

STUDY GUIDE

GROUPS / INDIVIDUALS

SIX SESSIONS

I dread saying yes but feel powerless to say no

NEW YORK TIMES BEST-SELLING AUTHOR OF
MADE TO CRAVE AND *UNGLUED*

ILYSA TERKIEURST

WITH CHRISTINE ANDERSON

the Best yes

MAKING WISE DECISIONS IN THE
MIDST OF ENDLESS DEMANDS

I'm a little overwhelmed and a lot worn out

I'm drowning in the regrets of too many commitments

I hope there's more to life than my to-do list

Session 1

Set Your Heart to Wisdom

The fear of the LORD is the beginning of wisdom.

Psalm 111:10 NIV

Recommended reading prior to the meeting:

The Best Yes book, chapters 1 – 3

WELCOME!

Welcome to Session 1 of *The Best Yes*. If this is your first time together as a group, take a moment to introduce yourselves to each other before watching the video. Then let's get started!

OPTIONAL DISCUSSION: SAY YES, SAY NO (15 MINUTES)

Use this discussion if time permits or if your group meets for two hours.



The Best Yes study is about how to use two powerful words — yes and no — to make wise decisions. But yes and no are also great words you can use to get to know each other better. Go around the group and respond to as many of the following questions as you have time for. See how much you can find out about each other simply by answering yes or no.

- Do you like spicy food?
- Have you ever Googled yourself?
- Did you laugh out loud today?
- Have you ever broken a bone?
- Do you like your signature?
- Have you ever cried to avoid getting a speeding ticket?
- Have you ever had your name in a newspaper or other publication?
- Do you still have your tonsils?
- Have you ever secretly skipped pages when reading a bedtime story?

- Can you say the alphabet backward?
- Have you ever fallen asleep at work?
- Do you cry at weddings?
- Did yesterday turn out like you thought it would?
- Do you like to spend time by yourself?

VIDEO: Set Your Heart to Wisdom (15 minutes)

Play the video segment for Session 1. As you watch, use the outline provided to follow along or to take additional notes on anything that stands out to you.

Notes

A heart must have godly wisdom or it will follow the pattern of foolishness.

“The fear of the LORD is the beginning of wisdom” (Psalm 111:10 NIV).

Head knowledge of the fear of the Lord:

- ✦ **Fear:** There are two Hebrew words for “fear” in the Bible. One is *pachad* (pakh'-ad), which means terror. That's not the word used in this verse. The word used is *yir'ah* (yir-aw'), which means a reverence for God.

“The expression describes that reverential attitude or holy fear which man, when his heart is set aright, observes toward God” (*Matthew Henry Commentary*). To observe toward God is to look for the hand of God in everything.

When we have a reverential attitude and look for the hand of God in everything, we start seeing things from the perspective of wisdom. This becomes our focus.

- ✦ **Lord:** I need to anchor my heart to the Lord so I can set my heart to the wisdom of God.

Jesus is “the power of God and the wisdom of God” (1 Corinthians 1:24 NIV).

In Christ “are hidden all the treasures of wisdom and knowledge” (Colossians 2:3 NIV).

- ✦ Once Jesus is the Lord of our heart and the focus of our heart, we have unlocked the door to obtaining God’s wisdom.

Heart knowledge of the fear of the Lord:

“My son, if you accept my words and store up my commands within you, turning your ear to wisdom and applying your heart to understanding — indeed, if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the LORD and find the knowledge of God. For the LORD gives wisdom; from his mouth come knowledge and understanding” (Proverbs 2:1–6 NIV).

- ✦ *Accept my words.* Get into God’s Word.
- ✦ *Store up my commands.* Let God’s Word get into you.
- ✦ *Turn your ear to wisdom.* Listen to wise instruction from God and wise people.

- ✦ *Apply your heart to understanding.* Apply wise instruction to your current situation.
- ✦ *Call out for insight.* Ask God for insights you wouldn't think of on your own.
- ✦ *Cry aloud.* Pray out loud over situations where you need wisdom.
- ✦ *Look for it.* Actively look for God's revelations. Look for the hand of God in everything.
- ✦ *Search for it as hidden treasure.* Treat wisdom as one of the greatest treasures you could acquire.

