

How to Experience Wholeness in God

June 28, 2026

Lesson Summary

Main Passages

Proverbs 3:1-10

Session Outline

1. A Full Life (Proverbs 3:1-4)
2. Healing For Your Body (Proverbs 3:5-7)
3. Completely Filled (Proverbs 3:8-10)

Theological Theme

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

Call to Action

Consider where the Lord is calling you to pursue greater health and take steps of obedience.

How to Experience Wholeness in God

Introduction

The topic of health is a big one in our culture today.

We're getting 10,000 steps every day (sometimes with weighted vests).

We're drinking (what seems like) our body weight in water.

We're lifting more weights.

We're counting our macros and upping our protein consumption.

Prioritization of health is very in, and this trend has no end in sight. More than 72 million Americans have a membership to health clubs and studios. Health and wellness in America generates \$22.4 billion in economic activity.¹

Focus on mental health is also on the rise. Stigmas around talk therapy have lessened over the years and more Americans are seeking it out. From 2018 to 2021, the number of Americans receiving talk therapy increased by about 5.5 million.²

Trend or no trend, taking our health seriously is a good thing when it falls correctly in our priorities! God desires us to take care of our bodies and He calls believers into this industry to help others! When we take care of ourselves, we are better equipped to go out and walk in the calling God has placed on our lives (and do this for more years than we would in poor health).

But, Scripture's bigger idea of "flourishing" in our health differs from what culture has to say. It's less about cramming more tricep dips into your workout to strengthen your body and more about trusting in the Creator who crafted your body in the first place.

Today, we're going to explore Proverbs 3 to see what it has to say about our well-being, and how we can't truly flourish in health apart from the Lord's help.

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

Session Summary

Proverbs' idea of flourishing in health is living well and wisely, in step with the Lord. This complete trust and surrender is the key to a full life!

To flourish, we must actively follow the Lord and invite Him into every arena in our lives. We must hand over control of our lives to Him, trusting Him to lead us on the right paths, and knowing that He will take care of us and bless us.

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

- ❓ What does having a “full life” mean to you?
- ❓ How does this compare to what the world says gives one a full life?

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)!

Proverbs repeatedly urges the wise reader to heed the teachings and commandments it holds. Solomon said doing so will: “Bring you many days, a full life, and well-being” (v. 2b).

Merriam-Webster defines well-being as “the state of being happy, healthy, or prosperous”³ and Proverbs teaches that the key to well-being is living wisely and well, which requires us to live in close relationship with the Lord.

*For the LORD gives wisdom;
from his mouth come knowledge and understanding. —Proverbs 2:6*

*The fear of the LORD is the beginning of wisdom,
and the knowledge of the Holy One is understanding. —Proverbs 9:10*

Wisdom in Proverbs 3

Wisdom is more than a matter of knowing rules of right and wrong; it is a matter of knowing God. The wise trust in the Lord rather than in their own wisdom. They fear and honor Him and accept His discipline. The Lord, not just their awareness of certain principles, protects them.

As we talked about last week, rightly fearing the Lord means faithfully following Him. Walking in God’s ways, following His will for your life, behaving the way the Bible teaches us to, loving Him with your entire being (Jesus reiterated the importance of this in Matthew 22:37-40), and worshipping Him. The key to flourishing in our health isn’t adding another gym membership, but obediently living in step with the Lord.

Solomon noted that living this way will bring “many days” (v. 2). Living wisely certainly has the potential to lengthen our lifespan, though it’s not necessarily guaranteed. What is guaranteed, though, is a full quality of life and well-being. Can you look around and see how our society yearns for these things? How nonbelievers seek them in the wrong places? We cannot hope to truly have a full life or well-being apart from Christ.

 How does living in godly wisdom give us a full life?


The Hebrew word translated as “loyalty” in verse 3 is *chesed*.⁴ We also see it translated as faithful love, fidelity, and kindness. It’s the same word God used to describe the incredible love He has for His people:

... but showing faithful love to a thousand generations of those who love me and keep my commands. —Exodus 20:6

This type of loyal love and faithfulness is critical if we want to flourish in our health. They should be an integral part of our being (John 13:34-35). Solomon wrote this type of living earns a good reputation.

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

 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)?

