

# Healthy Living

God wants us to be good stewards of the bodies He has given us.

**Name some of the latest ways we can keep our bodies healthy and strong.**

Today we are going to study Proverbs Chapter 23 Pearls of Wisdom. Solomon identifies 30 sayings or pearls of Wisdom in chapters 22 thru 24. The first ten proverbs offer Godly wisdom on wealth and power. The next seven deal with parents gives instructions to their children. The last thirteen deal with Godly living and making Godly choices on how to live a blessed life. We are going to study God's Word on Healthy Living.

## **Proverbs 23:17-18 The Promise**

Name some of the worldly temptations that could lead us away from godly wisdom. V17

Name some of the worldly temptations that could lead our children away from godly wisdom.

Do you ever wish that you could be just like someone else? They look like they have it all together

Weeks past we have been discussing "fear" the LORD. New Christian vs a Mature Christian v18

## **Proverbs 23: 19-21 Drinking too much**

Who chooses the path you take each and every day? V19

God's Love gave us free will. We have to constantly remind ourselves to follow Godly wisdom v19

What do we call someone today that enjoys a lifestyle of overeating and drinking? Epicurean v20

That sounds so cool and envious. However, that lifestyle leads to verse 21

Why does this lifestyle lead to self-destruction?

## **Proverbs 23:29-32 The effects of Alcohol**

V29 asks six important questions about alcohol use. These are warning signs to look for.

If you do not suffer from alcoholism, you are blessed. So now help those that are out of control

Mentor them, give them a relationship free from alcohol. Help the wounded

Per v30,31 what are some of the first signs that alcohol is taking over a person's life?

Why are alcoholics so attractive to bars?

What should anyone do that is tempted by something or someone that leads to destruction?

## **Proverbs 23:33-35 Consequences of your Decision**

V33 provides warning signs to someone that needs help immediately. Get professional help.

V34 has additional warning signs for someone that needs help. Being tossed in the sea

V35 last sentence is the most destructive act someone can do to themselves. They know that they are sick and yet cannot help themselves to stop drinking

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## **Conclusion:**

Comparison is the Thief of Joy. We all have Godly given gifts. Use your gifts to glorify the LORD

Alcoholism is very destructive to that person and to all the people they love.

Be a positive, loving influence to those that suffer from alcohol. This will take some effort

In some cases, professional help is needed to get that person back on a Godly path.

Don't just tell someone they need help, volunteer to take them to get help and be someone they can turn to for help and support.