



How to Handle Real Life with Real Wisdom.



# Read a Proverb Every Day

July 7- August 6

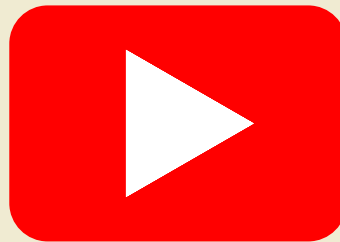
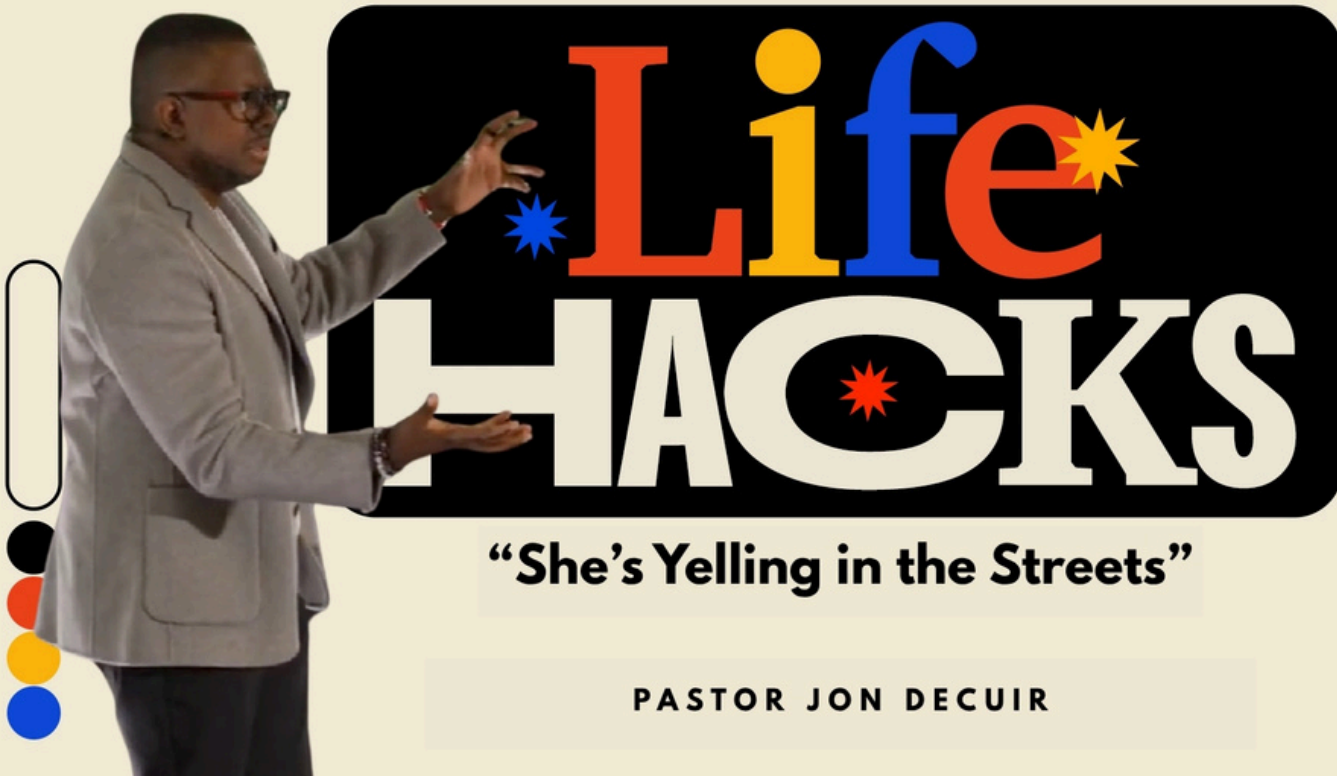


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*“A Proverb a Day Keeps the Fool Away”*

# 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:**

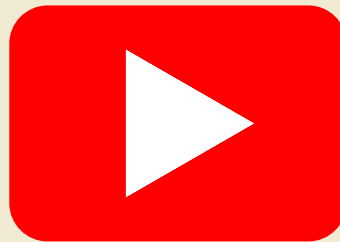
Turn your mistake into ministry. If you fell in pride, serve humbly. If you failed in silence, start sharing with others. Redemption rewrites the narrative.

