

## BUMC Weekly Bible and Sermon Study

**Sermon:** “Sleep Happy” from the “Rest for the Stressed” sermon series

**Scripture:** Proverbs 3:21-26

### Key take-aways from the Scripture

- The Book of Proverbs is a part of Biblical wisdom literature in the Hebrew Bible (Old Testament). These books are: Psalms, Proverbs, Job, Song of Songs, Ecclesiastes, Book of Wisdom, Book of Sirach (which is a part of the Apocrypha).
- The word *Proverb* refers to a short saying that provides us with knowledge and wisdom for life.
- In the Book of Proverbs, as we see in the introductory chapter, the word wisdom is from the Hebrew word *Khokhmah*, which is applied knowledge and skill. It is a set of practical skills to live well in God’s creation.
- In this section of Proverbs, we are reading about the idea of wisdom and that it will preserve your life (v. 22).
- The author of Proverbs, most of which is attributed to King Solomon, employs the metaphor of walking to convey that the use of wisdom will prevent us from “stumbling”.
- To be successful in life we must use wisdom. Verses 21-25 read:

“My son, do not let wisdom and understanding out of your sight,  
preserve sound judgment and discretion;  
they will be life for you,  
an ornament to grace your neck.  
Then you will go on your way in safety,  
and your foot will not stumble.  
When you lie down, you will not be afraid;  
when you lie down, your sleep will be sweet.  
Have no fear of sudden disaster  
or of the ruin that overtakes the wicked  
for the Lord will be at your side  
and will keep your foot from becoming snared.”

### Key take-aways from the Sermon

- Today we turn to the Proverbs, in our series on “Rest for the Stressed”, hoping it might be a breakthrough to our stressed spirits, our weary hearts and anxious minds. In chapter 1, verse 1, this book is credited to King Solomon but likely the compilation of great sages who wrote and collected this material. There is no one stand-out author of Proverbs. It is the collected wisdom of the Israelites!
- The wisdom found in the Proverbs would guide one person’s steps, which impacted every relationship that they had. While the topic of “wisdom” is discussed throughout the Book, it is named here in chapter 3.
- *Wisdom* and *prudence* our daily guide (clear thinking and common sense)! 24-hour cable news cycle an example of the least wise and least prudent frontier in our culture today. Since we see the cable news is an example of something that lacks wisdom and prudence, where can we find them? In other words, what does it look like to be a wise person?
- We have been blessed to know many “sages” that have helped us accumulate wisdom and prudence. They master the “art of living well”.
- What sets these people apart in life is the wisdom they share when asked. They learn from mistakes and failures. They know that they don’t know it all. They consider different perspectives and are willing to compromise. They do not jump to conclusions about people. They are comfortable with change, and they embrace uncertainty. They spend more time looking within than judging others. They have a great sense of humor! In their presence you feel the love of Christ!
- The work that we are being called to in this proverb is on-going. It doesn’t stop after we have identified wisdom. We must remain open to wisdom as it is easy to be distracted from it. It is applied and practiced our whole lives.
- “Sleeping Happy”: this is not just for infants, and it comes when we walk securely in the wise sages. Learn from your mistakes, give advice to others, consider other perspectives from your own...in all of these you will sleep happy and not be burdened by stress and regret in life.
- We focus on wisdom to lead us, guide us, and change us each day. We are sure to “sleep happy” each night in the full presence and peace of the God who loves us, knows us, and *never* gives up on us!

### Questions for Personal Reflection or Group Discussion

- What were your key take-aways from the sermon? How can you apply this to your everyday life?
- What does this passage teach us about rest and renewal?
- What makes the Book of Proverbs unique in how it teaches wisdom?
- What is the value of wisdom in our lives?
- How are things like 24 hour cable news devoid of wisdom and prudence?
- What are some things that call for wisdom and prudence in your life? What does it look like to be a wise person?
- Who are some of the “sages” in your life that have helped you to become wise and prudent?
- What does Rev. Casey Orr mean by “sleep happy”? How can we have this in our lives?

