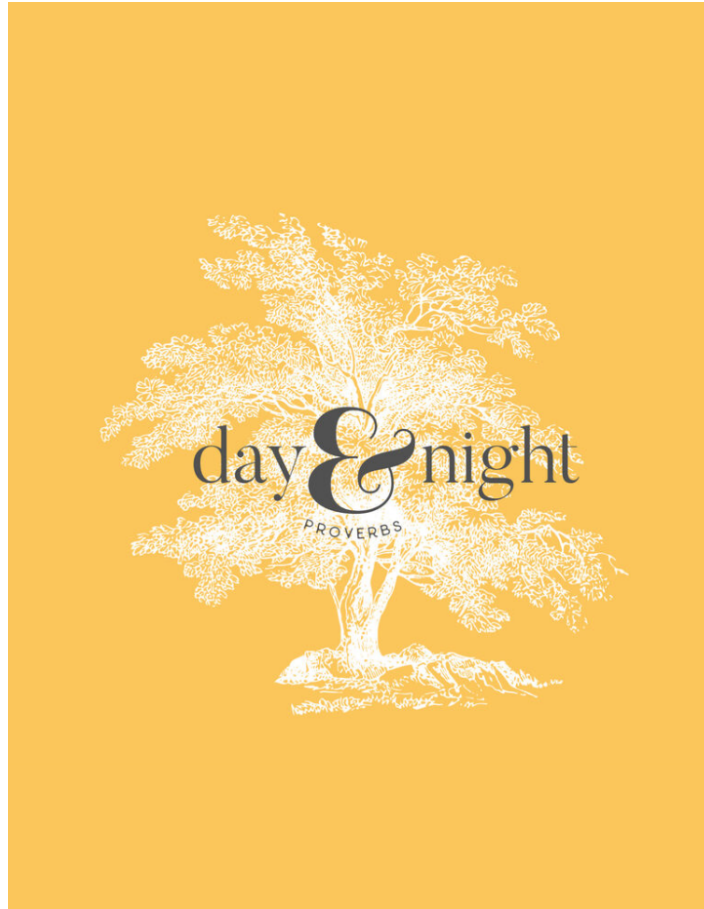




Welcome to the *Day & Night Devotional* for the book of Proverbs in the Old Testament of the Bible. This tool will guide you each day and night to read the given Scripture from Proverbs. Then in a prayer to God, either out loud, in your heart, or in a journal, answer the reflection questions. Use this time to turn off your phone and other distractions and enjoy God's presence.

Check out what **Psalms 1:1-3 (NLT)** says,

"Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do."

If you are reading this, then it's evident that you want to be like that tree planted along the riverbank—never withering and prospering in all you do.

So consider yourself challenged to spend just a few minutes in God's Word both day and night for the next 31 days. See what God will do in you and through you as you draw close to Him.

Day 1

Scripture: Proverbs 1:1-10

Day: Give your day to God in prayer now, asking Him for the strength to resist going along with what the crowd and culture are doing. Instead, lean on the promise that wisdom will bring you the best life for God's glory.

Night: In what areas of your life could you use more wisdom? In light of the fact that "fear" in verse 7 means awe, wonder, and respect, how has your relationship with God been more about your feelings than following His desires?

Day 2

Scripture: Proverbs 2:1-2, 9-10, 20

Day: Pray and ask God to fill you with joy as you spend time in the book of Proverbs soaking up wisdom.

Night: Dream a little. Ask God how "tuning your ear to wisdom" and "treasuring God's commands" might allow you to live a life full of adventure doing what is "right, just, and fair." The world needs these things, and God wants to use you to make it happen.

Day 3

Scripture: Proverbs 3:5-6, 9-10, 12, 18, 27

Day: Ask God what you could do today to live generously with people in need. Could you give an underclassman a ride? Did someone run out of lunch money on his or her account? Do you tithe to the church off of your allowance or the money you make at your job? What might God do through you today if you took a step of obedience?

Night: How have you "leaned on your own understanding" and sought your own will instead of God's? How have you experienced God's correction?

Day 4

Scripture: Proverbs 4:23, 25-27

Day: Come boldly before God today asking Him to guard your heart and fill you with His Holy Spirit.

Night: What are the biggest distractions that keep you from looking straight ahead at Jesus? How do good things in your life tend to become more important to you than God?

Day 5

Scripture: Proverbs 6:6-11

Day: Take a moment to pause and ask God to bring to mind a way that you could use your time to serve someone today.

Night: What are your biggest time-wasters? How have you allowed down-time to become excessive to the point of laziness? What positive habits could help you use your time better?

Day 6

Scripture: Proverbs 6:16-19

Day: Ask the Holy Spirit to change you to look more like Jesus today. Don't try to be good; let God do the changing.

