



How to Handle Real Life with Real Wisdom.



Read a Proverb Every Day

July 7- August 6

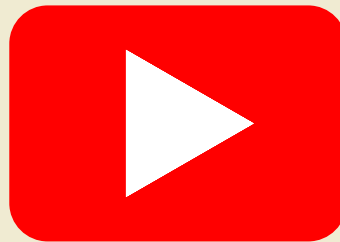
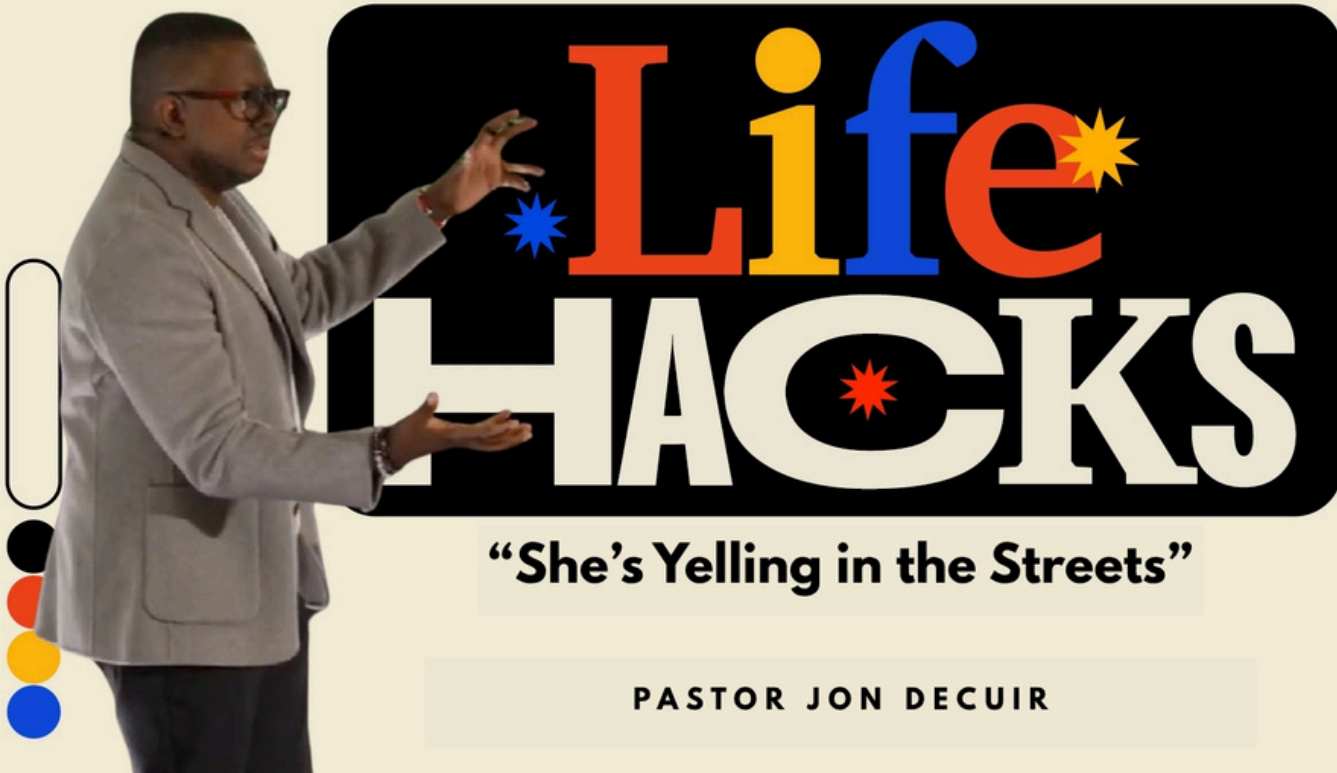


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“A Proverb a Day Keeps the Fool Away”

WEEK 1



*Watch the Full Message on
Youtube and Review the Hacks*



Hit Pause Before You Self-Sabotage



Try this Instead!

Sanctify Your Attention:

- Create a sacred **“noise detox”** space each day. Fast from noise—literal and mental—for 10 minutes. Let silence become the sanctuary where God’s whisper can find you.

Discern the Difference Between Loud and True:

- Not every voice deserves a vote. **Journal the loudest voices in your life this week**—and beside each one, ask: “Is this wise, or just familiar?”

Practice Prophetic Listening:

Pray this prayer: *“Lord, I don’t just want to hear You—I want to recognize You in the noise.” Then wait. Don’t rush out of the stillness.*”

Turn Before You Talk Yourself Out of It



Try this Instead!

Before you build a case for your disobedience, turn!

Don't let logic talk you out of what love is trying to pull you into. God's not looking for your explanation—He's looking for your alignment.

Catch the Delay Loop:

Write down **three things you know God's already told you to do**—but you've put a comma where He put a period. Then ask yourself: *Am I delaying or disobeying?*

Fast From Excuses:

For 7 days, every time you're tempted to explain your disobedience, **replace the excuse with this declaration:** "My yes is greater than my why not."

Anchor in the Fear of the Lord:

Meditate on Proverbs 1:7 and Psalm 111:10. Let reverence override resistance. Remind yourself: The beginning of wisdom isn't convenience—it's surrender

Fall in Love With Being Corrected



Try this Instead!

Correction isn't an attack—it's a compliment.

God doesn't correct what He's canceling. He corrects what He's calling. If you can't be corrected, you'll never be constructed.

