

Wisdom In The Home

“What is hindering?”

Delivered at Central Baptist Church on June 17th, 2018 by Pastor Steve Edelman

Proverbs 4:1-27

INTRODUCTION: Good morning everyone, we are so glad you are here. Today, we are going to be digging into wisdom literature to help us think through how we connect with God and each other. **What does wisdom look like in our homes in a modern age? In an age of unlimited access to information on smartphones, tablets, Netflix, social media, YouTube, and gaming consoles this is becoming increasingly difficult.**

ILLUSTRATION: Are you walking with your head down? I watched a YouTube video that had some security footage of a people walking and texting. This one particular lady was on her smart phone while walking in the middle of the large mall court and she walks straight into a fountain of water and falls in. A second YouTube video shows a guy texting and walking on a side street. Off in the distance, you see this black furry creature dumping garbage cans. The man, who is not paying attention, walks right up to a bear and suddenly realizes what is going on. **Are you walking with your head down? Are you parenting with your head down?**

The way kids grow up today is not the same as twenty years ago. It's now toddlers and tablets.

[SHOW KID EATING DIRT]

What does wisdom look like in our home?

Unfortunately, good things, like technology, can hurt us and our family to the point of sad and tragic outcomes. One of the greatest threats to a healthy family is the flood of technology and the lack of wisdom around it. Don't get me wrong, technology is good – it's really good. However, families are falling into harm and because parents are parenting with their head down.

Today, we are going to be talking about the need for the wisdom of God and the need to throw off the things that are hurting our families and relationships.

In order to throw off what hinders we need to:

- 1. GAIN WISDOM AND UNDERSTANDING**
- 2. GUARD WISDOM AND UNDERSTANDING**
- 3. KNOW WISDOM AND UNDERSTANDING**

First, in order to throw off what hinders we need to:

1. GAIN WISDOM AND UNDERSTANDING

We will be looking at the book of Proverbs as a text to help us understand and use wisdom so that we can throw off what hinders.

What is wisdom? The dictionary says wisdom is, “a decision in regard to the application of experience, knowledge, and good judgment.” **To simplify, wisdom is our ability to apply knowledge to make good decisions.** Someone else said, “Wisdom is lived knowledge, the ability to transpose what we know here to that problem over there.”

If we are going to be able to, “*Get wisdom; get insight*” and not turn away we need to understand where wisdom comes from. **The bible talks about two types of wisdom, a lower and higher view of wisdom. First, in Proverbs chapter 3,** we see the higher view of wisdom. This wisdom comes from Yahweh who is the one who teaches and disciplines, looks out and protects, and blesses the righteous. It’s “Trust in the Lord and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.” In other words, God is the one who provides us with wisdom so that we can pass it on to our kids. Proverbs 3 says, that wisdom comes from God, the higher view of wisdom.

In Proverbs chapter 4 we have the lower view of wisdom. It’s the cause and effect that God put in place in the world at creation. It’s the reap what you sow type of wisdom. It’s “if you work hard you will be wealthy, if your lazy you will be poor.” “If you instruct your kids they will become wise, if not they will become fools.” It’s common sense for the most part. In which fathers teach sons to observe the ways of both the righteous and wicked. It’s the understanding that if we are wise we need to apply knowledge that comes from God. The lower view of wisdom says that we need to teach our kids good principles to help bring about blessing in their life.

Higher and lower views of wisdom work together to bring about God’s plan for His creation.

“THE LOWER VIEW OF WISDOM”

a) We gain wisdom through teaching in the home (v1).

Look with me at Proverbs 4:1 which says “*Hear, O sons, a father’s instruction, and be attentive, **that you may gain insight.***”

Notice that there is a parental link to passing wisdom on from generation to generation. It’s the key relationship in God’s design to give insight from a father to a son, a mother to a daughter, or any parent to child. In other words, a parent has an integral role in teaching their kids. There is also a child’s role in gaining wisdom. Proverbs is saying that the child gains wisdom through hearing instruction and being attentive.

i) Children gain wisdom through hearing instruction.

First, instructional knowledge needs to be passed down from a parent to their children so that they can learn how to digest the information being download and consumed from the world.

ii) Children gain wisdom by being attentive.

