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Bethesda (Bedok-Tampines) Church
勿洛錫音堂



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WEEK 23 • JUNE 7 - 13

✓	DATE	WALK <i>Beginner track</i>	RUN <i>Advanced track</i>
SUNDAY			
<input type="checkbox"/>	JUNE 7	PSALM 119:89-176	PSALMS 88-90
MONDAY			
<input type="checkbox"/>	JUNE 8	PSALM 150	PSALMS 91-93
TUESDAY			
<input type="checkbox"/>	JUNE 9	PROVERBS 1-2	PSALMS 94-96

PROVERBS OVERVIEW: PAGE 119

WEEK 23 • REFLECTION QUESTIONS

1. What wisdom principle stands out from these chapters?
2. Where in your life do you need to apply this principle today?

[BACK TO PREVIOUS VIEW](#) OLD TESTAMENT

PSALMS			
PURPOSE A collection of praise and prayers that respond to who God is and what He has done. The Psalms provide wisdom, protection, Messianic fulfillment and His Word so that man might humble themselves before God in trust and thanksgiving.	KEY TOPICS Praise Worship	GENRE Poetry	CHAPTER/THEME 1-41 Book 1 (41 Psalms) 42-72 Book 2 (31 Psalms) 73-89 Book 3 (17 Psalms) 90-106 Book 4 (17 Psalms) 107-150 Book 5 (44 Psalms)
	KEY VERSES 19:14, 11:1, 150:6	AUTHORS David, Asaph, Solomon, Moses, Ethan, Heman, Sons of Korah	
	KEY WORDS Praise, Song, Heart, Mercy, Righteous, Evil, Enemies	AUDIENCE Israel	
		WHEN 1400 to 430BC	
		SETTING Covers a period of centuries	VIDEO AID https://bibliomart.com/videos/psalms/

PROVERBS			
PURPOSE The proverbs of Solomon and various sages are quoted to instruct youth in the value of wisdom over folly - that they may live obediently before God in every area of life.	KEY TOPICS Wisdom, fear of the Lord	GENRE Wisdom Literature	CHAPTER/THEME 1-9 Prologue to Wise Living 10-30 Principles for Wise Living 31 Personification of Wise Living
	KEY VERSES 1:7	AUTHOR Mostly by Solomon	
	KEY WORDS Fear of the Lord, Wisdom, Fools, Son, Righteousness, Wickedness, Way	AUDIENCE Son of the author	
		WHEN 950 to 700BC	
		SETTING When Solomon rules as King	VIDEO AID https://bibliomart.com/videos/proverbs/



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WALK IN WISDOM



PROVERBS



Proverbs 30:24

Four things on earth are small,
but they are exceedingly wise.



WALK IN WISDOM



The Wisdom of an 



The Wisdom of an **ANT**

- **Grow** in discipline
- **Get ready** for the future
- **Guard** your time
- **Give** your best





LET'S PRAY



PROVERBS

Proverbium (Latin word)

Genre: Wisdom Literature

Themes: Wisdom, Fear of the Lord

Proverbs 9:10

The **fear of the Lord** is the beginning of **wisdom**...





PROVERBS

Proverbium (Latin word)

Genre: Wisdom Literature

Themes: Wisdom, Fear of the Lord

Proverbs 1-9: Prologue to Wise Living

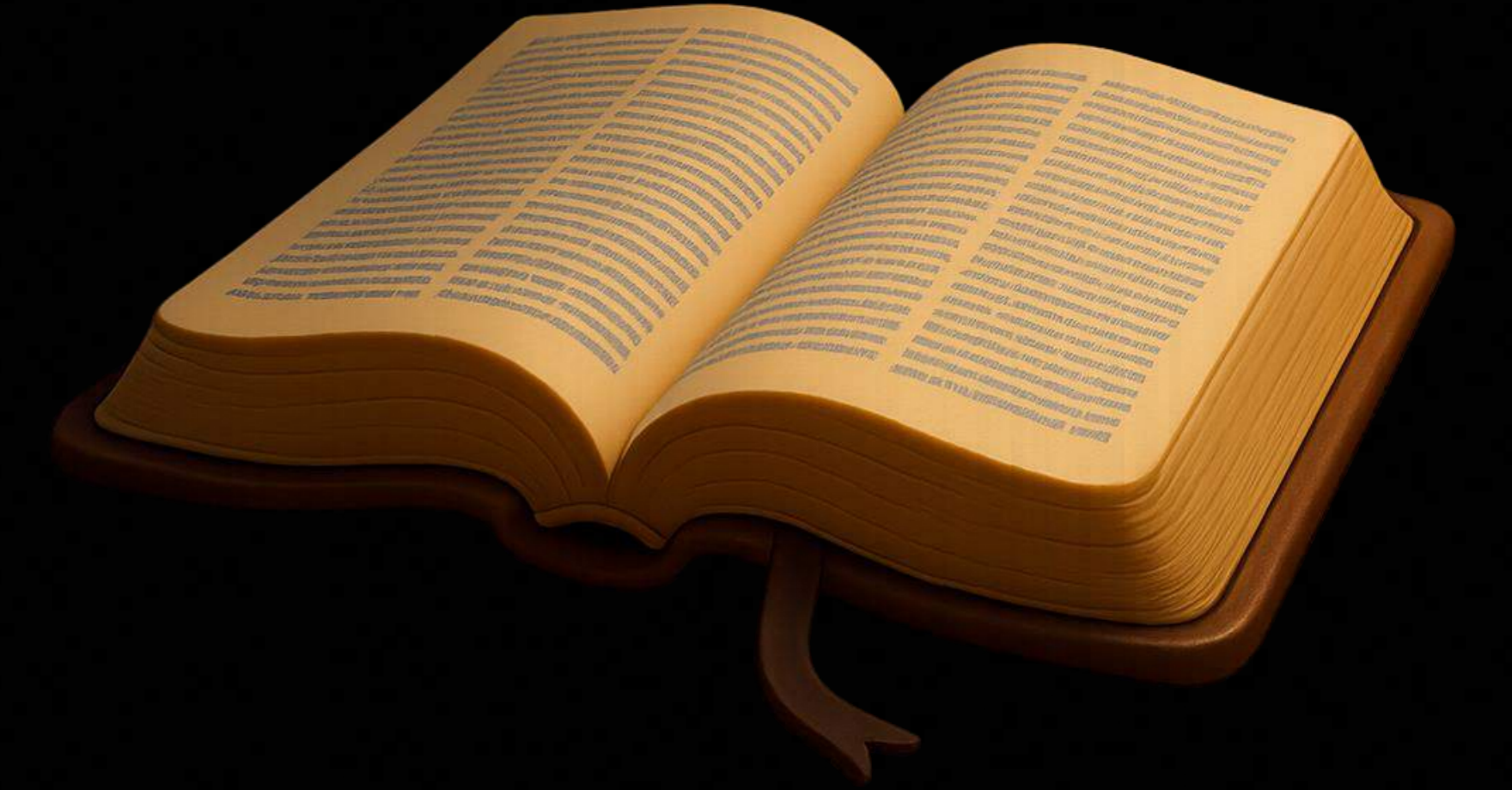
Proverbs 10-30: Principles for Wise Living

