will vomit up the morsels that you have eaten, and waste your pleasant words.”

2. Food & Drink Can Lead Us Away from Our Purpose

- Proverbs 23:20–21 “Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.”
- Proverbs 28:7 “The one who keeps the law is a son with understanding, but a companion of gluttons shames his father.”
- 1 Corinthians 6:12 “‘All things are lawful for me,’ but not all things are helpful. ‘All things are lawful for me,’ but I will not be dominated by anything.”

3. Under-moving Makes Us _____ Our Purpose

- Proverbs 25:28 “A man without self-control is like a city broken into and left without walls.”
Proverbs 6:9–11 “How long will you lie there, O sluggard When will you arise from your sleep? A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man.”
- Proverbs 26:14–16 “As a door turns on its hinges, so does a sluggard on his bed. The sluggard buries his hand in the dish; it wears him out to bring it back to his mouth. The sluggard is wiser in his own eyes than 7 men who can answer sensibly.”

Don't Forget the...

Consequences of Poor Health (Self-Induced)

- Brain Fog/Fatigue - Sleep Issues - Mental Health (low confidence, depression, stress, anxiety, performance) - Chronic Inflammation & Visceral Fat on Our Organs- Hormone Effects & Low Metabolism - Increased Risk of Cancer, Heart Disease, Dementia, Stroke, Diabetes - Joint Breakdown (neck, back, shoulders, hips, knees)
- 10 pounds of extra weight increases stress on your knees by 30-40 pounds

R_____ of Good Health (Self-Control)

- Energy, Confidence, Longevity of Life, Quality of Life, More Available Resources, A Better Example for Others, More Gospel Witness Opportunities
- 1 Corinthians 6:19–20 “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”
- 1 Corinthians 9:25–27 “Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. ... But I discipline my body & keep it under control, lest after preaching to others I myself should be disqualified.”

4 Steps to Living Better & Longer (Lord-Willing)

1. Be Careful with Addictive Substances - Avoid Them or Exercise Discipline

- “What does the Bible really say about alcohol?”
 - www.trustworthyword.com/alcohol
 - Proverbs 20:1 “Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise.”
- “What does the Bible say about addictions?”
www.trustworthyword.com/what-does-the-bible-say-about-addictions

2. M_____ Your Food Quantity - Food is Fuel

- Don't Overflow Your Gas Tank - Moderation
- Track Your Calories vs. Your Metabolism & Exercise
 - A Calorie Deficit -> Lose Weight
 - A Calorie Balance -> Maintain Weight
 - A Calorie Surplus -> Gain Weight

3. Choose Your Food Quality - Processed vs. Natural; Hard-to-Digest vs. Easy-on-Your-Guts

- Do you know where all the ingredients come from?

4. P_____ Exercise - Movement is Medicine

- What exercise would you enjoy? Actually do consistently?
- “What does the Bible say about physical health?”
- www.trustworthyword.com/physical-health

This Next Week's Psalms & Proverbs Reading Plan:

Week 39: Psalm 114-116 ~ Proverbs 23:19-35

- **Hope & Purpose in Jesus:** www.southfork.church/jesus
- **Daily Verse by Text Message:** remind.com/join/sfbcdevo
- **Our Plan:** www.southfork.church/2023-bible-reading-plan

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