We have to choose to follow the Lord, not just with our salvation decision but also with our daily decisions.

Wisdom and folly both want to control our lives, and we have to make a choice about which one will.

This Week: Identify a situation in your life where you need to discern a Best Yes, and match it with a verse or several verses from Proverbs. Apply and pray those verses. Talk about them with your wise friends. Wisdom will be waiting for you.*

My Thoughts:

* See the Session 1 personal study "Ten Times Wise" for additional guidance in completing this assignment.

GROUP DISCUSSION:
Video Debrief (5 minutes)

1. What part of the teaching had the most impact on you?

The Fear of Decisions (10 minutes)

If your group meets for two hours, allow 20 minutes
for this discussion.

2. Which of the following statements would you say best describes your schedule right now?
 - ☐ **Time to spare.** I am mostly unscheduled and have quite a bit of discretionary time.
 - ☐ **Time accessible.** I am lightly scheduled and have a fair amount of discretionary time.
 - ☐ **Time enough.** I have a good balance between scheduled commitments and discretionary time.
 - ☐ **Time limited.** I am heavily scheduled and have little discretionary time.
 - ☐ **Time shortage.** I am overscheduled and very rarely have discretionary time.
- ✦ What three words would you use to summarize how you feel about your current schedule? For example: *challenged, bored, energized, exhausted, resentful, engaged, productive*, etc.
- ✦ How we schedule our time is based on the decisions we make — what we say yes or no to. Overall, how much control do you feel you have over your schedule right now? In other words, to what

degree do you feel free to say yes or no to the requests and opportunities that come your way?

- ✦ What factors, if any, tend to make you feel afraid or anxious about saying no?

The Fear of the Lord (10 minutes)

If your group meets for two hours, allow 25 minutes
for this discussion.

3. Left unchecked, even small fears can derail our decisions. Therefore, we need to flip the fear in our decision making into a much healthier fear that leads to wisdom:

The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding.

(Psalm 111:10 NIV)

Go around the group and have a different person read aloud the following verses that describe various aspects of what it means to fear the Lord. As the verses are read, keep in mind that you are looking for connections between the fear of the Lord and wisdom. Underline any words or phrases that stand out to you. You may wish to read through the list twice to give everyone time to listen and respond.

The LORD watches over those who fear him, those who rely on his unfailing love.

(Psalm 33:18 NLT)



Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him.

(Philippians 2:12–13 NLT)



But you [God] offer forgiveness, that we might learn to fear you.

(Psalm 130:4 NLT)



He grants the desires of those who fear him; he hears their cries for help and rescues them.

(Psalm 145:19 NLT)



Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.

(Psalm 86:11 NIV)



How joyful are those who fear the LORD — all who follow his ways!

(Psalm 128:1 NLT)

- ✦ In order to fear the Lord in the way we're learning, we have to know Him and understand what He's like. Briefly review the passages and focus on the words describing God's actions. Overall, how does God relate to those who fear Him? What is the image of God these passages convey?

- ✦ The passages also characterize those who fear the Lord. What stands out most to you about what it means to fear the Lord? What connections might you make between these characteristics and what it means to practice wisdom?

- ✦ If part of what it means to fear the Lord — to have wisdom — is to rely on God’s unfailing love and faithfulness, what do you think it means to be foolish in this regard? In other words, what else might we choose to rely on instead (especially when making decisions)?

- ✦ When you feel anxious or afraid about saying yes or no, which passage(s) might help you to flip your fear of the decision into a healthier fear — the fear of the Lord that leads to wisdom? Share the reasons for your response.

The Best Yes (10 minutes)

If your group meets for two hours, allow 20 minutes
for this discussion.

4. It’s easy to think that our daily yes and no decisions aren’t all that important, but over time, they can add up: The decisions we make dictate the schedules we keep; the schedules we keep determine the life we live; the life we live determines how we spend our soul — and how we spend our soul matters.
Briefly recall a recent decision you made about your time that you later realized was unwise.
 - ✦ How did that decision impact your schedule?

- ✦ How did your schedule then impact your life?

- ✦ As a result, how would you say you spent your soul in that situation?