# WEEK 2



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

PASTOR JON DECUIR



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





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



## 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.



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



## 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.



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



## 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.



*Practical Hacks for Everyday Life*

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



## 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:

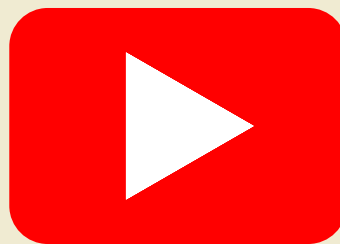
- **Pick one area to "submit before success"**—that is, establish a non-negotiable discipline before God gives you what you're asking for.
- (E.g., tithe before the raise, boundaries before the relationship, fasting before the platform.)



# WEEK 3



**Watch Your Mouth**  
ELDER SARA POTTER



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



# 4 Life Hacks to Watch Your Mouth

## Elder Sara Potter



### **1. EDIFY OTHERS Build people up!**

“Gracious words are a honeycomb, sweet to the soul and healing to the bones.” Proverbs 16:24

#### **Life Hack:60-Second Blessings**

"If you think something good, say it—within 60 seconds."

Within 60 seconds, send that compliment: a quick text, a DM, a face-to-face, or even a phone call. Don't wait for the “perfect time”—the sooner, the better.

#### **Be Specific and Genuine**

Instead of generic “You’re great,” say something like, “That presentation you gave was so clear and confident—I really learned a lot!” Specificity makes it feel real and memorable.

#### **Make It a Daily Habit**

Challenge yourself to give at least one genuine compliment every day this week. Set a reminder if you have to! Watch how it transforms your outlook and others’ spirits.



## 4 Life Hacks to Watch Your Mouth

Elder Sara Potter



### 2. EXERCISE RESTRAINT — Learn when to be quiet.

*Watch your words and hold your tongue; you'll save yourself a lot of grief and trouble. Proverbs 21:23*

#### **Life Hack: Put Your Tongue on a Timer**

“Before you speak, wait 3 seconds—long enough to pray, short enough to stay in the moment.”

Ask yourself in the pause:

“Will this help, heal, or just hurt?”

If it's not the first two, skip it.

Bonus Tip: Type your vent in your Notes app—not the comment section. Then close it.



## 4 Life Hacks to Watch Your Mouth

### Elder Sara Potter



### 3. Empower Yourself

“From the fruit of their mouth a person’s stomach is filled; with the harvest of their lips they are satisfied.” Proverbs 18:20 NLT

#### **Life Hack: Preach to the Mirror**

Start every day with your personal 15-second gospel to yourself.

Example:

“I am loved. I am chosen. I’m not my fear. God’s not finished with me yet.”

**Say it out loud**—your ears need to hear what your soul keeps forgetting.

**Pro Tip:** Write it on your mirror with a dry-erase marker or put it on your lock screen.



## 4 Life Hacks to Watch Your Mouth Elder Sara Potter



### 4.EXALT GOD – Let your words worship

*“Honor the Lord with your wealth and with the best part of everything you produce.” Proverbs 3:9 NLT*

#### **Life Hack: Give God the Glory**

Once a day, redirect a normal convo to give God credit.

Instead of just saying:

- “I’m doing alright,” try:
  - “Honestly, God’s been carrying me.”
- “That worked out,” try:
  - “I know that was God opening the door.”

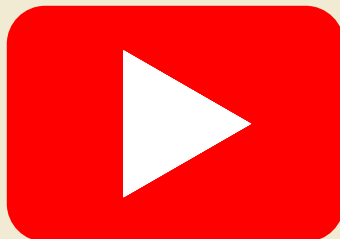


# WEEK 3



**“Truth Be Told: We Eat Our Vomit”**

ELDER ALICIA HAZELTON



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



## 1. Identify the “Vomit” (The Sin or Folly)

*"As a dog returns to its vomit, so fools repeat their folly." – Proverbs 26:11*

Before healing begins, you must name what you keep returning to. When you identify it, you can face it directly.

Ask Yourself:

- What is the pattern, habit, or mindset I keep falling back into?
- When am I most vulnerable? (Time of day, emotions, environments, people?)
- What lies am I believing that make this seem worth returning to?
- Track it: Keep a journal to monitor your triggers and patterns.

Once you name it, you can break the cycle through spiritual power and practical steps.



## Spiritual Tools:

- Confess to God – 1 John 1:9
- He already knows, but confession brings healing and freedom.
- Ask the Holy Spirit for help daily – Galatians 5:16
- You can't do this alone—and you don't have to.
- Speak Scripture over yourself
- Truth disarms lies and builds spiritual resilience.