Second, the child’s attention needs to be focused on receiving wisdom from the parent. It’s really a two-way process of interactive relationship. As kids get older, their

attention starts to shift away from their parents and onto other things. In other words, we only have so much time.

Instruction and attentiveness are **two necessary building blocks** in which parents prepare kids to live Godly and wise lives.

However, here are some staggering statistics recorded in the book “Meet Generation Z” by James White about what is really happening in our homes. Generation Z is the age group or generation that was born between 1995 to around 2009 or age 22 and down. **James White says: “Currently, teenagers spend nearly nine hours a day absorbing media (in 2015). And according to the teens themselves, Mom and Dad may care about the content of what they absorb but not the time spent on media itself.” “In fact, parents seem to be the enablers.** According to eMarketer, in the United States, kids are most likely to be gifted with gaming devices and TVs between ages four and seven. From the ages of eight to eleven, they will receive a gaming console, digital music player, tablet, or e-reader. Twenty-two million twelve- to seventeen-year-olds in the United States alone owned a mobile device in 2015. **Ninety-two percent report going online daily.** A quarter say they are online “almost constantly.

Ninety-one percent go to bed with their devices. No surprise that they also spend more money online than any other generation. Yet the implications of this constant connection to the internet and, through it, to the world and all of its information leads to another Generation Z dynamic: the **“ability to find whatever they’re after without the help of mediators—such as libraries, shops, or teachers.”**

James White says, **“This has made them more independent and self-directed than generations before them.... Like no other generation before, Generation Z faces a widening chasm between wisdom and information.”**

Are our homes environments where children are getting the wisdom they need? Or are they environments of independent and self-directed methods? The Bible says it’s a parent’s responsibility to teach our kids to live wisely in this digital age. **Our kids don’t need any more devices, they need wisdom.** They need fathers, mothers, and grandparents who instruct them and spend time with them, so they can pass on wisdom in a very confusing world. **What has your kids attention? What has your attention?** The lower view of wisdom says that if we don’t pass wisdom on to our kids we are going reap problems. It’s the cause and effect of our doing or not doing something. To pass wisdom on, we need to understand God’s wisdom or higher wisdom.

Next, we need to understand the higher view of wisdom.

“THE HIGHER VIEW OF WISDOM”

b) We gain wisdom from God’s mouth (v5).

Look with me at Proverbs 4:5 which says, *“do not turn away from the words of my mouth.”* What are the words of God’s mouth? God’s words to humanity are often

identified as being from “the mouth of the LORD.” From the mouth of the Lord, we get God’s knowledge and understanding of His great story and how we fit into it. We ultimately learn wisdom through His commands, His correction, His promises, and His revelation. God is the ultimate source of wisdom. We need to go to God and His Word to learn His wisdom. Any so-called “wisdom” that contradicts or goes against God, is false wisdom. It’s not the wise sayings you find in a fortune cookie.

Here is some fortune cookie advice:

“A smile is your passport into the hearts of others.”

“A good way to keep healthy is to eat more Chinese food.”

“You learn from your mistakes... You will learn a lot today.”

“A dream you have will come true.”

What we find in a fortune cookie is **not** higher wisdom. We need God’s wisdom! As our world advances and gets easier, there is a widening gap between how we live and the wisdom that comes from God’s mouth. **How do we stop the growing gap between God’s wisdom and how we live? How do we live effectively in relationship with God and others with so much going on around us? Two major things I believe crowd out our ability to know God’s wisdom is our busyness and our devices.** Andy Crouch put it this way, “**the most important relationships are being crowded out by glowing rectangles!**”

Andy Crouch in his book, ‘The Tech-Wise Family’ has some really applicable solutions to help live wisely with our devices and relationships. I am going to be using some of his thoughts and ideas throughout the rest of the sermon.

He says “**We are stuffing our lives with technology’s new promises** *(life will be better if we have the next gadget)*, **with no clear sense of whether technology will help us keep the promises we’ve already made....** But I do know this: if we don’t learn to put technology, in all its forms, in its proper place, we will miss out on many of the best parts of life in a family. We will miss out on passing wisdom to our kids.” We will also miss out on being in a thriving relationship with God.

We need to make radical choices and commitments to keep technology in its proper place. Putting technology in its right place in our families and stage of life requires discernment and wisdom rather than a simple formula.

