

INTRODUCTION

- * Over the past three years, approximately \$3.5-3.6 trillion has been annually on U.S. Health Care. That works out to be about: \$10,739 per person per year.
- * Put that together with the \$11.6 billion that is spent annually in the Self-Improvement industry and you will note that mankind significantly cares about The Quantity and The Quality of Life
- * And yet, for all of the money that is spent in those areas ... as well as in the entertainment industry and consumable industries ... length of life and steadfast happiness is fleeting. It cannot be bought or purchased. This in fact, has been declared to by God in His Word.
 - Psalm 90:10,12 ¹⁰ **"The days of our lives are seventy years; and if by reason of strength they are eighty years ... So teach us to number our days, that we may gain a heart of wisdom."**
 - Psalms 39:4-7 ⁴ **"LORD, make me to know my end, and what is the measure of my days, that I may know how frail I am."** ⁵ Indeed, You have made my days as handbreadths, and my age is as nothing before You; certainly **every man at his best state is but vapor.** Selah ⁶ Surely every man walks about like a shadow; surely they busy themselves in vain; he heaps up riches, and does not know who will gather them. ⁷ And now, Lord, what do I wait for? My hope is in You."
 - Psalms 139:14-16 ¹⁴ I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well. ¹⁵ My frame was not hidden from You, when I was made in secret, and skillfully wrought in the lowest parts of the earth. ¹⁶ Your eyes saw my substance, being yet unformed. **And in Your book they all were written, the days fashioned for me, when as yet there were none of them.**
- * Yet, within the plan and design of God is the balance of predestination and fore-knowledge ... that which He ordained and that which He allowed. One of the great mysteries is how those two determiners of God's will played out in the writing of His book, and in the planning of history. God is Sovereign. Yet in His Sovereignty, He created man to be a Free-Will creature. The decisions that I make DO affect "history" - in some manner - as it plays out in the tapestry of my life and those with whom my life intertwines!
- * God's Word then has a lot to say regarding HOW our decisions MAY - CAN - DO affect Our Quantity of Life ... and Quality of Life.
- * Today, we will begin considering The Pearls from Proverbs regarding Life and Health (Quantity & Quality of Life).

INSTRUCTION

I. FOLLOWING THE WISDOM OF GOD WILL AFFECT THE QUANTITY OF LIFE (3:2)

A. Evidenced In Your Attitude Toward Y _____

1. PROVERBS 3:16
2. PROVERBS 9:10-11
3. PROVERBS 10:27
4. PROVERBS 14:27
5. PROVERBS 19:23
6. PROVERBS 22:4

B. Evidenced In Your Attitude Toward R _____

1. PROVERBS 11:19
2. PROVERBS 12:28

C. Evidenced In Your Attitude Toward C _____

1. PROVERBS 4:10, 13
2. PROVERBS 10:17
3. PROVERBS 6:23-24

D. Evidenced In Your Attitude Toward O _____

1. PROVERBS 7:21-27
2. PROVERBS 13:3
3. PROVERBS 13:14
4. PROVERBS 15:24
5. PROVERBS 19:16.
6. PROVERBS 21:16

II. FOLLOWING THE WISDOM OF GOD WILL AFFECT THE QUALITY OF LIFE (3:2,8)

... It will promote Peace & Health ... Social and Physical "Shalom" (wholeness; completeness; tranquility in whole being)

A. T _____ You!

1. PROVERBS 3:17-26
2. PROVERBS 4:20-22
3. PROVERBS 14:30
4. PROVERBS 16:7
5. PROVERBS 21:23
6. PROVERBS 22:8

B. T _____ You!

1. PROVERBS 10:11
2. PROVERBS 10:16
3. PROVERBS 11:30
4. PROVERBS 12:18
5. PROVERBS 12:25
6. PROVERBS 15:4
7. PROVERBS 16:22, 24

INTROSPECTION

- * WHO ARE YOU LOOKING TO - AND TRUSTING IN - FOR WISDOM REGARDING LIFE & HEALTH?

- * HOW OFTEN DO YOU SPEND TIME IN GOD'S WORD? ARE YOU "SEARCHING THE SCRIPTURES DAILY"?

- * ARE YOU A DISPENSER OF LIFE AND HEALTH? ... OR DEATH AND DECAY?

- * IS THERE A NEED TO CHANGE THE WAY YOU THINK ... AND, THEREFORE, THE WAY YOU ACT?

INTERACTION ... Thoughts & Questions to ponder for later discussion

- * Read Romans 8:28-39. How does this passage apply to our discussion today?
- * Read Philippians 1:21-26 and Timothy 4:6-8. What was Paul's ultimate focus when it came to life and health?