

How to Experience Wholeness in God

June 28, 2026

Main Passage: Proverbs 3:1-10

Theological Theme

The key to flourishing in our health is living wisely, in step with the Lord.

Introduction

- ❓ How important is physical or mental health in your life?
- ❓ Why is it important that we acknowledge these things matter to God also?

1. A Full Life (Proverbs 3:1-4)

Proverbs is wisdom literature that teaches, on the personal level, how to live wisely and well (which requires us to live in step with the Lord). This was primarily written by the famously wise Solomon and under the inspiration of the Holy Spirit. We can trust in the truth in these pages (1 Kings 4:29-34)!

- ❓ What does having a “full life” mean to you?
- ❓ How does this compare to what the world says gives one a full life?
- ❓ How does living in godly wisdom give us a full life?

2. Healing For Your Body (Proverbs 3:5-8)

To flourish in any area of life, fully trusting in the Lord is critical. This means turning to Him when you're making decisions. Being obedient to what He is calling you to do versus doing strictly what you want to do. Our “own understanding” here simply means relying on our own reasoning instead of God's.

- ❓ What does it mean to trust in God with all of your heart?

- ❓ How does this lead to “in all your ways know him” (v. 6)?
- ❓ What would it look like for you to prepare today to learn God’s voice better for tomorrow?

3. Completely Filled (Proverbs 3:9-10)

The offering of the firstfruits was a part of God’s law (Deuteronomy 18:4). This practice took immense trust of God’s provision. A person wasn’t to wait and see how much the harvest would yield, making sure they had enough to care for family and workers, and then offer some to God. No, they offered the, and, with a humble heart, trusting that God would provide for them and everyone they were responsible for. When we honor God with our blessings and wealth (all gifts from Him in the first place), it honors Him.

- ❓ What promise does this passage offer? What warning is included in verses 11-12?
- ❓ What are some ways a person might misunderstand this promise?
- ❓ What does it look like for you to bring your first and best to God?

Conclusion

- ❓ How do you focus on well-being in your life, and how does that compare to what Proverbs instructs?
- ❓ When have you trusted God in a situation that went against your normal logic? What happened?
- ❓ How do we offer God our firstfruits today? What steps will you take toward that?