But doing almost anything - is better than letting technology just take over our lives and stunting our growth in the ways that really matter.

Andy Crouch says, **“Technology is in its proper place when it helps us bond with the real people we have been given to love.** It’s out of its proper place when we end up bonding with people at a distance, like celebrities, whom we will never meet.

Technology is in its proper place when it starts great conversations. It’s out of its proper place when it prevents us from talking with and listening to one another.

Just by understanding this issue we might be a couple steps closer to using wisdom in our homes and the life we actually want—for ourselves, our children, and our children’s children.

The precious days of childhood are passing by, far too fast, staring at screens. **We watch as the inevitable intensity of teenage relationships is raised to near-toxic levels by a sleep-depriving, round-the-clock surge of messages.** Parents feel out of control, hopelessly overmatched by the deluge of devices. And we can’t even count on one another to back us up.

Parents who set limits on their children’s use of technology often experience intense peer pressure – from other parents.

However, kids see their parents who are constantly on their laptops, as they bring work home with them from the office into evenings and weekends. Older kids know the sick-to-the-stomach feeling of having binged on a video game for days on end. Just like parents who are binge watching too-much-Netflix. We may know people who have thousands of followers or even a million followers from all over the world. **We know kids at the age of 11 have started their own YouTube channel and they are now building a following.** Our kids and teenagers go from reveling in the attention to breaking under the weight of others’ expectations and mockery.

Do you feel the weight of what I am talking about?

As we going to see, we are going to need God’s wisdom to help us find a better life and pass on wisdom to our kids. In order to throw off what hinders we need to gain wisdom and understanding by staying in God’s Word, passing that Word onto our children and not letting this practice be crowded out by the misuse of technology.

Secondly, in order to throw off what hinders we need to guard wisdom and understanding.

2. GUARD WISDOM AND UNDERSTANDING.

a. To guard wisdom we need to understand the threats (v6).

Proverbs 4:6 says, **“Do not forsake her,** and she will keep you; love her, and she will guard you.” The Hebrew word forsake means to “abandon or leave safety.” In other words, we need to make sure that we do not disregard wisdom or let other things, like

technology, crowd her (wisdom) out. **We need to pay attention to what our kids are doing and not abandon them to their own demise.**

STORY – EMAIL.

Years ago, in a previous ministry I got a strange email from spam looking email address asking for help. I thought it was a prank, as I have been pranked many times. Are you the youth pastor? I was thinking, “very funny - great googling skills.” I need that a youth that I know was wanting to end her life and that she needed my help. It all turned out to be true. This teenager was most of the night on her cell phone talking to people across the world. When I talking with the girl’s parents I was dumbfounded because they wanted to respect the girls privacy rather than guard what she was doing online.

In fact, “according to GuardChild, people aged 12-17 are the biggest consumers of Internet porn. 90% of kids aged eight or more have seen it, and 70% of them have sometimes encountered it accidentally, for example when researching for homework.” “According to the U.S. Department of Justice, “One in seven “youth internet users” have received “unwanted sexual solicitations online.” That means three or four young people out of every average classroom. Furthermore, 11% of teenagers say they have “shared naked pictures of themselves online or via text message.”

We need to guard wisdom! Why?

- Because wisdom protects & watches over our families.
- Because wisdom is the ultimate possession in life.
- Because wisdom would exalt and honour God.

STORY – BUILDING A FIRE

Fire is a wonderful tool. Fire is also a dangerous tool and is difficult to work with. Tending a fire, outside or indoors, requires skill, work, and care. It needs to be guarded with the knowledge that we have. At the same time, fire is mesmerizing and beautiful. Technology is like fire. It’s a marvelous tool. It’s also a dangerous tool and difficult to work with. Tending technology requires skill, work, and care. We can’t forsake what is important. We need to guard wisdom in the home!

