

# Delight in the Lord - Study 3

## Stinking Thinking

### What We Think Determines How We Live

Proverbs 23:6-8

- We can put on a face for quite a long time in this world but ultimately it catches up with us. What we actually think eventually shows itself for what it is.
- There has been much study done surrounding thinking and how it affects our actions. The simple conclusion is that your actions result from your thoughts. What do you think about this?
- How do your actions reveal what you are thinking both to yourself and to others?

### Some Wise Instruction

Proverbs 3:5-6

- This proverb says not to lean on your own understanding. Surely some of your understanding is good! Surely some of it is worth leaning on. Well according to God this is not the case.
- I think by lean it means rely on and use as your support throughout life. God wants to be that person for us. He then promises He will direct us.
- So how does this work its way out in our everyday lives?
- How do you allow God to direct you?
- How do you follow His lead?

### Worry Not

Luke 12:22-34

- The Passion Translation says "Be carefree in the care of God!" Does that sound too good to be true?
- Some of us have become habitual in our worrying. So much so that to worry just seems normal. We would not even call it worry.
- In Luke 10:41 Jesus told Martha that she worried about many things. You'd be forgiven for thinking that actually Martha was simply looking after people's needs and Mary was being lazy. But that was not the case. Martha had a lesson to learn and Mary had chosen to enjoy the teaching of her master and sit at His feet.
- Does worry add to or subtract from your life?
- Does worry bring anything good to your life?
- So the answer to worry is to trust God and allow Him to look after you.
- What does it mean then when it says to seek God's kingdom?
- Verse 34 says that where your treasure is there your heart will be also. Your thoughts will continually go to where your treasure is. Where do you find your thoughts are often focussed?

PLEASE TURN OVER

## Proverbs 3:5-10 (Passion Translation NT)

5 Trust in the Lord completely,  
and do not rely on your own opinions.  
With all your heart rely on him to guide you,  
and he will lead you in every decision you make.

6 Become intimate with him in whatever you do,  
and he will lead you wherever you go.  
Don't think for a moment that you know it all,

7 for wisdom comes when you adore him with undivided devotion  
and avoid everything that's wrong.

8 Then you will find the healing refreshment  
your body and spirit long for.

9 Glorify God with all your wealth,  
honoring him with your very best,  
with every increase that comes to you.

10 Then every dimension of your life will overflow with blessings  
from an uncontainable source of inner joy!

- What are your actions in the above proverb?
- What are God's actions?
- What are the blessings or outcomes from these actions?