Ask the Hard Question:

Go to someone spiritually mature and ask: "What's something about me I don't see that's hurting me?" (Then just listen. Don't defend. Don't deflect.)

Practice Reflective Repentance:

After being corrected, don't just apologize—analyze. Journal what the correction revealed about your character and what fruit you want it to produce.

Create a Correction Creed:

Write and recite:

"Correction is not rejection. It's a divine investment in who I'm becoming." Let it rewire your emotional response to rebuke.



Turn Regret Into Revelation



Try this Instead!

Don't just cry over spilled milk—ask why you keep tipping the glass.

God doesn't waste failure. He folds it into formation. The wise don't just move on—they mine the lesson before they move forward.

Name the Pattern, Not Just the Pain:

Ask: What keeps showing up in different seasons with different people—but always finds me? That's not coincidence—that's a call to correction.

Do a “Wisdom Autopsy”:

Take your last major failure and dissect it—thoughts, actions, missed red flags. Identify the wisdom you ignored and write a redemption plan around it.

Sow Where You Slipped:

Turn your mistake into ministry. If you fell in pride, serve humbly. If you failed in silence, start sharing with others. Redemption rewrites the narrative.

WEEK 2



10 Life Hacks that Prevent Heartbreak in Relationships (Romantic and Friendships)



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1. Wisdom Requires a Full Stop, Not a Quick Scroll

“My son, give attention to my wisdom...” (v.1)

Point:

You don’t drift into discernment—you stop for it. Wisdom doesn’t rush, it requires a deliberate slowdown in a world addicted to speed.

Life Hack #1:

- **Speak aloud one Proverb a day at a walking pace.** Hearing truth in your own voice slows your spirit down and reprograms your perception.

2. What You Listen To Shapes What You Long For

“Incline your ear to my understanding ...” (v.1b)

Point:

You don’t fall into temptation—you’re trained by your playlist, your feed, your crowd. Desire is disciplined by what you give your ear to.

Life Hack # 2:

- **Create a 3-Day “Spiritual Soundtrack” fast**—only allow Scripture, sermons, or spiritual music. Let your ears detox so your soul can recalibrate.

10 Life Hacks that Prevent Heartbreak in Relationships (Romantic and Friendships)



3. If It Looks Like a Trap, Walk Like It's One “Her feet go down to death...” – Prov. 5:5

Point:

Discernment doesn't wait until disaster to believe it's a trap.
If it doesn't look like your future, don't entertain it in your present.

Life Hack# 3:

- **Before engaging with anyone or anything tempting,** ask: “Does this grow me, slow me, or destroy me?” Then act accordingly.

4. Proximity Is Permission—Back Up Before You Buy In “Keep your way far from her (and him)...” (v.8)

Point:

You don't have to be in the trap to be on the way there. Wisdom doesn't flirt with foolishness.

Life Hack# 4:

- **Change your physical routes—literally.** Take a different way home, change gym times, or swap environments where you're repeatedly tempted.



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5. Protect the Parts of You That Can't Be Replaced

“Do not give your vigor to others...” (v.9)

Point:

Sex, energy, attention—these are spiritual resources. And when you give them away carelessly, you lose parts of your soul that aren't easy to reclaim.

Life Hack# 5:

- **Verbally declare your worth every morning. Say:**
- **“I am not casual. I carry something sacred.”**
- **Train your mouth to guard your value before temptation even tries to test it.**

6. Don't Build With People Who Drain Your Power

“You give your strength to others...” (v.9)

Point:

Not every connection is covenant. Some folks aren't partners—they're parasites.

Life Hack #6:

- **Have a “boundary conversation”** with someone who takes more than they give. Be clear, kind, and unapologetic about protecting your spiritual strength.



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7. Starve the Trap That's Been Feeding on Your Weakness

“Strangers will feast on your wealth...” (v.10)

Point:

That Wasn't a Relationship—It Was a Robbery

Every compromise has a cost—and someone else is cashing in on your disobedience. Some “connections” don't love you—they leak you.

You're not building—they're billing you emotionally, spiritually, and financially.

Life Hack#7:

- **Do a subtraction day.** Remove one app, habit, or access point that keeps you circling sin. Don't manage temptation—starve it.
- **Identify the last three places you overspent**—money, energy, or emotions—and ask: “Did that move me forward or just drain me?”

8. Rehearse the Warnings, Not the Wounds

“At the end of your life, you will groan...” (v.11)

Point:

Regret isn't meant to paralyze—it's meant to prophesy: Don't come this way again. Wisdom turns memory into movement.

Life Hack# 8:

- **Create a voice memo of the 3 greatest lessons from past mistakes.** Play it before making any big decision. Let your past teach instead of torment.

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9. If They're Not Worth a Lifetime, Don't Waste a Season

"May you rejoice in the wife of your youth..." (v.18)

Point:

Don't mortgage your future to rent a feeling. If you can't see longevity, why are you investing intimacy? Build Stability Before You Chase Compatibility. If you're unstable alone, you'll be chaotic together. Don't try to build with somebody when you're still breaking down.

Life Hack# 9:

- **Focus 30 days on spiritual and emotional practices before dating or engaging romantically**—become who you're praying for.

10. Let Discipline Lead, Not Desire

"He dies for lack of discipline..." (v.23)

Point:

Desire will get you in the room. Discipline determines whether you stay blessed once you're there.

Life Hack# 10:

- **Pick one area to "submit before success"**—that is, establish a non-negotiable discipline before God gives you what you're asking for.
- (E.g., tithe before the raise, boundaries before the relationship, fasting before the platform.)