Scripture offers us many tidbits of wisdom about where we should place ultimate trust:

*Anyone trusting in his riches will fall,
but the righteous will flourish like foliage. —Proverbs 11:28*

*The one who trusts in himself is a fool,
but one who walks in wisdom will be safe. —Proverbs 28:26*

Scripture also contains warnings about doing what we think is right, apart from the Lord:

*There is a way that seems right to a person,
but its end is the way to death.* —Proverbs 14:12

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.

This can be tricky. How do we distinguish our own understanding from wisdom from the Lord? As a starting point, we pray and ask for help. This discernment also begins well before decision crunch time begins. The more we actively invest in our relationship with the Lord by studying our Bibles, praying, meditating, fasting, etc., the more tuned in we will become to the daily workings and nudges of the Holy Spirit. The best decision we can make for tomorrow's decisions is investing in our relationship with the Lord today.



What would it look like for you to prepare today to learn God's voice better for tomorrow?

Verse six says, "In all your ways know him" (v. 6a). In all our ways. The NIV translates this as "in all your ways submit to him" (v. 6a, NIV). To do this, we must fully and completely trust in the Lord, more than our own thoughts, opinions, and preferences. When we do this, we fully invite God into every aspect of our lives and give Him ultimate control.⁵

Making our paths straight doesn't guarantee success, and it certainly doesn't guarantee ease. If we had any doubts on that score, Jesus cleared them up for us:

"I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world."

—John 16:33

The straight paths in view here are the paths of righteousness David wrote about in Psalm 23. This is the wise path of right living, which leads to God's will being walked out, which we know is for our ultimate good (Romans 8:28).

Solomon went on to advise us not to make the mistake of being wise in our own eyes (Proverbs 14:12), but rather "fear the LORD and turn away from evil" (v. 7).

When we live this way, it will be healing and strengthening to us. Sometimes God might offer us physical healing and strength, but not always. Have you ever trusted God over yourself and felt this type of healing firsthand? No matter the situation, the key to flourishing in true health is walking in step with the Lord.

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

- ❓ What promise does this passage offer? What warning is included in verses 11-12?
- ❓ What are some ways a person might misunderstand this promise?

Fully trusting the Lord with our lives includes trusting Him with our possessions. We've studied this concept in this series previously, and Scripture will continue to reiterate this idea!

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 does it look like for you to bring your first and best to God?

As a blessing for this act of obedience, God promises not just blessings, but overflowing, abundant blessings (Deuteronomy 28:1-14, Luke 12:31), a gift of flourishing from the Lord. This doesn't necessarily or even probably mean spiritual wealth, but it is the type of soul health and flourishing that all people seek deeply.

Conclusion

Proverbs teaches us how to live wisely and well, a task we can't hope to accomplish when we aren't in relationship with the Lord (the source of wisdom). Living in close relationship with the Lord, with our very lives characterized by Christlike love and faithfulness to the Lord, is the key to "a full life, and well-being" (v. 2). This is how we truly live in health. This requires us to place our full and complete trust in the Lord (with ourselves and our possessions). When our desires diverge from His will, we must lay our own understanding aside and commit to following Him.

Any “wisdom” apart from God will ultimately fall apart, but when we fully rely on God, inviting Him to be an active participant in every arena of our life, He will lead us on the paths of righteous living (where He has good things in store for us). When we fully turn to the Lord and away from evil, God offers healing and strength. He can and does offer physical healing, but always, He offers spiritual healing and strength. This may be a balm for our soul when we grieve, peace in a situation where it makes no sense, strength to walk through the darkest valley of our lives, or comfort when we face the consequences of our mistakes. When we walk in step with Him, we flourish.

- ❓ 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?

Prayer of Response

Thank God for His goodness, care, and provision. Thank Him for providing abundantly. Thank Him for giving us wisdom and guiding us along the right paths and for caring about our health. Ask for His help as you learn to lean fully on Him and not your own understanding, handing over control of all arenas of your life.

Memory Verse

*My son, don't forget my teaching,
but let your heart keep my commands;
for they will bring you
many days, a full life, and well-being.*
—Proverbs 3:1-2

Additional Resources

- *Proverbs* by Raymond Ortlund
- *Exalting Jesus in Proverbs* by Daniel Akin and Jonathan Akin
- *Proverbs* by J. Vernon McGee



Historical Context of Proverbs

Purpose

Because these proverbs are in the Bible, they do not just entertain; they exhort, encourage, and offer hope. Solomon called readers, especially youth, to pursue wisdom rather than foolishness. He encouraged the inexperienced to become wise rather than mockers, to be teachable rather than incorrigible, to live rather than to die. He predicted that people who pursued wisdom would generally find success and happiness in this life, but he promised that they would absolutely find joy and blessing in eternity.

