

Week 4: Communicating with Honesty, Grace, and Humility and Living from a Place of Wholeness Rather than Exhaustion

Speaker: Tamera Holliman

HEAR — Proverbs 4:1–4 (Listen → Retain → Keep → Live)

- Wisdom is passed from one generation to another.
- Someone taught me. Now I have something to teach.
- Wisdom is not only heard—it is watched.
- Wisdom is choosing to live what we know.
- Discuss: Who taught me something that stayed with me?

RECEIVE — Proverbs 4:5–13 (Get → Love → Keep → Receive → Hold Fast)

- Wisdom must be intentionally pursued.
- Knowing wisdom and continuing to walk in wisdom are two different things.
- Wisdom deserves first place.
- Hearing reaches the ears. Receiving reaches the life.
- We do not have to carry the whole journey today. (Psalm 119:105)
- Discuss: What is God giving me light for today?

WALK — Proverbs 4:14–19 (TWO PATHS: Darkness ↔ Light)

- Every choice, habit, response, compromise, and act of obedience has a direction.
- Ask: Where is this decision taking me?
- Wisdom gives us a direction before circumstances give us a reaction.
- Wrong path: Turn → Come back → Take the next step toward the Father.

GUARD — Proverbs 4:20–23 (THE HEART)

- “And then, in one sentence, Solomon turns the mirror toward the soul.”
- “Keep thy heart with all diligence; for out of it are the issues of life.” (Proverbs 4:23)
- The condition of the heart affects the way we speak and the way we live.
- The heart is the source of: Thoughts • Desires • Motives • Choices • Words.
- COMMUNICATION: Honesty + Grace + Humility
- WHOLENESS: Steadiness from God even when life around us is not steady

REFLECT — Proverbs 4:24–27

- MOUTH — What am I saying? (Truth • Grace • Humility)
- EYES — What am I focusing on? (What has my attention?)
- FEET — Where am I going? (Where are my choices and habits taking me?)
- HEART — What is happening within me?
- EVERY PATH LEADS SOMEWHERE.

PASS IT ON

- The people coming behind us are watching: Our words • Our responses • Our priorities • Our faith • Our walk
- What are we leaving behind?
- “This is what it looks like to walk with God.”
- THAT IS A FAMILY TRADITION WORTH PASSING ON.

THE WHOLE JOURNEY

HEAR → RECEIVE → WALK → GUARD → REFLECT → PASS IT ON

Heart → Life → Legacy

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