

“Fountain of Life” The Book of Proverbs

Summer 2020 (June 14 - August 30)

Series Overview: Are you feeling it? With all that’s happening in our world, stress levels are high, and many of us are feeling weary... exhausted...confused. This summer, let’s pause and allow God to refresh our souls through the 3,000-year-old wisdom of Proverbs. Throughout the book, wisdom is referred to as “the fountain of life”—exactly what we need when we’re empty and dry. Come and drink deeply from the fountain of life.

Topics that we’ll be addressing include: Pursuing Wisdom, Humility & Pride, Good Sex/Bad Sex, The Power of Words, Making Decisions, Wealth & Greed, Diligence & Laziness, Good Friends/Bad Friends, The Wisdom of Compassion, Leading Wisely, Controlling Anger, and Everything in Moderation.

LECTIO DIVINA

This summer, we encourage you and your group to use Lectio Divina to discuss the Sermon message.

Directions for Lectio Divina: Use the provided passages to guide your group in a discussion of the sermon topic.

1. Have one person read the passage slowly.
2. Meditate on the passage silently for one minute.
3. Share key words, phrases, situations, or emotions you notice in the passage.
4. Repeat steps 1-3, reading with fresh eyes, and share any new observations or insights.
5. When done, discuss HOW you can apply what you learned from the Scriptures and your group discussion. Be specific. Share one or two action steps you will take. Consider what you can do as an individual, and also together as a Small Group. End your time in prayer, asking the Lord to direct your steps and for His Spirit to empower you in action.

WEEK 12: Everything in Moderation

Proverbs 23:19-21, 25:16

Proverbs 23:19-21

¹⁹ Listen, my son, and be wise, and set your heart on the right path:

²⁰ Do not join those who drink too much wine or gorge themselves on meat,

²¹ for drunkards and gluttons become poor, and drowsiness clothes them in rags.

Proverbs 25:16

¹⁶ If you find honey, eat just enough— too much of it, and you will vomit.

Supplementary Scriptures**Ephesians 5:18**

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

John 6:35

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."