Andy Crouch says, “Life is difficult. In fact, if you do life properly—with wisdom—life gets more difficult as you go. The way of wisdom involves radically recommitting ourselves to what family is about. What real life is about. Our homes aren’t meant to be just refueling stations, places where we and our devices rest briefly, top up our charge, and then go back to frantic activity. **They are meant to be places where the very best of life happens.** No matter what advertising says, **the very best of life has almost nothing to do with devices we buy. It has a lot to do with the choices we make, choices that our devices often make more difficult.”**

If we want a better life, for ourselves and for our families, we will have to choose it and guard it. We’ll arrange the places we live and the patterns of our daily lives to

make the best choice easier. The best choices often require strength and evaluation of what we need. **For some, it's being present and actually parenting. We are not called to be our kid's friends.**

STORY – Parents asking for help because kids won't go to school.

We are called to lead them and show them God's wisdom. We need to remove the threats that keep us from living effectively in relationship with God and others. Start to put the commitments or wisdom into practice, by sometimes saying "no". For example, we need to protect our children from threats when we say "no" touching a hot stove, when we say "no" to putting their finger in the crack of the door and when we say "no" to crossing a street without looking both ways to see that there is no traffic. Will they complain? Yes, they will complain, for two weeks. We too may complain, for two weeks. But very soon, you'll wonder why you ever waited this long to pursue the real life you were made for.

In essence, we need to understand the potential threats that affect our homes and then put guidelines in place that protect our children.

Next, one of these guidelines is to try to develop godly character rather than just letting information in through technology screens. We need to make the mission of our family, for our children and adults alike, is the cultivation of Godly character.

b. To guard wisdom we need to choose character over screens.

Look with me at Proverbs verse 4:4 which says, *"Keep my commands and live."* Keeping Yahweh's commands gives protection ("shield," "guard"), and life." Keeping God's commands produces character and shields us from sin. Jesus summarized God's command in Matthew 22:37-39 and said, *"Love the Lord your God with all your heart and with all your soul and with all your mind."* [a] 38 *This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor as yourself.'*

Proverbs 18:2 says, "A fool takes no pleasure in understanding, but only in expressing personal opinion" - which also sounds a lot like social media.

Look with me at Proverbs 4:11 which says, *"I have taught you the way of wisdom; I have led you in the paths of uprightness."* **A person who is upright, is someone who does what is right, they are honest, full of integrity, and trustworthy.**

How do we lead our kids to down paths of producing character?

Are you spending time sharing insights with your kids, so they can become the kind of people who have wisdom and courage? Our kids need parents who love them unreservedly and unconditionally committed to them, and their flourishing, and growth no matter what we do. **Are we helping them become like Christ? Or just getting through the day?**

God produces character in us when we deal with hardship. Character gives us a greater fortitude and capacity to deal with difficulty. Character is the image of Christ being formed in us. Character shaped through the gospel helps us become more stable and more focused on the things of the Lord. Character unleashes hope in suffering. Hope is the joyful expectation of what the Lord has promised.

Here are a number of Godly character qualities that we can help cultivate in our kids: attentiveness, boldness, compassion, contentment, creativity, decisiveness, dependability, determination, diligence, discernment, endurance, forgiveness, generosity, gentleness, gratefulness, hospitality, humility, joyfulness, justice, love, self-control, responsibility, and obedience.

Andy Crouch says, “Technology is not just good—it’s very good. “But does it make me the kind of human being who could contribute something of lasting value to my family, my neighbors, my society, and our broken world? This means we have to teach our children, from early on, that we are not here as parents to make their lives easier but to make them better. This means we need to tell them—and show them—that nothing matters more to our family than creating a (Christ-centered) home where all of us can be known, loved, and called to grow. And then we’ll have to make hard choices—sometimes radical choices—to use technology in a very different way from people around us.”

Next, to guard wisdom, we need to shape relational space.

c. To guard wisdom, we need to shape relational space (v3).

Look with me at Proverbs 3:3 which says, “*When I was a **with** my father... in the sight of my mother, he taught me.*” I want to focus on the words, “with” and “in the sight of my mother, he taught me.”

The problem today is that we can be in the same space and not be present. The teaching is coming from an app or a peer via text and not a parent. Or more likely, the parent is not present at all. In order to teach our kids, we need to be present or they too, will find another way to connect and find love.

STORY: “DAD WHY ARE YOU STARING INTO SPACE?”

To guard wisdom, we need to make choices about the place where we live that put the development of character and creativity at the heart of our home.

Like every generation before us, we are made for relationship with one another and with our Maker.

