

WORK THE FAITH

A Proverbs 1 Reflection & Growth Worksheet

Wisdom • Instruction • Understanding • Discernment • Action

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Purpose: This worksheet is designed for personal study, prayer, honest reflection, and practical application. Do not rush through it. The goal is not simply to identify what happened to you, but to examine what you learned from it, test those conclusions against wisdom and Scripture, receive correction where needed, and put truth into practice.

Name:	Date:
Scripture studied:	Prayer focus:

Foundation for the Study

Proverbs 1:2–5 presents a movement toward wisdom: receiving wisdom and instruction, developing understanding and discernment, learning what is right and just, gaining discretion, and continuing to learn. Use that framework as you examine the beliefs, habits, fears, and responses that may have been shaped by painful experiences.

Key Hebrew Term	Study Sense
Chokmah	wisdom; skill in living rightly
Musar	instruction, discipline, correction, training
Binah	understanding; discernment
Lehavin	to understand, perceive, or discern
Laqach	to receive or take
Haskel	wise or prudent dealing; insight
Tzedeq	righteousness; what is right
Mishpat	judgment or justice; what is just
Mesharim	uprightness; equity
Ormah	prudence or shrewdness
Pethi	the simple or inexperienced person
Na'ar	a young person/youth
Da'at	knowledge
Mezimmah	discretion; thoughtful planning

The Reflection Work

Write honestly. Where a question does not apply, say so. Where it does apply, identify both the experience and the conclusion you formed from it.

1. How much of what shaped you happened so long ago that you no longer consciously remember it?

2. What decisions are you making today that may still be influenced by something painful that happened yesterday?

3. What did your pain teach you about yourself that may not actually be true?

4. What did trauma teach you about other people? Did it teach you that people cannot be trusted, that everyone eventually leaves, or that vulnerability is dangerous?

5. What did trauma teach you about God? Did an experience with people cause you to develop a belief about God that Scripture never taught you?

6. Are you responding to what is happening now, or are you reacting to something that happened then?

7. What survival response protected you in one season but is hurting you in this season?

8. What have you called your personality that may actually be a learned response to pain?

9. What lies have you been living because they became part of the story your trauma taught you?

10. Have you mistaken familiarity for truth? Have you believed something simply because you have believed it for so long?

11. What relationships have you interpreted through the lens of an old wound?

12. Have you ever rejected genuine love because it did not look like the kind of love you learned to expect?

13. Have you taught other people to respond to life according to your fears rather than according to wisdom?

14. Have you passed a fear to your children or grandchildren that actually began with something that happened to you?

15. Are there behaviours in your family that everyone calls “just how our family is” that may actually be pain passed from one generation to another?

16. When someone challenges the story you have believed about yourself, do you seek wisdom—or immediately defend the story?

17. What would happen if you allowed chokmah—wisdom—to question what your pain taught you?

18. Are you willing to receive musar—instruction and discipline—when it challenges something you have believed for years?

19. Could you be acting like the kesil in an area of your life—not because you lack intelligence, but because you refuse instruction about something you are convinced you already understand?

20. What would your life look like if God's wisdom, rather than your wounds, became the authority that interpreted your experiences?

21. Have you developed binah—the understanding to distinguish between what actually happened to you and what your pain taught you that experience meant?

Separate the Event from the Interpretation

An experience can be real while the conclusion formed from that experience is false. Example: “My father abandoned me” may describe what happened. “Therefore, I am not worth staying for” is an interpretation that must be examined.

What happened?	What did I conclude?	What does Scripture/wisdom say?	What truth will I practise?

Scripture Discernment

Read and consider these passages alongside your answers: Proverbs 1:2–5; Matthew 24:4; Matthew 24:24; 1 John 4:1; 1 Thessalonians 5:21; Acts 17:11.

- What belief, reaction, or pattern do I need to test rather than automatically accept?

- What correction or instruction am I resisting?

- What truth from Scripture directly challenges an old conclusion I have carried?

- What would listening, learning, and wise counsel look like in this area of my life?

W.T.F. — Work the Faith

Faith is not merely something to discuss; truth must be practised. Choose one area from this worksheet and identify the work you will do this week.

Truth I need to accept:

Lie or old interpretation I need to challenge:

Musar—correction/instruction I need to receive:

Wise counsel I need to seek:

Specific action I will take this week:

Person I will ask to hold me accountable:

What I will pray about:

Final Question

**WHO HAS BEEN INTERPRETING YOUR LIFE FOR YOU—YOUR
TRAUMA OR WISDOM?**

Closing Prayer / Personal Commitment

What are you asking God to show you, correct in you, heal in you, and teach you?