Proverbs 31: Personification of Wise Living



Proverbs 6:6-11

- ⁶ Go to the ant, O sluggard;
consider her ways, and be wise.
- ⁷ Without having any chief,
officer, or ruler,
- ⁸ she prepares her bread in summer
and gathers her food in harvest.
- ⁹ How long will you lie there, O sluggard?
When will you arise from your sleep?
- ¹⁰ A little sleep, a little slumber,
a little folding of the hands to rest,
- ¹¹ and poverty will come upon you like a robber,
and want like an armed man.



Proverbs 6:6-11

⁶ Go to the ant, **O sluggard**;
consider her ways, and be wise.

⁷ Without having any chief,
officer, or ruler,

⁸ she prepares her bread in summer
and gathers her food in harvest.

⁹ How long will you lie there, **O sluggard**?
When will you arise from your sleep?

¹⁰ A little sleep, a little slumber,
a little folding of the hands to rest,

¹¹ and poverty will come upon you like a robber,
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1. **GROW** IN DISCIPLINE



THE WISDOM OF AN **ANT**

Proverbs 6:6-8

⁶ **Go to the ant**, O sluggard;
consider her ways, and be wise.

⁷ **Without having any chief,**
officer, or ruler,

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⁶ Go to the ant, O sluggard;
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officer, or ruler,

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and **gathers** her food in harvest.

