

# PILATES AND PROVERBS

## STUDY 2

**“HAPPY IS THE ONE WHO FINDS WISDOM.”  
PROVERBS 3:13**

**MY SON, EAT HONEY, FOR IT IS GOOD, AND THE  
DRIPPINGS OF THE HONEYCOMB ARE SWEET TO YOUR  
TASTE. KNOW THAT WISDOM IS SUCH TO YOUR  
SOUL; IF YOU FIND IT, THERE WILL BE A FUTURE [A  
HONEY-SWEET FUTURE!], AND YOUR HOPE WILL NOT  
BE CUT OFF [HONEY-SWEET FOREVER].**

**PROVERBS 24:13-14**

**IF YOU MAKE YOUR EAR ATTENTIVE TO WISDOM . . . IF  
YOU SEEK IT LIKE SILVER AND SEARCH FOR IT AS FOR  
HIDDEN TREASURES, THEN YOU WILL UNDERSTAND THE  
FEAR OF THE LORD AND FIND THE KNOWLEDGE OF  
GOD.**

**PROVERBS 2:2, 4-5**

**STOP  
PAUSE  
RELAX  
TAKE A DEEP BREATH  
WE WAIT**

**LISTEN TO SOME OCEAN SOUNDS [HERE](#)**

**TAKE 5, SLOW, DEEP BREATHS IN AND OUT**





**READ**

STOP AND TRY NAME WAYS YOU ARE TRYING TO SEEK HAPPINESS IN THIS SEASON OF LOCKDOWN

READ PROVERBS 3:13 AND PROVERBS 24:13-14

BIBLICAL WISDOM IS NOT A DEAD-END STREET LEADING TO A CUL-DE-SAC OF MISERY. IT IS THE PATH TO DEEP AND LASTING HAPPINESS.

-JOHN PIPER



IF WE BELIEVED THAT THE WISE LIFE IS THE PATH OF HAPPINESS, TO FIGHT FOR JOY IN THIS HEAVY SEASON HOW WILL THAT SHAPE OUR TIME?



READ PROVERBS 2:2, 4:5

HOW DOES THIS SHAPE OUR SEASON?



**NOTES AND WRITTEN  
PRAYER**