- 5. The promise of *The Best Yes* is that we can learn to move beyond the limitations of yes and no and seek out a third option: the Best Yes. A Best Yes decision is a choice that allows us to play our part in God's plan—to spend our energy, focus, and passion on the assignments that are really ours.
 - ✦ Sometimes we miss our Best Yes opportunities because we fail to heed the warning of the whispers within: *I'm tired. I don't want to say yes. I'm a little overwhelmed and a lot worn down.* Looking back on the situation you described in question 4, were there any warning whispers you failed to heed? If so, what were they?

 - ✦ What do you imagine a Best Yes decision in that situation might have been? In other words, what decision would have enabled you to play your part and spend your energy, focus, and passion wisely?

Becoming a Best Yes Group (8 minutes)

If your group meets for two hours, allow 20 minutes
for this discussion.

6. The five remaining sessions in *The Best Yes* explore how to establish a pattern of wisdom in our lives, especially in the decisions we make about how to use our time. In addition to learning together as a group, it's important to be aware of how God is at work among you in the time you spend together — especially in how you relate to each other and share your lives throughout the study. As you discuss the teaching in each session, there will be many opportunities to speak life-giving — and life-challenging — words, and to listen to one another deeply.

Take a few moments to consider the kinds of things that are important to you in this setting. What do you need or want from the other members of the group? Use one or more of the sentence starters below, or your own statement, to help the group understand the best way to be good companions to you throughout this Best Yes journey. As each person responds, use the chart that follows to briefly note what is important to that person and how you can support and encourage her.

It really helps me when ...

I tend to withdraw or feel anxious when ...

I'd like you to challenge me about ...

I'll know this group is a safe place if you ...

In our discussions, the best thing you could do for me is ...

Name	The Best Way I Can Encourage and Help This Person Is ...

Name	The Best Way I Can Encourage and Help This Person Is ...

INDIVIDUAL ACTIVITY: What I Want to Remember (2 minutes)

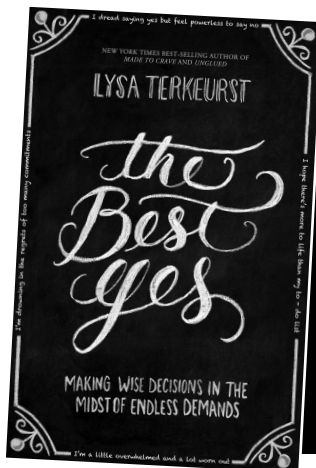
Complete this activity on your own.

1. Briefly review the outline and any notes you took.
2. In the space below, write down the most significant thing you gained in this session – from the teaching, activities, or discussions.

What I want to remember from this session ...

CLOSING PRAYER

Close your time together with prayer. Share your prayer requests with one another. Ask God to give you the joy Scripture promises to those who learn to fear Him, and invite Him to lead you into the freedom of making wise, Best Yes decisions.



GO DEEPER WITH *THE BEST YES*

For additional teaching and insights, read the following chapters in *The Best Yes* book if you haven't already done so:

1. Check the Third Box
2. The Way of the Best Yes
3. Overwhelmed Schedule, Underwhelmed Soul

OPTIONAL GROUP CHALLENGE: WISE UP

Wisdom is the ability to cope with the demands of life in healthy and constructive ways. And the book of Proverbs is rich with practical guidance to help us apply biblical wisdom to the demands we face every day. You probably already know some popular proverbs, and perhaps you've even done a study on the book of Proverbs, but maybe you have yet to read it from beginning to end. If so, now is your chance!

The book of Proverbs is conveniently divided into thirty-one chapters, the perfect amount to cover in about a month. By reading one chapter a day, six to seven days a week over the next five weeks, you can read through the entire book of Proverbs by the time your group gathers for the final session in *The Best Yes* study:

Week 1: Proverbs 1 – 7

Week 2: Proverbs 8 – 13

Week 3: Proverbs 14 – 19

Week 4: Proverbs 20 – 25

Week 5: Proverbs 26 – 31

The challenge is optional, so there's no guilt, no pressure, no have-tos! In fact, use this as an opportunity to practice making your first Best Yes decision. If you're up for the challenge and would enjoy it, great! (A reading worksheet is provided on the next page and in subsequent sessions to track your reading and insights.) If it's just one thing too many right now, your group will cheer you on when you honor your limits by saying, "I can't this time." There is no wrong answer — just a Best Yes invitation to make the wisest choice for yourself right now.