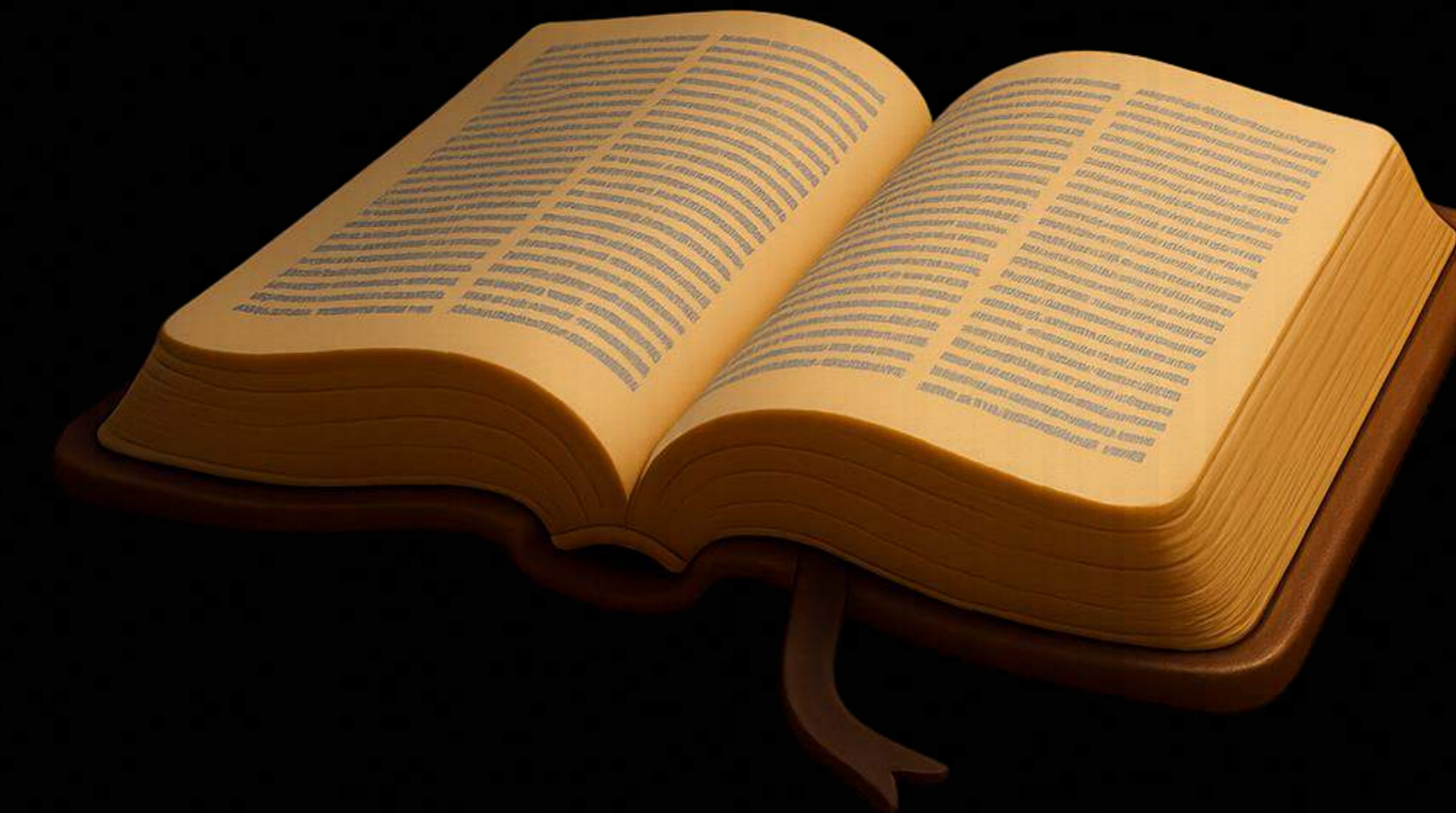


1 Corinthians 10:31

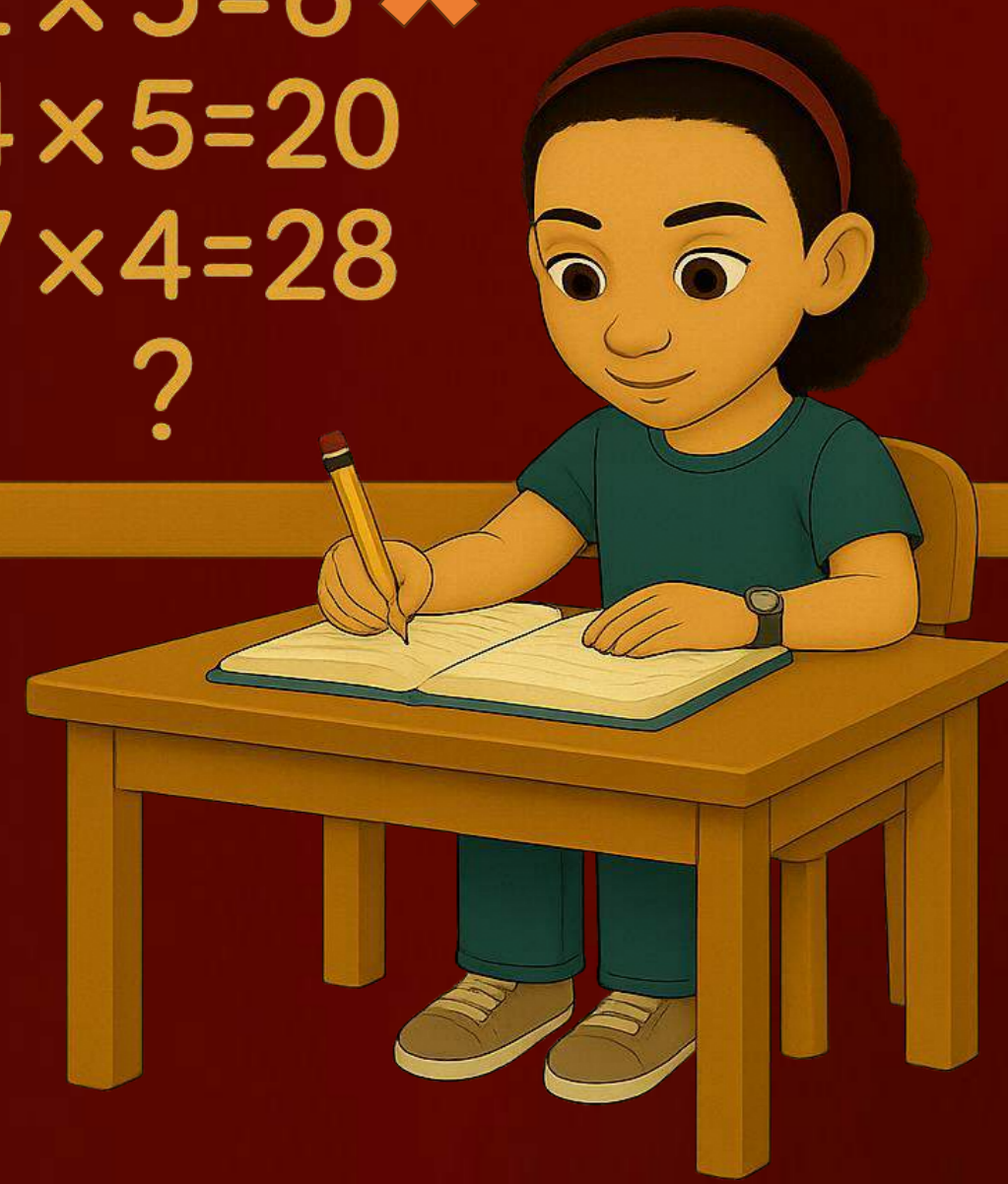
So, whether you eat or drink, or whatever you do,
do all to the glory of God.

