



# Mariner's **DISCOVERY Church**

*OurMDC.org*  
(925) 354-1096  
1641 Bixler Road,  
Discovery Bay  
California 94505

***Program for Sunday, August 10, 2025***

***Please welcome the worship music team this week!***

**Call to Worship:** *God So Loved*

*Soul on Fire*

**Welcome, announcements, and prayer:**

**Thanks for joining our Worship Service today.....**

- **JOIN US FOR BIBLE STUDY THIS WED. August 20th at 6:00 P.M.** here in the Fellowship House. We're on Chapter 11 in the book of 1st Corinthians. A copy of the study guide is on the back table. You can also join **ONLINE** with **Zoom**. Go to our website to join in or give us your E-mail Address on a Connect Envelope and we'll send you a link. You can also contact the Church office at (925-354-1096) for more information.
- **If you have any prayer requests**, please fill out a Connect Envelope and place it in the wooden offering box in the back. Also, during the week you can email requests at: **[PrayerRequest@OurMDC.org](mailto:PrayerRequest@OurMDC.org)**

**Thank you for your Offerings.....**

***There are several ways you can give:***

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Mariner's Discovery Church

P.O. Box 1667

Discovery Bay, CA. 94505

**or CALL THE OFFICE - (925) 354-1096**

**Adoration:** *Beneath the Waters (I Will Rise)*

**Scripture reading:** Proverbs 8:1-3, 8-13, 22-31, 32-36

**Message:** *Wisdom for Inner Healing*

**Affirmation:** *Thrive*

**Close of Worship Service, Fellowship continues**

### **Selected Scriptures:**

**Proverbs 18:14** The spirit of a man can endure his sickness,  
But as for a broken spirit who can bear it?

**Ephesians 3:14-19** For this reason I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

**Proverbs 14:30** A tranquil heart is life to the body,  
But passion is rottenness to the bones.

**Proverbs 12:25** Anxiety in a man's heart weighs it down,  
But a good word makes it glad. p

**Proverbs 28:1** The wicked flee when no one is pursuing,  
But the righteous are bold as a lion.

**Proverbs 14:13** Even in laughter the heart may be in pain,  
And the end of joy may be grief.

**Proverbs 15:13** A joyful heart makes a cheerful face,  
But when the heart is sad, the spirit is broken.

**Proverbs 13:12** Hope deferred makes the heart sick,  
But desire fulfilled is a tree of life.

**Proverbs 14:10** The heart knows its own bitterness,  
And a stranger does not share its joy.

**Proverbs 16:2** All the ways of a man are clean in his own sight,  
But the Lord weighs the motives.

**Proverbs 13:12** Hope deferred makes the heart sick,  
But desire fulfilled is a tree of life.

**Friday Devotional:** Habakkuk 2:1-4

1 I will stand on my guard post  
And station myself on the rampart;  
And I will keep watch to see what He will speak to me,  
And how I may reply when I am reproved.

2 Then the Lord answered me and said,  
"Record the vision

And inscribe it on tablets,  
That the one who reads it may run.

3 "For the vision is yet for the appointed time;  
It hastens toward the goal and it will not fail.  
Though it tarries, wait for it;

For it will certainly come, it will not delay.

4 "Behold, as for the proud one,  
His soul is not right within him;  
But the righteous will live by his faith.

### **Proverbs 8:8–13**

- Wisdom continues to speak, emphasizing moral purity, its value, and alignment with God.
  - Wisdom reflects the character of God. God is just and trustworthy.
  - Wisdom's value is beyond the value of worldly treasures.
  - The valuation should show up in daily/ weekly life.
- Wisdom speaks truth that is clear to those seeking understanding.
  - Pursue truth and wisdom.
  - Prioritize biblical teachings over worldly philosophies.
  - Ensure decisions and actions are rooted in righteous wisdom.
- Wisdom's companions are prudence, knowledge, and discretion.
  - Cultivate prudence and discretion.
- Fear of the Lord is the beginning of Wisdom, hating what God hates (evil, arrogance, pride, perverted speech).
  - Wisdom equips us to live in alignment with the will of God.

### **Proverbs 8:17–19**

- Those who diligently seek wisdom will be rewarded with the presence of wisdom.
  - Pursue wisdom.
- Wisdom is associated with both material and spiritual blessings.
  - Value wisdom.
- The benefits of wisdom surpass material wealth.
  - Trust in God's rewards.
- God is accessible through wisdom.
  - Cultivate a relationship with God.

### **Proverbs 8:22–31**

- Wisdom existed before creation.
  - Wisdom reflects God's own nature.
- Wisdom was active in creation.
  - The universe reflects God's rational order and moral order.
  - We should appreciate the order in creation.
- Wisdom's delight in humanity underscores humanity's special place in creation.

### **Proverbs 8:22–31**

- The call to obedience to wisdom is both urgent and important.
- There are consequences to rejecting wisdom.
- Wisdom is the path to Divine Blessing.
- We have free will and are responsible for the decisions we make.
- We need to actively pursue wisdom.
- That can be a habit that we can cultivate.
- Embrace the favor of God.

## **Jesus and His cross is our Wisdom**

- 1 Corinthians 1:20-24 Where is the wise man? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not come to know God, God was well-pleased through the foolishness of the message preached to save those who believe. For indeed Jews ask for signs and Greeks search for wisdom; but we preach Christ crucified, to Jews a stumbling block and to Gentiles foolishness, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God.
- 1 Corinthians 1:30 But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption,
- Colossians 2:2b-3 ... resulting in a true knowledge of God's mystery, that is, Christ Himself, in whom are hidden all the treasures of wisdom and knowledge.

