



## Proverbs 4: The Word is Life

*Gathering all generations  
to pray for all nations  
ASKing God to do what only He can do  
and doing whatever He ASKs of us.*

*Praying for the Church to keep God's Word  
in their heart for healing.*

**If you have not already worked through the Basic Lessons, also found under Teaching Resources, it is recommended you do so, in order to get the most out of this and the other teaching lessons.**

**Proverbs 4:20-27:** Glimpses of Meditation in Scripture with Healing Benefit

**Context:** These are not just wise sayings of Solomon to his son, but dictates of the Spirit of God who speaks to you through Solomon.

**Proverbs 4:22** Life and Health

**“God’s Words are life to those who find them and health (a cure, medicine) to all their flesh.”** Find is to take hold of, to make it yours.

**God’s word is living, alive, unlimited in potential.**

God often speaks into your personal situation as you meditate although this is not your focus. Just being aware that God knows your need is healing encouragement to the intercessor. **God’s Word is medicine**, supernaturally able to impart **life**, to **heal** your body, soul and spirit and as a prayer, to bring life into prayer.

**Response: 4:20**

**“Give attention to My (God’s) Words; incline your ear to My sayings.”**

**v21 “Do not let them depart from your eyes; Keep them in the midst of your heart.”** This is a picture of meditation in the Word. Look at the action words: give **attention** to, **incline**, **depart**, **keep**.

**Give attention** means be attentive to God’s Words. **Incline** means yield to what God says, do not let God’s Words **depart**, make them **part** of your life and **keep**, guard and protect them.

It takes effort to **keep** God’s Words in your heart. You do this by giving reverence to God’s Words, **coming into agreement** with them, choosing to meditate on them and persevering in obeying them. This last part is the **response** to the Word. Your personal response implies a future obedience.

**The Word of God is a seed.** (Luke 8:11)

As you receive it in your inner being, it grows as supernatural seed and produces fruit that influences your whole life. (James 1:21, Basic Lesson 6, Response)

**Response: Proverbs 4:23-27**, There are instructions in the following verses.

**As your response**, apply them to yourself.

**v23 “Keep your heart with all diligence, for out of it spring the issues of life.”** (or death)

**Heart** here is soul, speaking of feelings and intellect. **Keep** is a different word here than in v.21 and means to be watchful over your emotions and thoughts. **Issues** are the source and the boundaries of life or death.

**Response: Do you keep your thoughts within the boundaries of that which gives life?**

Thoughts lead to actions, behavior. God’s Words in you will bring changes.

**v25 “Let your eyes look straight ahead, and your eyelids look right before you.”** (be focused on the Word, give special time and attention to it)

**v24 “Put away from you a deceitful mouth, (speak truth) and put perverse (corrupt) lips far from you.”**

**Response:** Let the Word filter out what is twisted. You will learn to recognize the Holy Spirit checking your words. (Example: You will sense a restraint not to speak, or to say a certain thing, a Holy Spirit nudge.)

**v26 “Ponder the path of your feet, and let all your ways be established.”** **Ponder** here means to revolve and weigh in the mind, to meditate, to think through situations beforehand, to determine a path of action. Look to the Word as your life’s guide.

**v27 “Do not turn to the right or the left; remove your foot from evil.”** Stay steady. This is also a check to let the Word search your own life for anything that is harmful for you.

**Benefit: v22 “God’s Words are life to those who find them and health to all their flesh.”** (physical healing)

**Health** here means medicine, a cure, for soundness, wholeness. Health is rooted in the word rapha, with one of God’s covenant names being Jehovah Rapha, Healer in Exodus 15:26.

**‘To find God’s Words means to make them your own,** to take hold of them. To see and judge everything through these lenses, is to establish a Biblical world view.

**Benefits:** God’s Word, **‘found’** through meditation, will be that Word of life for the prayer time. The prayer time will be like an illumined path; you will not veer off the course the Holy Spirit has established.

A Word **‘found’** can also be a personal Word for your own life, a rhema, a specific Word for a specific situation that you can pray into your life. In Ephesians 6, rhema is called the sword of the Spirit and is a Word used as a spiritual sword to cut through lies, bondages in the spiritual realm and set you free.

The Word of God can pull down, destroy that which keeps you from the knowledge of God, imaginings, lies, strongholds. (2 Corinthians 10:4-5) The Word of God can discern thoughts and intents of the soul, things hidden even from your own conscious mind. (Hebrews 4:12)

**Other benefits of meditation are personal strengthening and blessing for the intercessor.** This Word as part of you, convicts of sin, leads to confession of sin, changes your thinking, and keeps your heart right with God and others encouraging spiritual and physical health.

**Application:** Pray out the insights you received. Pray for the Body of Christ, the Church and be blessed yourself.