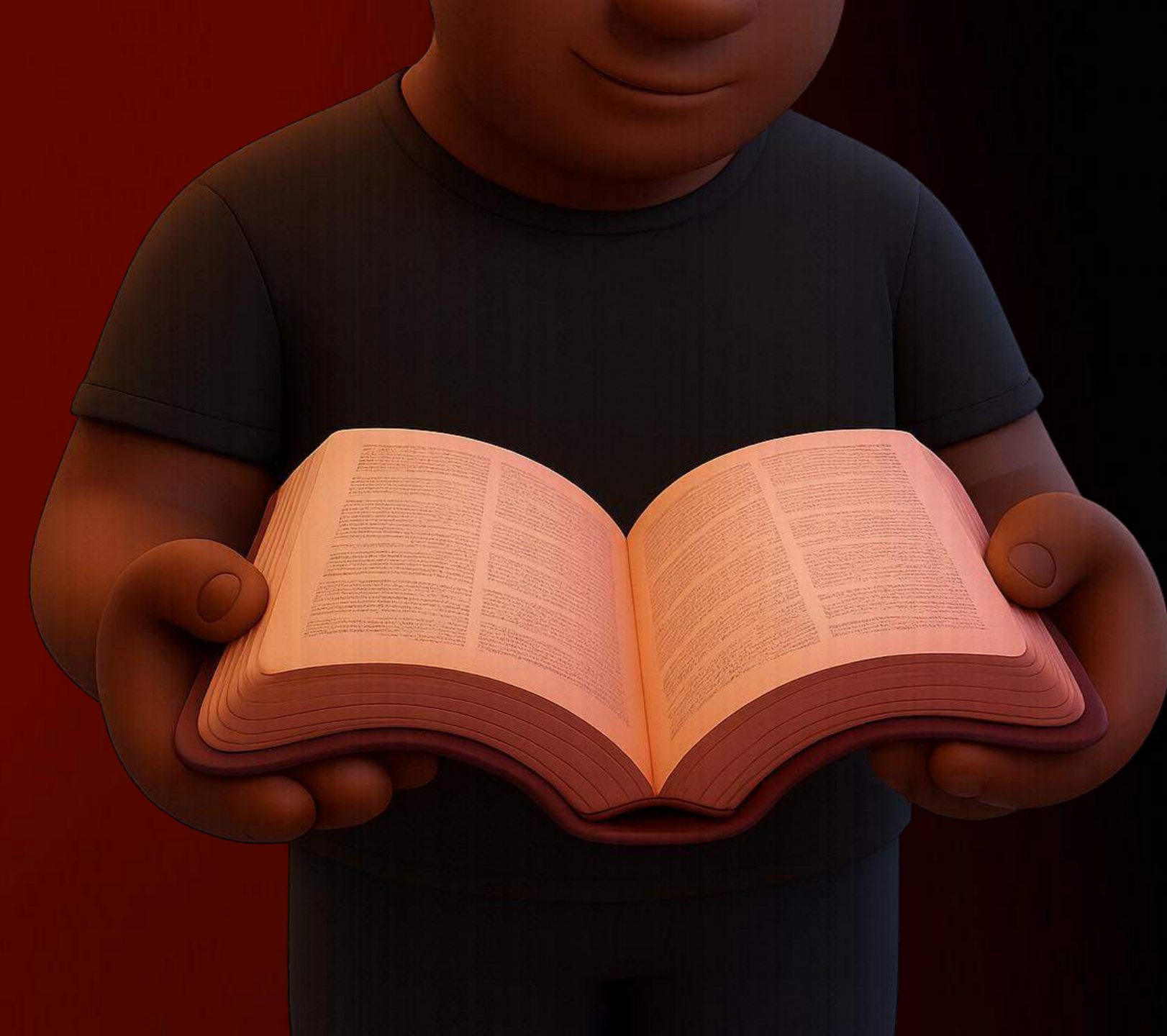
Romans 14:12

So then **each** of us will **give an account** of himself **to God.**



$2 \times 5 = 6 \times$
 $4 \times 5 = 20$
 $7 \times 4 = 28$
?





**“Without discipline,
devotion soon becomes
merely good intention.”**
Richard J. Foster

What are your **goals**?

What do you need to do
to reach these goals?





2. **GET READY** FOR THE FUTURE



THE WISDOM OF AN **ANT**

Proverbs 6:6, 8

⁶ Go to the ant, O sluggard;
consider her ways, and be wise.