Wise Up

WEEK 1 READING WORKSHEET

If you're participating in the optional challenge to read through the book of Proverbs, use this worksheet to help you keep track of your reading. If you'd like, use the space provided below to make notes and to reflect on what you read this week.

☐ Proverbs 1

☐ Proverbs 2

☐ Proverbs 3



☐ Proverbs 4

☐ Proverbs 5

☐ Proverbs 6

☐ Proverbs 7

What verses, words, or phrases stand out most to you? Why?



A Best Yes is you playing your part.

At church.

At school.

At work.

At wherever you are today.



And what's so great about that?

In God's plan, you've got a part to play.

If you know it and believe it, you'll live it.

You'll live your life making decisions
with the Best Yes as your best filter.

You'll be a grand display
of God's Word lived out.



INTRODUCTION:

Make Your Personal Studies a Best Yes

Every session in *The Best Yes* includes a personal study to help you make meaningful connections between your life and what you're learning each week. Because all of us sometimes have days and weeks that are more demanding than others, each personal study features three segments designed to fit whatever time you have:

- ✦ 30-Minute Wisdom
- ✦ 15-Minute Wisdom
- ✦ 5-Minute Wisdom

Together, the time allotted for the three segments adds up to fifty minutes. If you'd like to spread it out, devoting about eight to ten minutes a day to the study will enable you to work through all three segments in the course of a week. If you have one day a week with a larger block of time, you might choose to work through all three segments in one sitting. Or, if all you can spare is fifteen minutes, completing the fifteen-minute segment could be the perfect solution for you that week. There's no right or wrong way to do the personal studies! You're free to make a Best Yes decision by customizing an option that best fits your needs and schedule from week to week.

Session 1

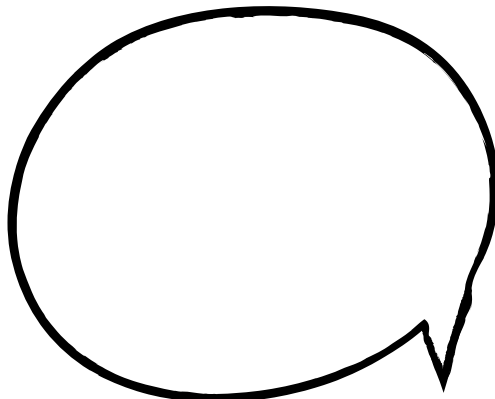
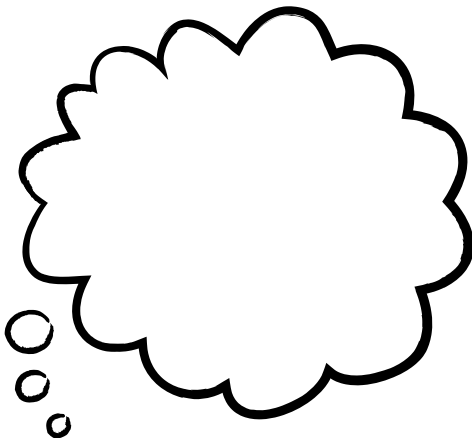
Personal Study

FINDING YOUR “SOUL THING”

There’s this nagging sense that something’s a bit off inside me. Someone makes a request of me that I know right away is unrealistic. My brain says no. My schedule says no. My reality says no. But my heart says yes! Then my mouth betrays my intention of saying no, as it smiles and says, “Yes, of course.”

The Best Yes, page 4

1. Think back on a recent situation in which you said yes, even though at the time you knew that probably wasn’t the wisest response. Write what you were thinking in the thought bubble below; then write what you actually said in the speech bubble.



Something happened that changed your “no” thoughts into a “yes” re-sponse. What was it? What concerns or fears prompted you to disregard the warnings from your discernment or the Holy Spirit’s leading?

To what degree does your response in this particular situation represent your general decision-making approach when it comes to how you spend your time? Circle the number on the continuum that best describes your response.

