



## DAY 11

GOD PROMISES TO PROVIDE HEALING WORDS

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KEY SCRIPTURE

PROVERBS 4:20-22 NIV

*"My son, pay attention to what I say;  
turn your ear to my words.  
Do not let them out of your sight,  
keep them within your heart;  
for they are life to those who find them  
and health to one's whole body."*

What is the best advice you have ever received?

As I reflect on the words of Solomon to his son, I cannot help but ask myself, what is the best advice I have received over the years? I realize how good counsel gives me a perspective change. I decided to ask a few friends to share some nuggets of wisdom they have received over the years. These were some of their responses:

*Do not always jump on a bandwagon. Be patient because time will tell.*

*Work hard and leave the results to God.*

*You are not perfect and nobody else is perfect, so look for the good in people and forget the rest.*

*You are not the only pebble on the beach.*

*Whatever you sow, you will reap.*

*If you want to drink water from the rock, you must be patient.*

*And lastly, do not eat the yellow snow.*

Wisdom passed on from the older generation is so valuable. I realize the importance of these words, as I tend to compare myself to people around me who I find are so much better than I am. I was stunned to realize; my friends' words enforced these words for me: "Do good to all people and leave the results to God." Similarly, the father's encouragement in Proverbs 4 seems to direct his son to anticipate the results of paying attention to his words: meaningful and abundant life. Living a full life comes from God, through his son Jesus Christ. Much like the father who wants his son to be successful in life, God longs for us as his children to live full lives. In a broken world where self is the focus, I find myself being drawn to the Christian ethos to focus on God for life. Distraction from this focus for me is disastrous. I find myself being a recluse, not wanting to engage in community and being very self-centered. I have come to realize that this is not a healthy, satisfying life. Neither are the excesses of life. Living life in seclusion, or loudly surrounded by all types of things and people, without having God direct my heart and motivation, misses the mark of life. I am learning to be shaped by the words



(life – attained in and through him) for me I find my life fulfilling. Living a rewarding life does not mean an absence of my distractions, but rather an embrace of the power which overcomes the distractions. It means allowing the Lord to help me “Guard [my] heart, for everything [I] do flows from it” (Proverbs 4:23, NIV). I pay attention to his words, not letting them out of my sight and keeping them within my heart, because they guide my life and my passions.

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