Night: Which of the seven things listed is an area of struggle for you? What would the opposite of that struggle be? How have you tried to change yourself on your own? How does the Good News of Jesus free us from being slaves to sin?

Day 7

Scripture: Proverbs 7:6-27

Day: Pray now and ask God to help you redirect your physical passions toward bringing God's kingdom on Earth.

Night: When are your biggest times of temptation to sexually lust after someone else? The person in this Proverb “was walking across the street near the house of a person who tempted them.” How has media contributed to lusting in your own life? Who in your life do you need to let in on this struggle?

Day 8

Scripture: Proverbs 8:17

Day: Seek God in this moment. Turn on some worship music and connect with your heavenly Father. Sit for a few unhurried moments in His presence.

Night: How has doubt been a part of your journey? Who could you let into those questions?

Day 9

Scripture: Proverbs 10:19

Day: Look for ways to actively listen today. Instead of being asked questions, how could you ask questions and listen well to your parents, friends, classmates, teammates, siblings, etc.?

Night: How have your words gotten you in trouble? How might your words be used for good instead?

Day 10

Scripture: Proverbs 11:2, 14

Day: Ask God to humble you in this moment. Ask Him to take away any pride in your heart and replace it with thankfulness for His goodness and His saving work in your life. Ask Him to fill that space with a deep love for people and for God.

Night: How well do you do with asking for help? In what areas do you try to control and plan things all on your own? How could this lead to a life of less flourishing for you?

Day 11

Scripture: Proverbs 12:25

Day: Make it a point to encourage five people today. Call out the gold you see in others and use your words to bring life into the darkness for God's glory.

Night: What worries do you need to give to God tonight in prayer? Why is He trustworthy to handle the weight on your shoulders? Talk to Him about these things as you fall asleep tonight.

Day 12

Scripture: Proverbs 13:20

Day: Pray today for your friends and about your friends. Are they providing you not just with enjoyment but encouragement and accountability as well? Ask God to give you the wisdom to see who is influencing you negatively and how you might adjust their level of influence in your life you so that you can thrive.

Night: What trouble have you gotten into by going along with the wrong crowd? What would it look like for you to "walk with the wise" so that you can actually reach the "fools" with the Gospel without going down the wrong path?

Day 13

Scripture: Proverbs 14:12, 17, 30

Day: Ask God right now to convict you of the truth that your internal compass doesn't point north (as verse 12 alludes to). Ask Him to help you see that God's design for you and for this world is not to harm anyone but for everyone to see how things work best.

Night: In what ways have anger and jealousy been a temptation recently? Think of a trusted person with whom you might process the roots of these things with so that you can live a life of peace.

Day 14

Scripture: Proverbs 15:16, 31

Day: Come before God in prayer and ask Him to reveal to you how greed and consumerism have subtly snuck their way into your life (verse 16).

Night: How well do you do with being corrected? What would bring you to a place where you do not get offended when people hold you accountable?

Day 15

Scripture: Proverbs 16:3,6-9

Day: “Commit your plans” to God today. Ask Him if there is anything He would do differently. Ask Him to guide you by His Holy Spirit today and help you to be interrupted by Him if necessary.

Night: As you fall asleep tonight, ask God to comfort you with His love that He put on display when He sent Jesus to the cross to atone for your sin (verse 6). How well do you accept that you are loved by God?

Day 16

Scripture: Proverbs 17:4, 7, 27

Day: Be intentional today to avoid joining in with gossip or using your words in a way that would draw attention to yourself. Ask God now to make you aware of the words you use and if they tear others down or build them up.

Night: In what spaces of your life do you need to think before speaking? How are you growing in this area?

Day 17

Scripture: Proverbs 18:21-24

Day: Who is someone in your life that you could come alongside of today who is struggling? Ask God to open your eyes to see not just your friends today but also people you don't normally interact with who need a friend. Use your words for good and invite them to hang out.

Night: Take a moment tonight to pray for your future spouse. Ask God to shape them into a person after His heart who can serve alongside you as you live the adventure of following Jesus. Pray also about how God might use you to help the poor in your community.

Day 18

Scripture: Proverbs 19:8, 11

Day: Pray for your enemies today. Pray for the people in your life who annoy you. Ask God to give you a love for them, for patience and the grace to forgive them when they hurt you.

Night: Verse 8 shows us that if we love ourselves and truly want to prosper, then we need gain wisdom about how the world works best. What is a bit of wisdom from God that you have learned about recently that has been difficult to accept? Why? On the flip side, how have you seen God's commands prove to offer you a more fulfilling life?

Day 19

Scripture: Proverbs 20:1, 20

Day: Talk to God today about the way you treat your body. What unhealthy choices or patterns are you stuck in? How can you be a good steward of the body God has given you?

Night: What is your relationship with your parents like and why? How could it be better? Pray for your family as you fall asleep tonight.