1	2	3	4	5	6	7	8	9	10
My decision-making approach is reactive.					My decision-making approach is proactive.				
Other people’s requests determine how I spend my time.					My priorities determine how I spend my time.				

2. A woman who lives with the stress of an overwhelmed schedule will often ache with the sadness of an underwhelmed soul. An underwhelmed soul is one who knows there is more God made her to do, but who feels too overwhelmed or powerless to pursue it.

In what ways, if any, would you say your soul feels underwhelmed or lacking in fulfillment right now?

What is your “soul thing” — that God-honoring endeavor that keeps slipping away because there’s been no time to set aside and actually start? What interests or dreams might you pursue, however small or large, if you had the time and energy? For example: turn a photography hobby into a business, start a small bakery, go on a missions trip, get out of debt, go back and complete a degree,

run a backyard Bible club for neighborhood kids, teach a class at church, etc.

If devoting time to this soul thing could be a Best Yes — a way for you to shine and serve in one of God’s assignments for you — who might be blessed as a result? For example:

- ✦ *I want to turn my photography hobby into a business so that I might bless families with young children.*
- ✦ *I want to start a small bakery so that I might bless my family, my employees, and the customers I would serve each day.*
- ✦ *I want to go on a missions trip so that I might bless people who have fewer material resources than I do.*

I want to ...

So that I might bless ...

If I want things about my life to change, if I want to change the way I use the world’s two most powerful words, *yes* and *no*, it won’t happen just by trying harder or dreaming more or even working myself to death. I have to change my approach to the way I make decisions. The same patterns will produce the same habits. The same habits will lead to the same decisions. The same decisions will keep me stuck. And I don’t want to be stuck.

The Best Yes, page 21

FEARLESS FOSBURY

I've got to become a Fearless Fosbury.

Now before you read any further, y'all know I'm not a sports girl.... But I found this story about an athlete who changed his approach and what a difference it made. He was a high jumper named Dick Fosbury.... With the traditional approach to the high jump, an athlete could only go so high. But Fosbury had the crazy idea of going higher by lowering his center of gravity. All he had to do was go headfirst and backward. That's why they call him Fearless. Using the new technique—which used to frighten his coaches—Fosbury set an Olympic record. Of course, he never could

have done that with the old technique. He had to change his approach if he wanted to improve his abilities. So he did just that.

He tried a new technique. He established new patterns. He changed his approach. And not only did he gain the highest level of success in doing all these things, he transformed the sport. Today,

more than forty years later, jumpers are still using the Fosbury technique. What if we, like Fosbury, decided to flip our current decision-making technique?...

It's not that how we've been living is bad—just like Fosbury's old jumping method wasn't a bad method. He still

cleared the bar. But he dreamed of more, higher heights. And I suspect that's true for you too. Dick Fosbury discovered his new heights in being able to jump over his obstacle by turning his body so that his back went over before his feet.

That's an interesting concept to me.

He literally backed into his jump.

And when I think about the changes we need to make so our thing doesn't keep getting crowded out, I think we may have to back into it as well. Instead of waiting for the time to get started to simply appear one day, we need to be intentional with scheduling it.

The Best Yes, pages 19–20, 23



Traditional feet-first jump



Fosbury's headfirst jump

3. To get an inspiring picture of what can happen when we take a risk and change our approach, read the “Fearless Fosbury” story.

When we get locked into a reactive approach to scheduling our time, chances are good that we’ll spend our soul haphazardly. In order to spend our souls wisely and well, we need to flip our approach and be proactive — we must dedicate time to our soul thing each week before that time gets eaten up by other people’s requests.

Use the charts that follow to do a brief “hours assessment” of a typical week. For now, the goal is not to do a detailed analysis of your schedule but to get a quick snapshot of potential white space on your calendar. Rest assured, you’re not committing to anything; you can come back later and make any necessary adjustments.

Based on what you know about your schedule, block out an X for all the hours that are already occupied by nonnegotiables and commitments you value. Things you might consider include:

- ✦ Sleep
- ✦ Meals (prep, eating, cleanup)
- ✦ Quiet time
- ✦ Exercise
- ✦ Family time
- ✦ Work
- ✦ Church (attending, serving, small group study)
- ✦ Prep time for work or personal projects
- ✦ Volunteer commitments
- ✦ Date night
- ✦ Kids’ activities
- ✦ Time with friends
- ✦ Other priority events

Once you’ve blocked out all the occupied hours, circle any white spaces that are left.

