

Proverbs Chapter 3
Week 4, v.8-10

Review Pr 3:5-7 What does it say? What does it mean? How is it applied? Give an example of how this truth worked itself out in your life last week.

Pr 3:8 It will be healing to your body, and refreshment to your bones. KJV: It shall be health to thy navel, and marrow to thy bones.

What will bring healing and refreshment? Look at the previous verses in this chapter.

- v.1 remember His teaching, keep His commandments
- v.3 keep kindness and truth foremost in your life
- v.5 trust in God, not yourself
- v.6 seek Him in everything
- v.7 be humble, hold God in high esteem, turn from evil

What comes to mind when you think of the word healing?
What does it mean to need refreshment?

Healing <riph'uwth> a cure:--health

Healing: the process of curing somebody or becoming well

Body <shor> a string (as twisted (compare 8306)), i.e. (specifically) the umbilical cord (also figuratively, as the centre of strength):--navel.

Refreshment <shiqquwy> a beverage; moisture, i.e. (figuratively) refreshment:--drink, marrow. Refreshment: a pick-me-up, stimulant, shot in the arm, drink

Bones <`etsem> a bone (as strong); by extension, the body; figuratively, the substance

From Adam Clarke's Commentary: ...It is well known that it is by the umbilical cord that the fetus receives its nourishment all the time it is in the womb of the mother. It receives nothing by the mouth, nor by any other means: by this alone all nourishment is received, and the circulation of the blood kept up. When, therefore, the wise man says, that "trusting in the Lord with the whole heart, and acknowledging him in all a man's ways, &c.,

shall be health to the navel, and marrow to the bones;" he in effect says, that this is as essential to the life of God in the soul of man, and to the continual growth in grace, as the umbilical cord is to the life and growth of the fetus in the womb. Without the latter, no human being could ever exist or be born; without the former, no true religion can ever be found. Trust or faith in God is as necessary to derive grace from him to nourish the soul, and cause it to grow up unto eternal life, as the navel string or umbilical cord is to the human being in the first stage of its existence. . . . All the larger bones of the body have either a large cavity, or they are spongy, and full of little cells: in both the one and the other the oleaginous substance, called marrow, is contained in proper vesicles, like the fat. In the larger bones, the fine oil, by the gentle heat of the body, is exhaled through the pores of its small vesicles, and enters some narrow passages which lead to certain fine canals excavated in the substance of the bone, that the marrow may supply the fibres of the bones, and render them less liable to break. Blood-vessels also penetrate the bones to supply this marrow and this blood; and consequently the marrow is supplied in the infant by means of the umbilical cord. From the marrow diffused, as mentioned above, through the bones, they derive their solidity and strength. A simple experiment will cast considerable light on the use of the marrow to the bones:-Calcine a bone, so as to destroy all the marrow from the cells, you will find it exceedingly brittle. Immerse the same bone in oil so that the cells may be all replenished, which will be done in a few minutes; and the bone reacquires a considerable measure of its solidity and strength; and would acquire the whole, if the marrow could be extracted without otherwise injuring the texture of the bone. After the calcination, the bone may be reduced to powder by the hand; after the impregnation with the oil, it becomes hard, compact, and strong. What the marrow is to the support and strength of the bones, and the bones to the support and strength of the body; that, faith in God, is to the support, strength, energy, and salvation of the soul. . . .

Living in the way set out for us in the previous verses of this chapter (only possible through faith in Christ), will give us spiritual health and strength. Without God in our life, we are fragile and easily crushed. We may be able to survive temporarily but will eventually fall. True health for our soul and body can only come from God.

Do you sometimes hit a wall in the afternoon of a truly busy day? You feel like energy is depleted, mentally and physically? What kinds of things give you a quick pick-me-up? (Think of going to God's Word instead of that piece of chocolate or with that cup of tea so you can finish the day strong)

Do you go to God's Word for refreshment? Is God the source of strength of your life? Is He "the air you breathe"? Is spending time in His Word and prayer the nourishment you seek each day? If you answer yes to these questions, take it another step and ask yourself how your choices support your answers.

Pr 3:9-10 Honor the LORD from your wealth, and from the first of all your produce; so your barns will be filled with plenty, and your vats will overflow with new wine.