But homes have a center (a living room), and the best things to put in the center of our homes are engaging things—things that require attention, reward skill, and draw us together the way the earth once did.

When I stand in the middle of our first floor, here's what I see:

1. works of art on the walls, most of them original work by friends whose craft and calling we want to support
2. books—hundreds of books, even though we only keep the ones that are rewarding and worth rereading
3. a few (impressively hardy) houseplants
4. a grand piano and a string quartet's worth of instruments
5. the space in front of the window where, through all of our children's early years, we had a wonderfully indestructible "craft table" at a child's height, with art supplies, paper, and whatever project they were pursuing at the time (it's now in the attic, awaiting the arrival of grandchildren)
6. a cabinet full of board games
7. a fireplace we were lucky enough to acquire with the house • a dining table, with candles on the table and in the chandelier overhead • an oven and stovetop, which require someone to take the risk of creative cooking.

Candlelit dinners cost no more when we were in our twenties than they do in our forties.

God's wisdom is an invitation to shape something beautiful out of what He has put in your life. You may be a single parent, you can shape something beautiful out of that. You may not have the resources the next family has, you can shape something beautiful out of that. You may be facing trials of many kinds, you can make something beautiful.

We are made for relationships. We need to create relational space, we need to build rhythms into our lives, on a daily, weekly, and annual basis, that makes it possible for us to get to know one another, God, and our world in deeper and deeper ways.

We are also designed for a rhythm of work and rest. So, one hour a day, one day a week, and one week a year, we turn off our devices and worship, feast, play, and rest together.

We are supposed to work, and we are supposed to rest.

To guard wisdom and shape relational space, Andy Crouch wrote ten tech-wise commitments for his family. I will put them up on the screen.

TEN TECH-WISE COMMITMENTS

1. We develop wisdom and courage together as a family.
2. We want to create more than we consume. So, we fill the center of our home with things that reward skill and active engagement.
3. We are designed for a rhythm of work and rest. So, one hour a day, one day a week, and one week a year, we turn off our devices and worship, feast, play, and rest together.
4. We wake up before our devices do, and they “go to bed” before we do.
5. We aim for “no screens before double digits” at school and at home.
6. We use screens for a purpose, and we use them together, rather than using them aimlessly and alone.
7. Car time is conversation time.
8. Spouses have one another’s passwords, and parents have total access to children’s devices.
9. We learn to sing together, rather than letting recorded and amplified music take over our lives and worship.
10. We show up in person for the big events of life. We learn how to be human by being fully present at our moments of greatest vulnerability. We hope to die in one another’s arms.

***The problem, as with so many short-term solutions, is that solving the immediate problem requires leaving a bigger problem unsolved—and actually makes the bigger problem worse.**

TESTIMONY: Andy Crouch says, “I have encountered numerous encouraging examples of families who changed course midway through their children’s early years, discarding the TV and radically limiting other forms of screen-based entertainment. They testify that the withdrawal process was excruciating, but that a month later, let alone a year later, everyone in the family was far happier, more engaged with one

another, and less bored. As I'll discuss in the next chapter, the quest to cure boredom with entertainment actually makes the problem worse. But it works the other way around as well. The less we rely on screens to occupy and entertain our children, the more they become capable of occupying and entertaining themselves."

TOOL: THE CIRCLE BY DISNEY.

As you can see, in order to throw off what hinders we need to hold on to wisdom and understanding.

Lastly, in order to throw off what hinders we need to receive wisdom and understanding.

3. KNOW GOD'S WISDOM AND UNDERSTANDING

a) Know the spring of life (v23).

Look with me at verse 23 which says, *"Keep your heart with all vigilance, for from it flow the springs of life."* In the Bible, Yahweh is described as the living one, the fountain of life. The heart is often described as the central part of our personal being. It is not just the home of our affections, but the seat of our will, and our moral purpose. As this text says, 'what is in the heart' flows from it. The picture of wisdom is that our heart needs to be continuously focused on the right things if we want good things flowing from it. In other words, we need to be connected to the "living one" in order to have "life flowing from our inner person." When we are connected to God wisdom flows from us. When transformed there are signs of the life with God within the soul; as opposed to "selfish/evil thoughts and deeds" (Matthew 15:19), "the end of which things is death" (Romans 6:21)." **However, we don't have the ability to keep our heart from sin. We don't have the ability to choose right things.** We need a transformed heart which was accomplished by Jesus on the cross.