Day 20

Scripture: Proverbs 21:3

Day: Pray for opportunities today to stand for justice and do what is right. Pray that God would give you the boldness to be mocked if need be.

Night: How have religious activities become a badge for you (attending church, reading the Bible, believing the right things, not doing the wrong things)? What things does God draw to mind that you are neglecting in terms of justice and doing what is right?

Day 21

Scripture: Proverbs 22:11

Day: Pray that God would give you favor with people in authority because of the way you love and serve others. Take a moment to pray for your teachers, government leaders, your country, and the world. Ask God to give you an opportunity to share the Good News with those people in the future.

Night: Take a few moments tonight to simply thank God for sending Jesus. Ask the Holy Spirit to purify your heart and make you more like Him. Don't rush through this moment.

Day 22

Scripture: Proverbs 23:4-5, 17-18

Day: How have you envied sinners? To what degree have you thought of God's commands in light of what you are NOT allowed to do instead of what you GET to do because of being God's child?

Night: Whether your family is rich or poor, how have you put false hope in money? What does God say our interactions with money should be like?

Day 23

Scripture: Proverbs 24:13

Day: I bet you are wondering if that was the correct verse you read—and yes, it is! God is the God not just of fasting and diligence but of celebrating! He wants you to experience the sweet things in life! Go through the drive-through for ice cream or a coffee and get one for a friend, too. Drop it off and remind them that God is good and life is sweet.

Night: Thank God for 10 things in your life as you fall asleep tonight.

Day 24

Scripture: Proverbs 24:23

Day: Go out of your way to sit at a different lunch table today. If you aren't able to do that, pick a different partner at practice. Look for ways to not show favoritism as you move throughout your day. Don't just love those who love you.

Night: How is God calling you to widen your circle of friends to include others? How would including new or younger students change the culture for the better, specifically within your youth group?

Day 25

Scripture: Proverbs 25:11-12

Day: Pray that God would bring someone into your world today who can offer you wisdom or hold you accountable. Pray that you would accept it like "golden apples in a silver basket" or "jewelry."

Night: Who in your life holds you accountable regularly for the sin and struggles in your life? Do you offer the same type of help to anyone? Who? Why do you need more of this, and how are you going to pursue it?

Day 26

Scripture: Proverbs 27:1

Day: Give God your day in prayer. Ask Him for open hands to receive whatever comes your way, allowing Him to be in the driver's seat.

Night: How have you banked on "tomorrow"? How can this kind of thinking be disappointing?

Day 27

Scripture: Proverbs 27:17

Day: What do you think this verse means? How could this relate to your friendships or dating relationship? Take a few moments to pray for your friends today.

Night: What kind of encouragement are you lacking? How would your school and your youth group look different if instead of being the “worship leader” you were the “encouragement leader”?

Day 28

Scripture: Proverbs 28:5, 13-14

Day: Ask God to break your heart for the things that break His. Get on your knees and ask Him to open up your eyes to the brokenness in the world and ask Him to show you how you can be a part of bringing justice in Jesus’ name to the poor, hurting, enslaved, and displaced.

Night: What sins are you hiding? What are the secrets no one knows about? Whom could you trust to open up to about your struggles? Start by confessing these things to God tonight and then be vulnerable to share it with a Christian you can trust. You will always receive mercy for sharing the truth.

Day 29

Scripture: Proverbs 29:25

Day: Talk to Jesus right now and ask Him for the boldness to not fear what people think of you today. Step into your day with confidence, knowing that God is on your side, He made you, and your God will protect you.

Night: In what circles do you struggle most with being yourself or trying really hard to be liked? Why do you think that is?

Day 30

Scripture: Proverbs 30:1-6

Day: Pause right now and look around. With an eye of awe and wonder, what beauty do you see around you? Give God praise for being in control so that you don’t have to carry the weight of the world.

Night: How have you “added to” or taken away things from the Bible that you don’t agree with, that don’t align with culture, or that make you uncomfortable? What is the root cause that causes you to distrust God’s intentions for His commands in the Bible?

Day 31

Scripture: Proverbs 31:30

Day: Purposefully don’t try to draw attention to yourself today with what you wear. Ask God to take any vanity out of your heart and instead give you a heart that lives in awe and wonder of God’s glory.

Night: Look back over this study of Proverbs. What has God done in your heart? What has changed in you? What is your next step moving forward?

Congrats!

You’ve just spent thirty-one days and nights in God’s Word and in God’s presence! Please let your Life Group leader know that you completed this booklet. He or she would love to celebrate with you. If you have any questions, don’t hesitate to reach out to them, too. Lastly, right now—take a moment to ask a friend, mentor, or your parents what resource you should use NEXT in your Bible study time with Jesus. Make a plan to get started tomorrow! God has more He wants to do in your heart and through life.

The best is yet to come!!