

## WORDshop: Session 12

**Proverbs 16:25**, *“There is a path before each person that seems right, but it ends in death.”*

When we rely on human understanding, we are very likely to take that seemingly right path that leads to death. An example in the area of food would be the government’s dietary advice. The call to eat low fat, high sugar has created an obesity epidemic and health crisis for multiple generations. It seemed good and right, but has led to death for many. God’s wisdom helps us to discern the actual right path – in everything.

**Proverbs 2:1-11**, *“My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding. Cry out for insight, and ask for understanding. Search for them as you would for silver; seek them like hidden treasures. Then you will understand what it means to fear the Lord, and you will gain knowledge of God. For the Lord grants wisdom! From his mouth come knowledge and understanding. He grants a treasure of common sense to the honest. He is a shield to those who walk with integrity. He guards the paths of the just and protects those who are faithful to him. Then you will understand what is right, just, and fair, and you will find the right way to go. For wisdom will enter your heart, and knowledge will fill you with joy. Wise choices will watch over you. Understanding will keep you safe.”*

**1 Corinthians 1:19-20**, *“As the Scriptures say, “I will destroy the wisdom of the wise and discard the intelligence of the intelligent. So where does this leave the philosophers, the scholars, and the world’s brilliant debaters? God has made the wisdom of this world look foolish.”*

**1 Corinthians 3:18-21**, *“Stop deceiving yourselves. If you think you are wise by this world’s standards, you need to become a fool to be truly wise. For the wisdom of this world is foolishness to God. As the Scriptures say, “He traps the wise in the snare of their own cleverness.” And again, “The Lord knows the thoughts of the wise; he knows they are worthless.” So don’t boast about following a particular human leader. For everything belongs to you -”*

**1 Timothy 4:1-4**, *“Now the Holy Spirit tells us clearly that in the last times some will turn away from the true faith; they will follow deceptive spirits and teachings that come from demons. These people are hypocrites and liars, and their consciences are dead. They will say it is wrong to be married and wrong to eat certain foods. But God created those foods to be eaten with thanks by faithful people who know the truth. Since everything God created is good, we should not reject any of it but receive it with thanks. For we know it is made acceptable by the word of God and prayer.”*

**Psalms 32:8-9**, *“The Lord says, “I will guide you along the best pathway for your life. I will advise you and watch over you. Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control.”*

**James 1:5-8**, *“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver; for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. Such people should not expect to receive anything from the Lord. Their loyalty is divided between God and the world, and they are unstable in everything they do.”*

**John 8:44**, *“For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.”*

**2 Timothy 3:15-17**, *“You have been taught the holy Scriptures from childhood, and they have given you the wisdom to receive the salvation that comes by trusting in Christ Jesus. **All Scripture** is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.”*

**Exodus 31:1-6**, “Then the Lord said to Moses, “Look, I have specifically chosen Bezalel son of Uri, grandson of Hur, of the tribe of Judah. **I have filled him with the Spirit of God, giving him great wisdom, ability, and expertise in all kinds of crafts.** He is a master craftsman, expert in working with gold, silver, and bronze. He is skilled in engraving and mounting gemstones and in carving wood. He is a master at every craft! “And I have personally appointed Oholiab son of Ahisamach, of the tribe of Dan, to be his assistant. Moreover, I have given special skill to all the gifted craftsmen so they can make all the things I have commanded you to make:”

In this weight loss/food battle, have you ever asked yourself, “What’s wrong with me?”. Maybe it was during or after a binge. Maybe it was in a time of frustration and resentment about having to constantly manage the whole thing. The Scripture has the power to answer that question and teach us what is true and right. No, there is not a diet and exercise plan laid out in Scripture. We are to walk by faith and not by sight. (2 Corinthians 5:7) We are to learn to be led by the Holy Spirit and be taught by Him. (Romans 8, John 14:26, 16:1, 1 John 2:27) We are to Trust in God, rather than what we think we know or understand of this world. (Proverbs 3:5-6)

What is true? I have tended to relegate Biblical truth to some ethereal place, applying only to “spiritual” things. The fact is that it applies to everything. It’s all truth, in all things, for all who trust in Him. The Creator knows His creation and not only *can* He lead us, He *desires* to, through his Word, as we seek His wisdom and rely on Him.