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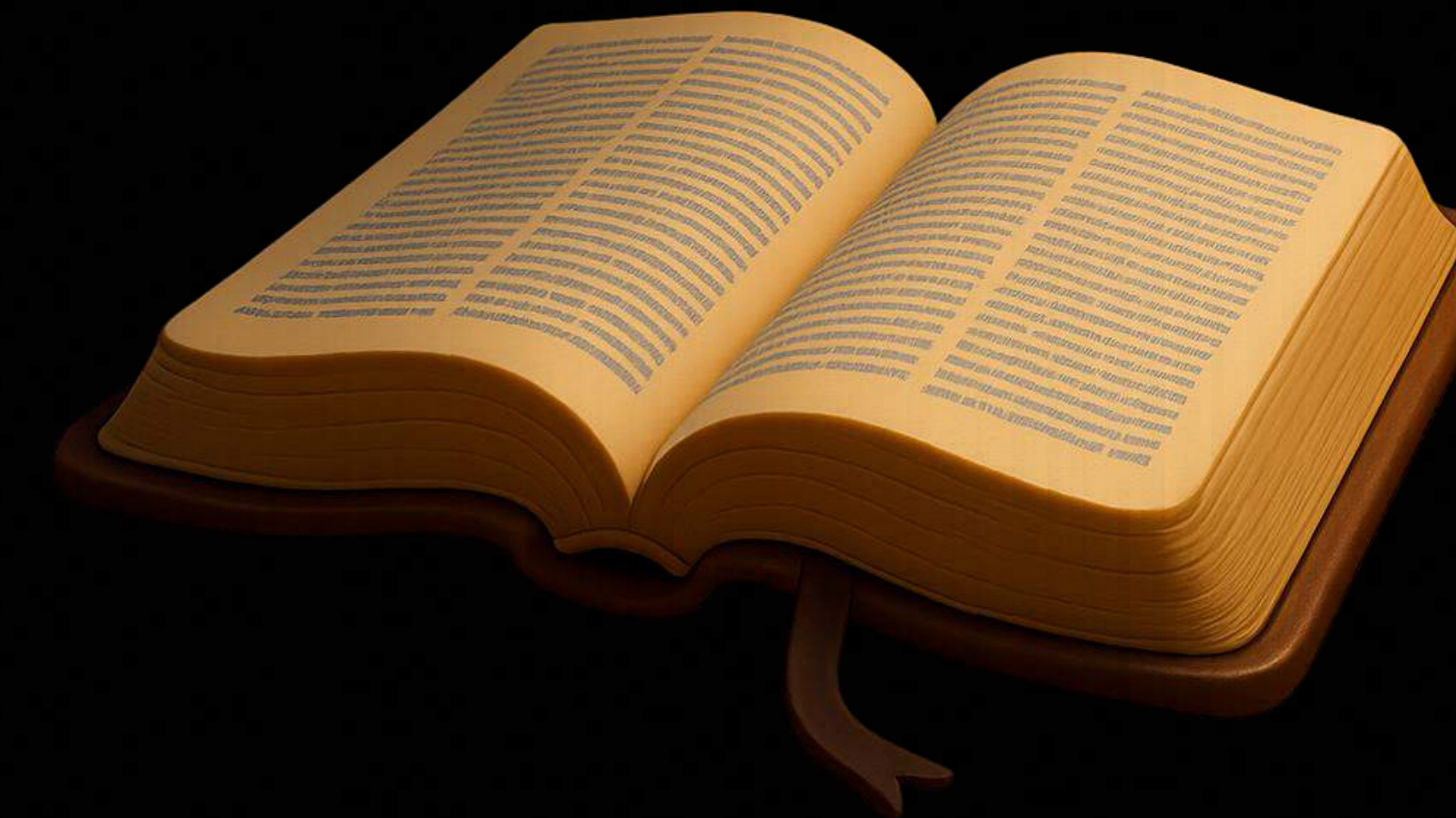


Proverbs 24:27

Prepare your work outside;
get everything ready for yourself in the field,
and **after that build your house.**

Luke 14:28

For which of you, **desiring to build** a tower, does not first sit down
and **count the cost, whether** he has **enough to complete it?**







HALF TIME





HALF TIME



How has the **first half** of your year been?

Are you ready for the **second half** of the year?





CHRISTMAS IN BEDOK!

18-20 DECEMBER 2026
AT BEDOK TOWN SQUARE

PRAY FOR CHRISTMAS IN BEDOK

- **God's light and love to shine** in Bedok
- **God's wisdom** to direct the organising committee
- **God's provision** of resources and manpower

The logo for 'CHRISTMAS BEDOK!' features the word 'CHRISTMAS' in a light blue, sans-serif font above the word 'BEDOK!' in a larger, bold, pink font. A small yellow star is positioned above the 'S' in 'CHRISTMAS', and a small white figure is integrated into the 'O' of 'BEDOK!'.

CHRISTMAS
BEDOK!



3. **GUARD** YOUR TIME



THE WISDOM OF AN **ANT**



Proverbs 6:9-11

⁹ **How long** will you **lie** there, O sluggard?

When will you **arise** from your sleep?