Honor <kabad> in a good sense (numerous, rich, honorable; causatively, to make weighty; glorify, be (make) glorious (things), glory

Wealth <hown> wealth; by implication, enough:--enough, + for nought, riches, substance, wealth.

First [firstfruits] <re'shiyth> the first, in place, time, order or rank (specifically, a firstfruit):--beginning, chief(-est), first(-fruits, part, time), principal thing

Produce <t@buw'ah> income, i.e. produce (literally or figuratively):--fruit, gain, increase, revenue.

Do you consider yourself wealthy? Do you have "enough"? Look back at the definition.

What does it mean to honor God with our wealth and the first of all we have? Here's some questions to think about:

- *Are the possessions He's given you used to glorify Him? Your job, home, etc?
- *Does God get the best part of your time, energy and resources? Does He only get what may be leftover?
- *Do you think of Him first in all your decisions?
- *what other questions can you think of to ask yourself when you consider what it means to honor God from your wealth and the best of all you have?

Last week, we looked at the truths in the Bible that remind us that everything we are or have comes from God. How should these truths affect the way we honor Him?

In OT Law it was commanded to give to God the first of produce from the land and even the first-born was dedicated to God. This practice was a reminder that God was the giver of everything.

Ex 22:29 "You shall not delay [the offering from] your harvest and your vintage. The first-born of your sons you shall give to Me.

De 26:1-2 "Then it shall be, when you enter the land which the LORD your God gives you as an inheritance, and you possess it and live in it, that you shall take some of the first of all the produce of the ground which you shall bring in from your land that the LORD your God gives you, and you shall put [it] in a basket and go to the place where the LORD your God chooses to establish His name.

We are to honor God with everything we have, putting Him first and giving Him the best.

Will we ever run out of the ability to give?

Pr 3:10 So your barns will be filled with plenty, And your vats will overflow with new wine.

Is it more difficult to give when you feel that you are barely scraping by?

When we practice verse 9, verse 10 tells that our wealth will be increased. What does this mean?

Should the fear of not having enough for ourselves stop us from giving? Why or why not?

Pr 11:24 There is one who scatters, yet increases all the more, and there is one who withholds what is justly due, but [it results] only in want.

Pr 19:17 He who is gracious to a poor man lends to the LORD, and He will repay him for his good deed.

Pr 22:9 He who is generous will be blessed, for he gives some of his food to the poor.

When we honor God with what we have, we are blessed as it is used for His purposes.

Have you ever heard the saying, “Don’t put all your eggs in one basket”? That is the way the world thinks – diversify, then if one thing does not work you will not lose it all. Years ago, I had a plaque hanging in my kitchen that said, “I put all my eggs in one basket and gave the basket to God”. That is the attitude towards our possessions He wants us to have. Unlike the world, I do not need to diversify, fearing that investments that honor God may not produce blessings. They will, He says so. Since He is the giver and provider of all, nothing we have really belongs to us. They never were all “my” eggs. We are just the stewards of His great blessings. All we have been given is to be used for His glory. We will never run out of resources to give, He will continually pour His blessings on us. Using what we have for God is the wisest investment we can make because it is an investment in the only thing that will last – eternity.

What is your response to this? How does this cause you to think differently about everything you have? In case you are thinking you do not have much to give, do not forget to include your time (which we all have the same amount), energy (which God will supply to do His work), and kind acts, thoughts and words (which are abundant through His Spirit).

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Is your very life sustained by God's Word? Do you hunger for isolated time with Him? Are you getting a continuous supply of nourishment from His Word? Where do you go for strength when you need a "pick-me-up"?

Think of the things you have. How are you honoring God with your wealth? Your time? Your energy? Do you need to examine these areas more closely to make sure He is getting the best of what you have?

Have you ever been fearful that you might not have enough if you give to someone else? Have you ever given with the wrong heart/motives? After looking at the scriptures in this study, have you been challenged to think differently?

Do you get pleasure from giving? Have you prayed for opportunities to give? Are you careful to give God the glory for these opportunities and for your response to them?

In what ways have you seen God bless you through giving? Take time to thank Him for the opportunities He presents to you to give.

At Home

Take the time to **review** verses 8-10, work on memory verses, and pay close attention to personal **application**.

Look at Prov 3:11-13 for next week's study. As you read/study, jot down what you discover. Memorize the passage. Use any reference tools you have to look up a few main words in the passage. What questions come to mind that will help you to apply what you read