Example

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 p.m. ↓ 7:00 p.m.	X	X	X	X	X	X	X
7:00 p.m. ↓ 8:00 p.m.	O	O	X	X	O	X	X

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m. ↓							
7:00 a.m.							
7:00 a.m. ↓							
8:00 a.m.							
8:00 a.m. ↓							
9:00 a.m.							
9:00 a.m. ↓							
10:00 a.m.							
10:00 a.m. ↓							
11:00 a.m.							
11:00 a.m. ↓							
12:00 p.m.							
12:00 p.m. ↓							
1:00 p.m.							
1:00 p.m. ↓							
2:00 p.m.							
2:00 p.m. ↓							
3:00 p.m.							
3:00 p.m. ↓							
4:00 p.m.							
4:00 p.m. ↓							
5:00 p.m.							
5:00 p.m. ↓							
6:00 p.m.							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 p.m. ↓							
7:00 p.m. ↓							
8:00 p.m. ↓							
9:00 p.m. ↓							
10:00 p.m. ↓							
11:00 p.m. ↓							
12:00 a.m. ↓							
1:00 a.m. ↓							
2:00 a.m. ↓							
3:00 a.m. ↓							
4:00 a.m. ↓							
5:00 a.m. ↓							
6:00 a.m.							

If you feel ready to move ahead, choose one of the white spaces you circled and block it on your calendar as your “Best Yes” appointment. Even if you have no more than an hour, use this time to dream a little about what you would like to do. Write down your ideas and identify one next step. Before your time is done, look ahead on your calendar and schedule additional Best Yes time each week for the next few weeks. Every hour you dedicate to that Best Yes thing God made you to do, you spend your soul wisely and well.

4. Read Psalm 32:8–11, which describes God’s promise to guide us with His love. Use the psalm as a reference for writing your own prayer. Name the decisions or challenges you face and ask the Lord to counsel you. Surrender your will and your desires to God’s care. Receive His love and thank Him for leading you into wisdom.

Session 1

Personal Study

CHALKING UP WISDOM

The author of Proverbs offers clear instruction on how we can position ourselves for wisdom:

My son, if you accept my words and store up my commands within you, turning your ear to wisdom and applying your heart to understanding—indeed, if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the LORD and find the knowledge of God. For the LORD gives wisdom; from his mouth come knowledge and understanding.

(Proverbs 2:1–6 NIV)

The passage describes the acquisition of wisdom as a collaboration that requires both human intentionality and divine generosity. Our part in the process involves two kinds of initiative—we *take in* the wisdom we have, and then we *seek out* the wisdom we lack.

We *take in* the wisdom we have when we:

- ✦ Accept God's words
- ✦ Store up God's commands within us
- ✦ Turn our ears to wisdom
- ✦ Apply our heart to understanding

We *seek out* the wisdom we lack when we:

- ✦ Call out for insight and cry aloud for understanding
- ✦ Look for wisdom as for silver
- ✦ Search for it as for hidden treasure

Use the questions on the two charts that follow to reflect on your heart — where you are *right now* — and what steps you might take to move forward — to take wisdom in and seek it out.

TAKE IN WISDOM	Instructions from Proverbs	Where I Am Right Now	What I Need to Do to Move Forward
	Accept God's words. Receiving wisdom begins with the posture of your heart toward God and Scripture — you must be willing to accept the Bible's teachings not just as generally authoritative, but also as valid and true for <i>you</i> .	How would you describe the posture of your heart right now? To what degree are you surrendered to God and the authority of Scripture?	
	Store up God's commands within you. This requires continually reflecting on biblical truths and committing them to memory so you are prepared when wisdom is needed.	To what degree are you willing or resistant to immersing yourself in Scripture and memorizing biblical truths? How prepared do you feel to draw on stored-up wisdom should it be needed?	
	Turn your ears to wisdom. Turning your ears toward wisdom requires turning them away from competing and conflicting voices.	What voices — internal or external — might be competing or conflicting with your ability to hear and receive wisdom?	
	Apply your heart to understanding. To apply the heart to understanding is to move beyond merely listening and paying attention; it requires desiring or loving what is heard and embracing it.	What is the posture of your heart in this regard? Are you tilted more toward reluctance or love when it comes to biblical wisdom?	

