

12:00



Life Advice

Words to live by from the book of Proverbs



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July 12, 2026
Life Advice Week 10
Main Text

Pastor Jarian Felton

Proverbs 25:28

Discussion Questions

Belong:

Ice Breaker: If you could only eat one type of food for the rest of your life, what would it be and why? When was the last time you ate it? Who makes the best version of it?

Leader's Note to Share with your group:

The book of Proverbs was written as a gracious resource of divine wisdom. Proverbs is a collection of wisdom sayings written primarily by a King in ancient Israel's history named Solomon, who is the son of King David and Bathsheba.

Some of the sayings come from Solomon himself; others were sayings taught to him by his father, his mother, and a prophet named Nathan. Proverbs teaches, guides, warns, and reveals, giving direction for life; almost like a SIGN simply saying, "Live like this."

God, in His kindness, has set us up for real life success with the Proverbs.

This summer, we're teaching FOUNDATIONS for Wisdom. The big idea is that we are all being formed by something. Something or someone is forming you, guiding you, influencing you, helping shape who you are becoming. The question remains: Is what is forming you to be wise and good?

Believe:

Read Proverbs 25:28 (ask the group to share different translations of this verse).

When you hear the word self-control, what comes to mind?

Why do you think Solomon chose to compare someone who does not have self-control to a city without walls? What do the walls of a city represent? Why would this have been important to the people who lived during that time period? If a city had proper walls around it, how were the people inside the city free to live?

Read Galatians 5:1

Why did Christ set us free? Why is the external law not the answer to our need for self control?

Can you think of a time when you changed your behavior, but your heart hadn't really changed? How long did that change last? Share your story.

Read Galatians 5:16-26

What does Paul have to say about self-control? Who is the ultimate source of our self-control? How is a spirit-led life also a self-controlled life?

What is the opposite of a self-controlled life? How can you make sure you are keeping in step with the Spirit of Christ each and every day?

Become:

Read Romans 7:14-25

What is at the heart of the problem we face with self-control? What is working against us?

What does Paul (the author of Galatians and Romans) confess in this passage? Does it surprise you that a leader like Paul is being so honest about his own struggle with sin?

What is the answer to our sin problem? Why do we need to rehearse the truth of the Gospel every day? How does Roman 8 (or the gospel) give us hope after reading Romans 7?

"Wisdom is not automatic for us. Wisdom is not our default setting. We will never get there by drifting. You cannot become a significant person by being neutral and cute and safely unchanged. That is complacency. God is offering you a treasure infinitely worth seeking—more of himself entering into you, renewing you, safeguarding you." Ray Ortlund

What is one step you can take this week to be intentional about seeking the wisdom of self-control that is sourced in a personal relationship with Jesus Christ through the power of the Holy Spirit?

Closing:

- We will be in the book of **Proverbs throughout the summer**. Who can you invite to church over the next few weeks to hear and discuss this real-life advice together?
- Encourage your group members to **sign up for daily Scripture** this week by texting 'daily' to 40777.
- **Pray for each other** as we desire to be followers of Christ who are wise and speak words of life, truth, and good news to others.