¹⁰ **A little** sleep, **a little** slumber,

a little folding of the hands to rest,

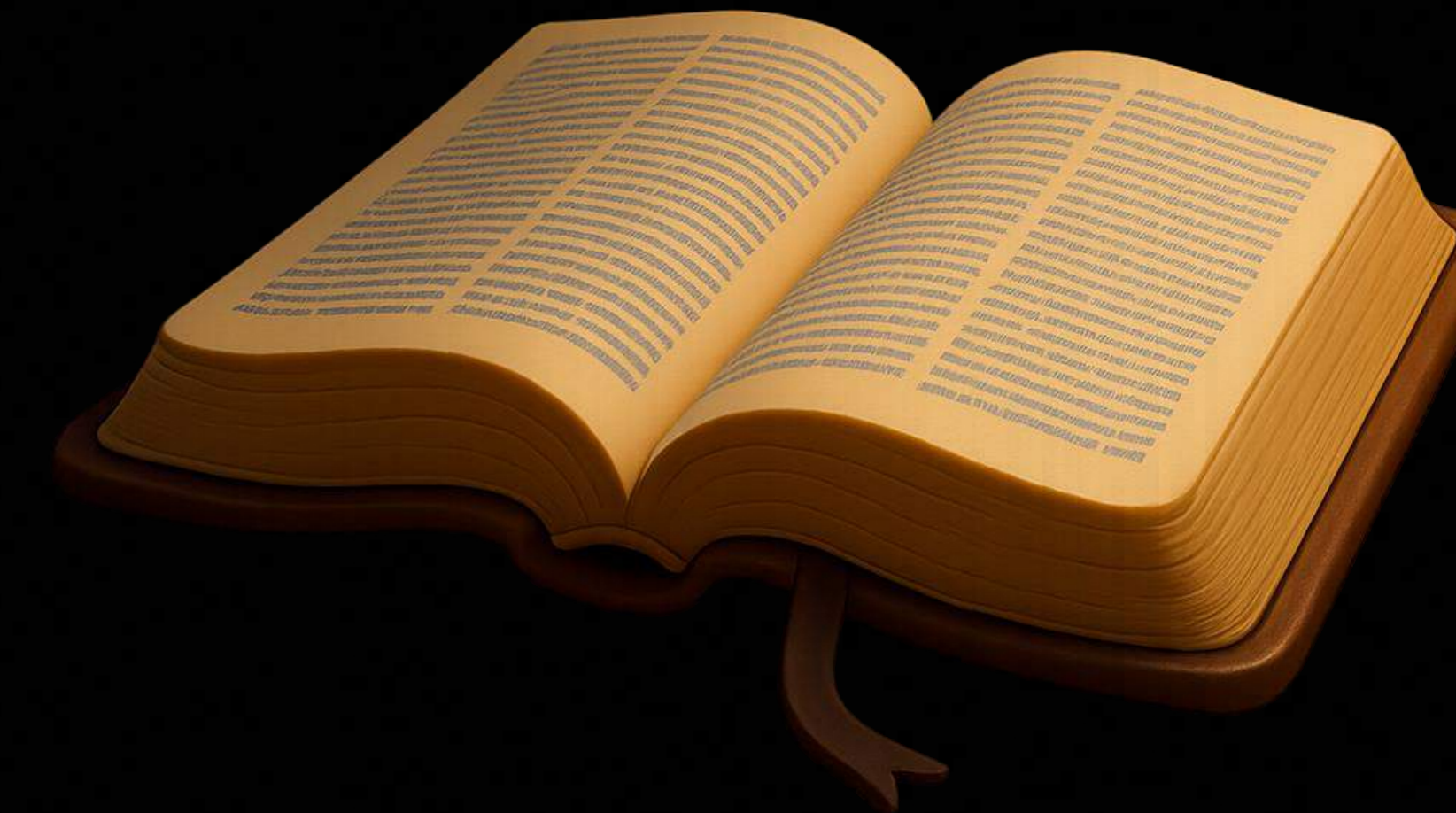
¹¹ and poverty will come upon you like a robber,
and want like an armed man.

Ephesians 5:16

Making the **best use of the time**,
because the **days are evil**.

Psalms 90:12

So teach us to **number our days**
that we may **gain a heart of wisdom**.



The greatest thief of
childhood isn't time.



Guard your time



What are some activities
that you need to **remove** and **replace**?