Author

Solomon is credited with the proverbs in chaps. 1–29 of the book of Proverbs (1:1; 10:1). There is biblical evidence that Solomon was wise and a collector of wise sayings (1Kg 3:5–14; 4:29–34; 5:7, 12; 10:2–3, 23–24; 11:41). Chapters 1–24 may have been written down during his reign, 970–931 BC. The proverbs in chaps. 25–29 were Solomon’s proverbs collected by King Hezekiah, who reigned 716–687 BC (25:1). The last two chapters are credited to Agur and Lemuel (30:1; 31:1), about whom nothing else is known. An editor was inspired to collect the proverbs of Solomon, Agur, and Lemuel into the book we now have.

Setting

The reign of Solomon represented the peak of prosperity for the nation of Israel. The period saw the greatest extent of Israel’s territory, and there was peace and international trade (1Kg 4:20–25; 10:21–29). It is likely Solomon knew about the ancient tradition of wisdom in Egypt (1Kg 3:1), but through inspiration and God’s gift he composed even better sayings (1Kg 3:12; 10:6–7, 23). Solomon addressed his teaching to his son or sons, but these inspired wise sayings are applicable to all people. The book of Proverbs, like the rest of the Bible, contains stories, teaching, and examples. People should make appropriate application of these truths to their own situations (1Co 10:11).

Special Features

What is a proverb? A secular proverb seeks to state a general (not absolute) truth, such as “a fool and his money are soon parted.” It is typically pithy, that is, it is brief but rich in meaning: “No pain, no gain.” A proverb is practical; it gives advice that is useful in the real world: “A stitch in time saves nine.” It should be applied; the reader should consider what changes he should make in his own life in light of the proverb: “Charity begins at home.” A proverb is derived from astute observations about how life usually works; the creator of a proverb shows himself very knowledgeable and perceptive, able to see what is generally true and to draw conclusions from it: “The pen is mightier than the sword.”

Extended Commentary

Proverbs 3:1-10

3:1–12 In this section the odd-numbered verses give a command and the even-numbered verses a promised result (the command continues in v. 6a).

3:2 To have well-being is to be healthy, free from threat or need, and thus fulfilled, content, prosperous, and at peace in a way that only God can grant (Ps 4:8; 119:165).

3:3–4 Loyalty (Hb *chesed*, see note at 19:22) and faithfulness summarize godliness in contrast to the selfish malice and infidelity of the wicked (14:22; 16:6; 20:28; cp. Mt 22:37–40). The son should make them his permanent characteristics, externally and internally.

3:5 To trust anything or anyone other than the Lord results in disaster (11:28; 28:26; cp. Ps 52:7; 62:10; Is 30:12–13; Ezk 16:15). To rely on something—a synonym for “trust”—is to lean on it as if it were a crutch (2Sm 1:6; Jb 8:14–15; Is 50:10). Understanding is good (16:16), but only if it is from the Lord (9:10).

3:6 To know God in all your ways is to invite his presence into all daily activities and decisions. Make your paths straight (or smooth) means that God will make righteousness attainable.

3:7 Turning away from evil and worshiping the Lord is the gist of repentance (Ac 8:22; 26:20), which requires humility (Jr 31:19).

3:8 Body (lit “navel,” Sg 7:2) and bones stand for the entire person.

3:9–10 Possessions is the word for abundant “wealth” (8:18; 10:15; 11:4; 12:27; 13:7, 11; 18:11; 19:4, 14; 28:8, 22; 29:3) or sufficiency (see “enough” in 30:15–16), the stored resources that are ready for use. The first produce was the earliest and best of the crop (Dt 18:4). Those who honor God with their wealth will receive more with which to honor him (Mal 3:10; Lk 19:17, 26).⁶

References

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4. David K. Stabnow, “Proverbs,” in *CSB Study Bible: Notes*, ed. Edwin A. Blum and Trevin Wax (Holman Bible Publishers, 2017).
5. *Ibid.*
6. *Ibid.*