## Practical Tools:

- Flee temptation—don't flirt with it.
- Cut off access:
- Delete apps, block numbers, unfollow toxic accounts, avoid places and people that trigger you.
- Replace destructive habits with life-giving ones:
- Prayer, worship, service, exercise, journaling, creativity, reading the Word.

“Don't just stop sinning—start living differently.”



## 2. Guard Your Heart and Mind

"Above all else, guard your heart, for everything you do flows from it." – Proverbs 4:23

- Watch what you're feeding your heart and mind:
  - Music that stirs up old emotions or lust
  - Memories—don't dwell on old relationships or scenes
  - Media—limit toxic or compromising content
  - Social media—stop scrolling old posts or conversations
  - Text messages—delete old threads that pull you backward
- Don't entertain "gateway thoughts" or small compromises.
- Fill your soul with truth that strengthens, not weakens you.

## 3. Renew Your Mind

"Be transformed by the renewing of your mind." – Romans 12:2

- Every trap starts in the mind.
- Christ was crucified on Golgotha—"The Place of the Skull"—symbolizing the need to win the battle in our thoughts.
- Crucify toxic thoughts before they become actions.
- Cast down negative imaginations quickly.
- Don't entertain "what if" scenarios—don't act out sinful scripts in your mind.

## 4. Remember Your Identity

"If anyone is in Christ, they are a new creation." – 2 Corinthians 5:17

- You are no longer who you used to be.
- You are a new creation, not a slave to sin.
- Speak this truth over yourself every day:
  - "I am God's child."
  - "I am forgiven and free."
- Practice kindness to yourself:
- Say two kind things about yourself every day for 7 days straight.

**WEEK 4**



**“You’re The Man”**

**PASTOR BRANDON LAMAR**



# “You’re The Man”



**“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.” Proverbs 28:13 NIV**

1. Beware of those who sacrifice your hard work for their benefit

## **Life Hack:**

Evaluate those in your life. Ask God to show you why you are in their life and why you are in yours.

2. Check your heart before you wreck your heart.... Exposure uncovers the posture of your heart.

## **Life Hack**

Before being offended, check the fruit of the Source

3. Exposure shows what must die in you

## **Life hack:**

Don't ignore the warnings.

Get yourself an accountability partner that you actually respect. Where there is no respect, there is no reverence, and where there is no reverence, there is no conviction.

4. Don't ignore the grace you've been shown while watching someone's time of exposure

## **Life Hack:**

Ask God to free you from the guilt and shame of your past, so you can remember in peace. Some of us can't Think and Thank because we are ashamed, which is why we Think and Hide.





## **“Kingdom Construction”**

**PASTOR CLYDE MCNEIL**



**“Through wisdom a house is built, and by understanding it is established. By knowledge the rooms are filled with all precious and pleasant riches.”- Proverbs 24:3-4**

## **MAIN POINTS:**

1. Wisdom is not something that we try on to see if it fits, it is a foundation that we should anchor to, to keep from moving all over the place.
2. Soften your relationship with the past to make room for understanding to begin working.
3. Attachments break but anchors hold

## **LIFE HACKS:**

### **#1 WISDOM PAUSE (Observe and detach)**

- When you encounter a situation that triggers a strong emotional response, or requires a significant decision, immediately implement a “Wisdom Pause”
  - Take a deep breath
  - Excuse yourself both physically and mentally for at least 5 minutes
    - For example (go to the bathroom, step outside)
  - Close your eyes for a few minutes to zoom out and ask the Lord for wisdom (James 1:5)
  - Seek wise counsel if it is available and then continue with your day



## UNDERSTANDING BREAKS (Ask why?)

- Take at least one understanding break per day for 7 days.
- Use the power of why/how to understand your everyday life at a deeper level.
  - For example, instead of just knowing your bank balance, seek to understand the why behind your income and expenses.
    - Look for hidden fees
    - Look for spending patterns
    - Look for unnecessary expenses
  - For example, why is my relationship with family and friends not as deep as I would like.
    - Look for opportunities to connect and listen
    - Seek opportunities to make quality time for someone else
    - Make the intentional effort to contact family and friends

## KNOWLEDGE IMPLEMENTATION

- We have all heard the saying “if you know better than do better”
- For 3 days out of the week for 4 weeks spend a minimum of 30 minutes working on something that you know you should be doing.
  - For example, 30 minutes of
    - Walking
    - Reading the Bible
    - Developing a budget
    - Making a business plan
    - Doing something kind for others
    - Decluttering your home
    - Organizing your legacy
      - Life insurance
      - Set up a will or trust
      - Communicate hidden plans or desires