The Wisdom of an **ANT**

- **Grow** in discipline
- **Get ready** for the future
- **Guard** your time



4. **GIVE** YOUR BEST



THE WISDOM OF AN **ANT**

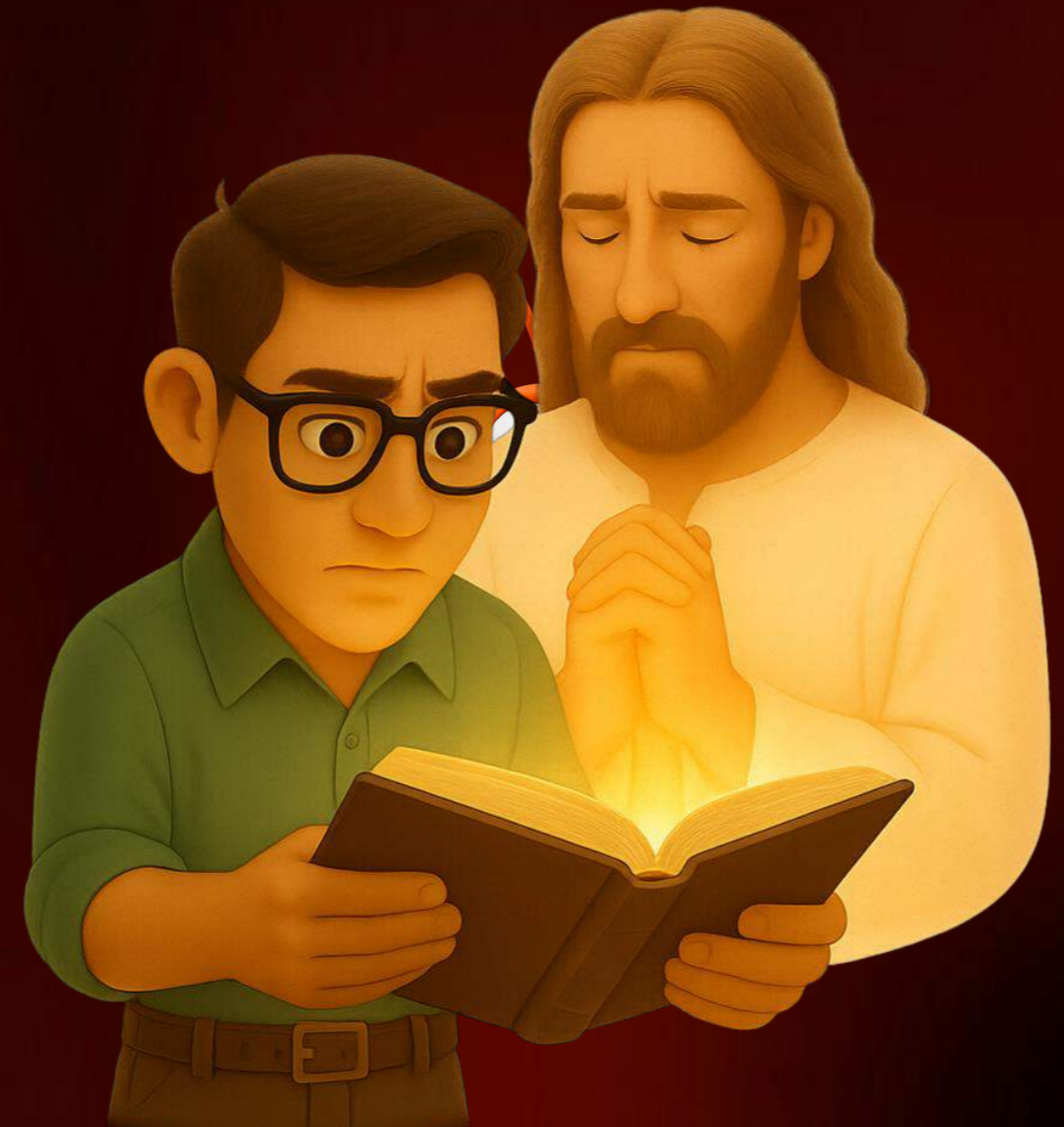
Proverbs 6:10-11

¹⁰ A little **sleep**, a little **slumber**,
a little **folding** of the hands to rest,
¹¹ and **poverty will come** upon you **like a robber**,
and want **like an armed man**.



- **Grow** in discipline
- **Get ready** for the future
- **Guard** your time
- **Give** your best







