



“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”- 1 Timothy 4:8

THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM – PROVERBS 9:10

With our study of John’s Gospel now complete (though we barely scratched the surface), we turn our attention for the next 4 practices (make-up sessions) to the Book of Proverbs. In an age when “anything goes” and opinion rather than truth is king, it’s vitally important to direct our thoughts toward what God says about every issue of life. Proverbs is a treasure trove of wisdom, so it’s there we turned this week to read:

Tuesday: *“The heart of the righteous weighs its answer, but the mouth of the wicked gushes evil”* (Proverbs 15:28). How important it is to guard our tongue – to think before we speak. Many times we can do great harm by the words which, ultimately, reflect the condition of our heart (Luke 4:45). “Sticks and stones may break my bones, but words can never hurt me” is simply not true. It is deception because, as we read in Proverbs 18: 21, “The tongue has the power of life and death...” Leadership guru, John Maxwell describes 3 major pitfalls we often find ourselves guilty of:



- **Hasty speech:** We must listen as much as we speak
- **Empty promises:** We tend to say what others want to hear. We shouldn’t promise what we can't deliver
- **Lame excuses:** We diminish our influence when we try to reverse a mistake with a feeble excuse

And let’s not forget too, that our words can build up or tear down; that our tongue can praise our Lord and Father, yet with it, we can curse men who have been made in His image (James 3:9). We can lie to (try to) get out of trouble; slander to ruin another’s reputation; exaggerate to make ourselves look good.

Takeaway: Just because you think it, doesn’t mean you have to say it!

Thursday: *“A friend loves at all times, and a brother is born for adversity”* (Proverbs 17:17). What kind of friend are you? What kind of person do you want to befriend?

- Do you only pour your life into others only when there’s something in it for you?
- Are you a fair weather friend – available only during the good times, but missing in an hour of need?
- Do you speak truth (in love) to your friend, or do you allow them to wander down the wrong path?



There’s nothing sweeter than true friendship, and perhaps no pain quite like that of a friend’s betrayal, disloyalty or absence when you need them most.

Takeaway: What a friend we have in Jesus!

Looking forward to seeing you next week!

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Sports Quest:
“Sharing biblical truth to reach, teach & encourage next generation leaders through soccer”

“I can do all things through Christ who strengthens me.” - Philippians 4:13