Someone said, **"When we go to God for wisdom we discover what fools we are. No matter how big your house, it's not big enough to hide your foolishness from people who live with you day after day.** In our families, we see the consequences of all that misunderstanding. Our busyness, our laziness, our sullenness, our short tempers, our avoidance of conflict, our boiling-over conflicts—living in a family is one long education in just how foolish we can be, children and adults alike."

However, good decisions won't transform your heart. You may become smart, you might even become successful, but that won't make you wise or like Christ. **Good decisions will just help you enjoy the good things in life. But they do not address the greater problem of humanity that plagues all of us. Good decisions don't deal with the inner human issue that continually pushes to live independently from God.** We are just so good at deceiving ourselves. We think we are so wise!

Spiritual wisdom begins with admitting the need for a Savior because every person is born with a sinful nature and cannot produce righteousness on their own (Romans 3:23). After accepting Jesus Christ as Lord and Savior, we are changed by God's grace (Rom 8:30, Titus 2:11-14) and we start to see the world through His wise eyes.

The way we know God's wisdom is through the gospel. The way we receive the living water is through knowing the wise one. What is flowing from your heart? What is flowing from your family? Jesus needs to have custody of your heart so that it can flow with "the spring of life." **The gospel changes the deeper desires so that your heart can keep the springs of life flowing.**

John 7:38 says, "Whoever believes in me, out of his heart will flow rivers of living water."

What do you really want to see happen in your home? What do you want for our kids? What do we want for future generations?

Next, when your heart is changed you know learn where to keep your eyes.

b) Know where to keep your eyes (v25-27).

Look with me at verse 25 to 27 which says, "Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet; then all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil."

This is why we need to apply the gospel to our own hearts daily. Far too often, though, technology is at the center of my search for undemanding distraction. I find myself thumbing through Twitter or distractedly "liking" images on Instagram. Sure, there are other people at the end of those interactions, but they all too often substitute for (Christ) and my family.

How do you ponder a path of your family with wisdom for your family? It means, remove all the stumbling blocks from your path & stay on the right path. **God's story tells us how to live effectively in relationship with Him and others.** How do we do that when the most important relationships are being crowded out by glowing rectangles?

Hebrews 12:1 says, "let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith..."

J.I. Packer says, "Wisdom is the power to see, and the inclination to choose, the best and highest goal, together with the surest means of attaining it. . . . **Thus the effect of his gift of wisdom is to make us more humble, more joyful, more godly, more quick-sighted as to his will, more resolute in the doing of it and less troubled** (not less sensitive, but less bewildered) than we were at the dark and painful things of which

our life in this fallen world is full.... Thus, the kind of wisdom that God waits to give to those who ask him is a wisdom that will bind us to himself, a wisdom that will find **expression in a spirit of faith and a life of faithfulness.**"

The wisdom of God through Christ, when received, gives you the ability to live out the knowledge of knowing Him and His gospel story in all of life. It's not something you find in a fortune cookie. It involves our attitudes, our decisions, and relationships towards God, others, and ourselves.

When we face trouble and conflict in our marriage, families, and friendships with others, the way of wisdom and the way of Jesus is: **stay committed, stay faithful, stay hopeful and focused on Christ. To actually commit to seeking God's wisdom in your life and His hope because he will give more than you can imagine.**

Any Crouch said it well, "Please understand, I'm not saying technology is bad. In fact, I would say it is very good. Technology has made life easier but not more joyful. **The truth is that our children, just like us, will spend far too much of their lives tethered to glowing rectangles.**"

In order to throw off what hinders we need to:

- 1. GAIN WISDOM AND UNDERSTANDING**
- 2. GUARD WISDOM AND UNDERSTANDING**
- 3. KNOW WISDOM AND UNDERSTANDING**

The problem isn't with our devices themselves... it's with the way we use them. The biggest problem is not with the kids... it's with dad and mom.

The good news of the gospel shows us a better way.

Are you walking with your head down? Are you parenting with your head down?

BENEDICTION:

Proverbs 3:5-6 says, "Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the LORD, and turn away from evil. It will be healing to your flesh and refreshment to your bones."