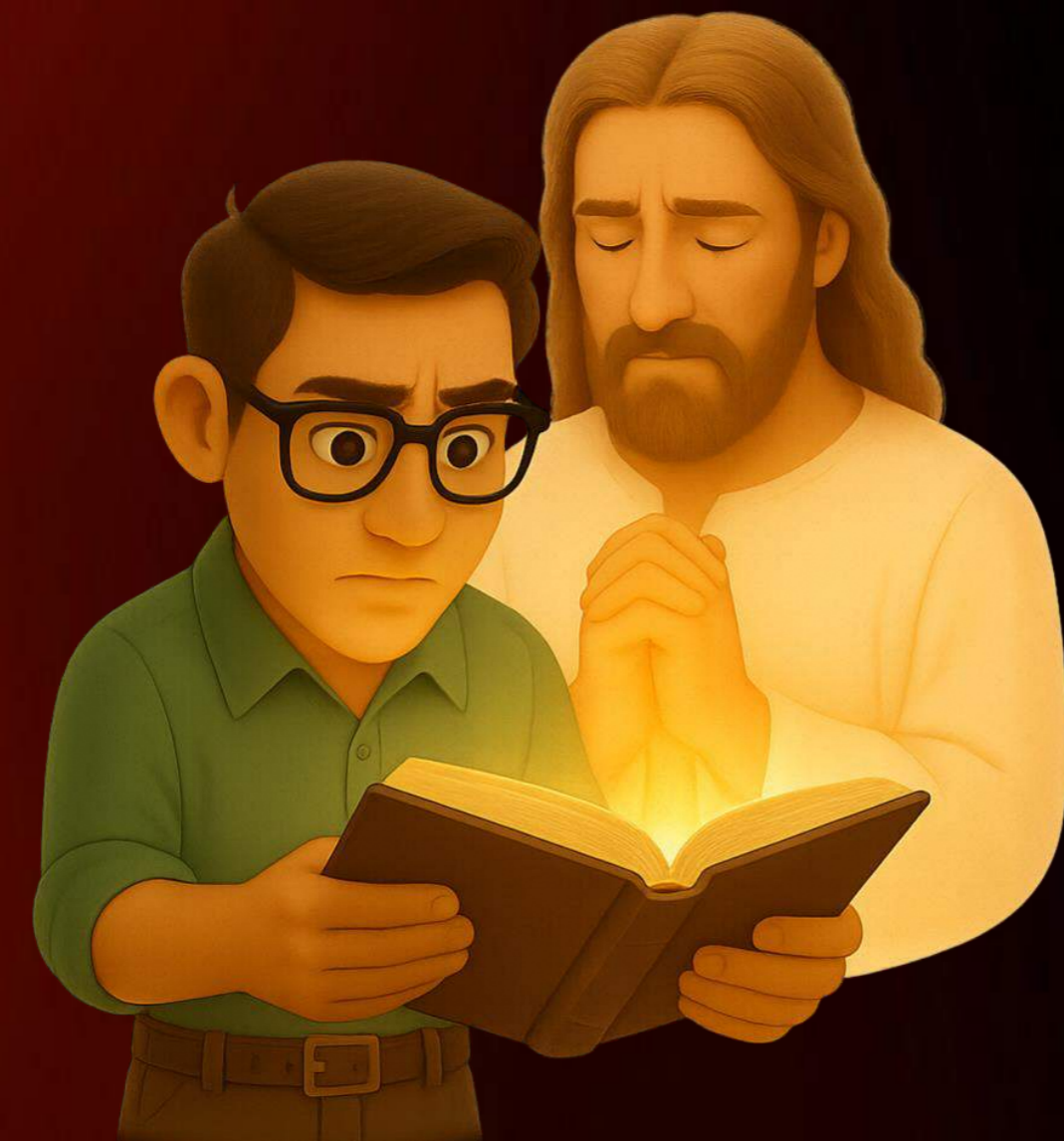
GROW IN DISCIPLINE

Mark 1:35

And **rising very early in the morning**, while it was **still dark**, He departed and **went out** to a desolate place, and there **He prayed**.

Hebrews 12:2

Looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him **endured the cross**.



GET READY FOR THE FUTURE

Luke 6:13

And when day came,

He **called His disciples** and chose from them twelve...

Matthew 28:19

Go therefore and
make disciples of all nations...



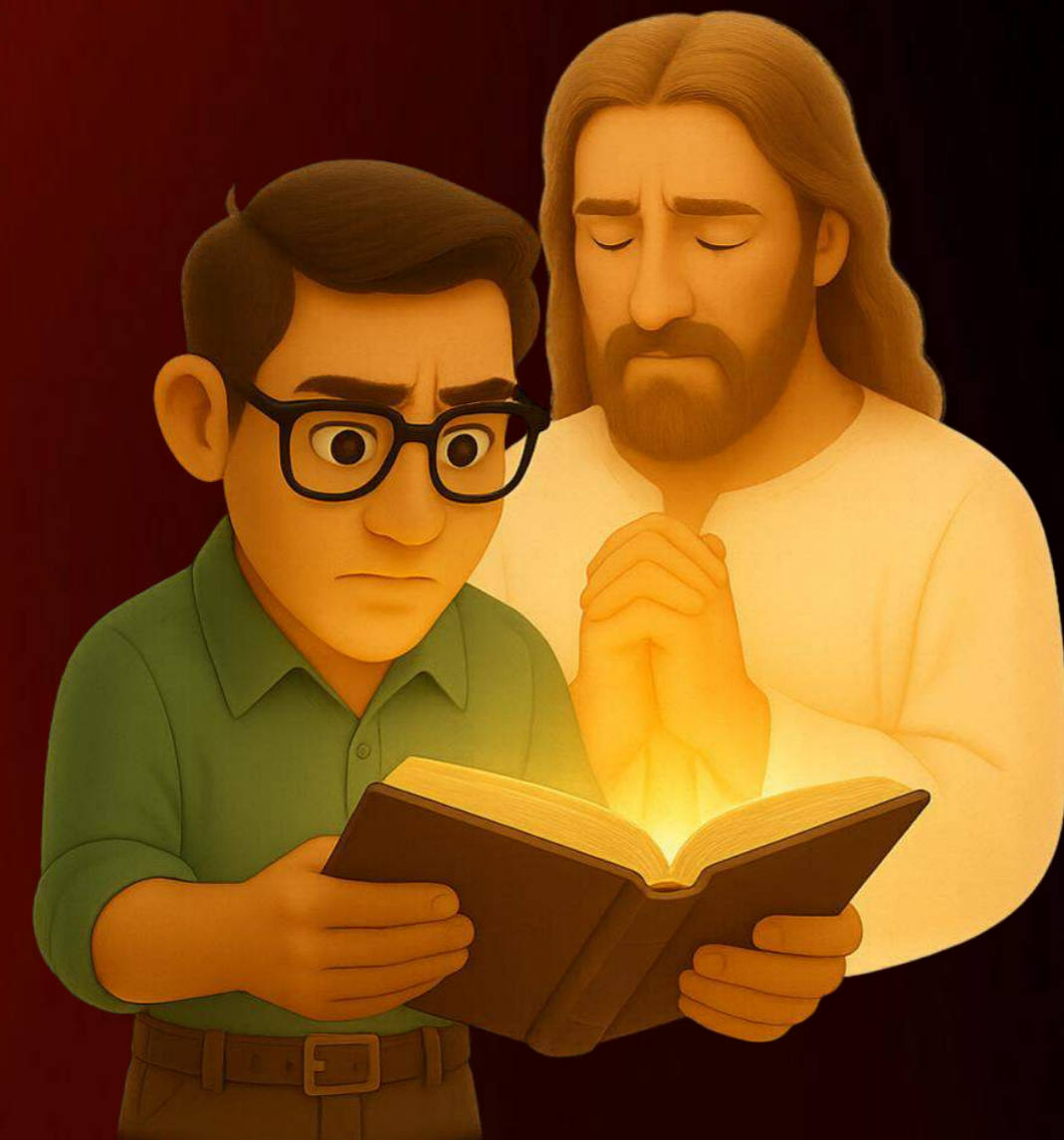
GUARD YOUR TIME

John 7:6

Jesus said to them,
“My time has not yet come.”

John 12:23

And Jesus answered them,
“The hour has come for the Son of Man to be glorified.”



GIVE YOUR BEST

Luke 23:46

Jesus, calling out with a loud voice, said,
“Father, into your hands I commit my spirit!”
And having said this **He breathed His last.**

Are you **giving your best**
in what you do?

What needs to change for you to do so?





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LET'S PRAY