SEEK OUT WISDOM	Instructions from Proverbs	Where I Am Right Now	What I Need in Order to Move Forward
	<p>Call out for insight and cry aloud for understanding.</p> <p>Take initiative and acknowledge your need for wisdom. Invite a wise friend, mentor, or pastor to listen to you and provide guidance. Or take it up a notch — raise your voice and persevere in a greater effort.</p>	<p>Have you asked God for help and insight through prayer? Remember, there's a difference between thinking about something and praying about it. Who is a trustworthy source of godly wisdom you can seek out for help?</p>	
	<p>Look for it as for silver.</p> <p>Consider your approach to financial and material resources — specifically, the way you think about acquiring more of what you want and the care and attention you give to managing what you have.</p>	<p>What would it look like to devote the same level of mental energy and care to acquiring more wisdom?</p>	
	<p>Search for it as for hidden treasure.</p> <p>A treasure is something that is exceedingly precious and valuable. The only reasonable response to a hidden treasure is to do whatever it takes to obtain it (Matthew 13:44).</p>	<p>What sacrifices — of time, resources, or lesser loves — might you have to make in order to acquire the wisdom you seek? What might have to change within you so you could make such sacrifices joyfully?</p>	

Briefly review the responses on your two charts. How do you sense God may be inviting you to move forward in taking wisdom in and seeking it out in one specific situation you are facing right now?

I can take in wisdom by ...

I can seek out wisdom by ...

Read Proverbs 2:9 – 11, which describes the promised benefits of positioning yourself for wisdom. Offer any insights from your charts to God, asking Him for what you need in order to take your next steps in pursuing wisdom.

Session 1

Personal Study

TEN TIMES WISE

One of the ways we can turn our ears to wisdom and apply our heart to understanding (Proverbs 2:2) is to make a direct match between the wisdom of Proverbs and the challenges we face. Even if you aren't able to participate in the optional group challenge to read through the entire book of Proverbs, you can still access the best of the wisdom it has to offer by spending just a few minutes each week with this recurring segment, "Ten Times Wise." Throughout the study, "Ten Times Wise" gathers up ten diverse and practical wisdom nuggets from Proverbs for you to reflect on and apply to your daily challenges and decisions. If you're short on time, "Ten Times Wise" is a one-stop shop for bite-size wisdom you can rely on every day.



Briefly identify a situation for which you need wisdom to discern a Best Yes in the near future.

Read through the ten verses from Proverbs on the following page. Check the box next to any verse that might relate to your issue. Now consider how the verse or verses you checked might apply to your situation and write down any connections you recognize.

Make the verse or verses you checked the focus of your prayer. Ask God to help you apply this wisdom as you seek to make a Best Yes choice.

TEN PROVERBS

- ☐ Better to be patient than powerful; better to have self-control than to conquer a city (Proverbs 16:32 NLT).
- ☐ Do away with any talk that twists and distorts the truth; have nothing to do with any verbal trickery (Proverbs 4:24 The Voice).
- ☐ By pride comes nothing but strife, but with the well-advised is wisdom (Proverbs 13:10 NKJV).
- ☐ Whoever puts down another is not wise, but one who knows better keeps quiet (Proverbs 11:12 The Voice).
- ☐ When you're kind to others, you help yourself; when you're cruel to others, you hurt yourself (Proverbs 11:17 MSG).
- ☐ A gossip betrays a confidence, but a trustworthy person keeps a secret (Proverbs 11:13 NIV).
- ☐ The generous will prosper; those who refresh others will themselves be refreshed (Proverbs 11:25 NLT).
- ☐ Fools have short fuses and explode all too quickly; the prudent quietly shrug off insults (Proverbs 12:16 MSG).
- ☐ Let the wise listen and add to their learning, and let the discerning get guidance (Proverbs 1:5 NIV).
- ☐ The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction (Proverbs 1:7 NIV).