### **Wisdom for Inner Healing:**

**Proverbs 18:14** The spirit of a man can endure his sickness,  
But as for a broken spirit who can bear it?

- “spirit” is wind, with force, with power, with energy.
- Refers to human inside, inner being
- “broken spirit,” means no desire to embrace life, no joy, no passion.
- A broken body can be sustained with a strong spirit.
- A broken spirit cannot be sustained by a strong body.
- Human happiness are not necessarily determined by external circumstances (health and wealth)
- We need to prioritize spiritual and emotional health over physical concerns.
- This can happen through seeking God through trials.
- When a broken spirit (depression, grief, burnout) is threatening, turn to God, community, wise counsel for tips on internal wisdom.

**Ephesians 3:14-19** For this reason I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

- In the Apostle Paul's day, new Christians are being jailed and persecuted. Paul is not praying for better circumstances. Paul is praying for their inner being to be strengthened that they would comprehend the depth of the love of Christ.
- This is a model for intercessory prayer.

**Proverbs 14:30** A tranquil heart is life to the body,  
But passion is rottenness to the bones.

- There is a connection between having a heart at peace and having a life of vitality.
- In contrast, the passion noted here is a heart full of sin, envy, bitterness and resentment, resulting in physical complications.
- We are designed to be a whole person (physical, emotional, spiritual) and those are interconnected so we should be surprised as each affects the others.

- True peace in our heart comes from God.
- Unchecked negative passions reveal a human will misaligned will to God's will.
- As believers, we need to prioritize inner tranquility over negative, destructive emotions.

**Proverbs 12:25** Anxiety in a man's heart weighs it down,  
But a good word makes it glad.

- Anxiety (worry, over-concern) is debilitating. It is a burden, that depresses, or crushes the inner person, leading to discouragement, then despair.
- A kind, timely, encouraging statement can lift that burden. The result is that it can bring joy, cheer, or relief. This encouraging word comes from the outside.
- Mutual encouragement in the body of Christ is where the divine grace of God can flow through human interactions in order to combat despair.
- Believers are to seek and offer encouragement.
- Encouraging words are tools for emotional and spiritual restoration.

**Proverbs 28:1** The wicked flee when no one is pursuing,  
But the righteous are bold as a lion.

- This verse contrasts the inner states of the wicked and the righteous.
- A guilty conscience breeds fear and causes paranoia, and acts as an internal accuser.
- The guilty become defensive and cowardly, reacting to unreal threats.
- The righteous are fearlessly confident.
- Believers need to examine themselves and pursue a righteous relationship with God and with others.
- Avoid false guilt.

**Proverbs 14:13** Even in laughter the heart may be in pain,  
And the end of joy may be grief.

- Earthly happiness is transitory.
- Earthly happiness cannot deeply satiate and satisfy.
- True, lasting fulfillment and contentment can only be found in a right relationship with God.
- When pain, grief, and suffering come, we need the comfort and redemption of God.
- We should offer encouragement and support to those who are masking their troubles.
- To experience life above our circumstances, we need the perspective of God.

**Proverbs 15:13** A joyful heart makes a cheerful face,  
But when the heart is sad, the spirit is broken.

- This is a general observation; our faces transmit the condition of our hearts.
- Our inner being (mind, emotions, will, spirit, soul) are interconnected and our external body will demonstrate what is going on.
- A broken spirit can come from sin, worldly attachments, unaddressed spiritual troubles.
- We are vulnerable without the sustaining grace of God.
- Our faith in God, His love, His sovereignty can enable us to rise above despair.
- We can intentionally cultivate a joyful, grateful heart, full of faith, peace, and love.

- Sorrow can be self-managed.

**Proverbs 14:10** The heart knows its own bitterness,

And a stranger does not share its joy.

- Personal human emotions are solitary.
- Bitterness represents personal sorrow, grief, or suffering (internal afflictions, disappointments, losses, or regret). The pains are private.
- Joy denotes profound personal gladness or elation.
- Others cannot truly partake of either emotion. We are emotionally isolated.
- There are limits to our human relationships.
- God knows us fully (heart, soul, mind, spirit). Each person is a little “created world” only fully known by the Creator.
- Our emotions need to be aligned to biblical truth.
- There are limits of empathy from and for others.
- We can rejoice and weep with others, knowing that we cannot be fully known in this life.
- **Proverbs 16:2** All the ways of a man are clean in his own sight,

But the Lord weighs the motives.

- Human self-perception can be faulty, especially so when compared to the evaluation by God!
- Self-justification reflects a bias towards positive self judgment, because of self-deception that creates those flawed judgments.
- I rationalize behaviors. I overlook faults. I like to believe that I have good intentions. Wait! Not just me!
- God knows everything and everyone.
- We need the grace of God for a truer self-awareness.
- We need humble, submissive self-examination for our real motives.
- We need to rely on the Word of God and the Holy Spirit to reveal hidden motives.
- We need to pray for the insight of God into our own hearts and minds.

**Proverbs 13:12** Hope deferred makes the heart sick,

But desire fulfilled is a tree of life.

- There is a spiritual and emotional toll for prolonged waiting and unfulfilled expectations.
- Tree of life only appears in three places in the bible: Genesis in the Garden (paradise lost), Revelation (paradise restored), and in Proverbs.
- We live in that cradle between what was lost and what will someday be restored.
- Because we are vulnerable when hopes are delayed, we need to depend on God.
- God, through Jesus Christ, is the Source of Life. True fulfillment and contentment come from being aligned to His will.
- We need to persevere in our hope of eternal things that have been promised.
- We need to guard against despair. We can support others who are waiting. We need to focus on eternal hope.

**You are not alone. God is with you! MDC wants to help. We are here for you.**

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