

3.3

READING THROUGH THE BIBLE IN 3 YEARS AND 3 MONTHS

MORNING WATCH FOR YOUTH AND YOUNG ADULTS

JULY 2020



Chapter: Psalm 150

Theme: Praise finale

Study Verse: Psalm 150:1-2 (or whole psalm)

Statement: Here are just ten of the infinite ways we may praise God. They are bracketed in vs. 1 and 6 with invitations to praise. While we have breath in our bodies, we can praise. No matter what.

Response: _____

Prayer: *Most High God, You are everything. Nothing was made without You, nothing continues without You, I would die without You. I praise You with my whole being!*

July 2

Day | 2

Chapter: Proverbs 1
Theme: Introduction
Study Verse: Proverbs 1:7

Statement: Proverbs is a collection, in no particular order, of hundreds of proverbs, many written by Solomon, collected by him and by King Hezekiah. The first chapter explains his reasoning and warns of the enticements of sin. In what ways are you wise and foolish? As you read Proverbs, watch for verses that especially apply to you.

Response: _____

Prayer: *Father, help me to reverence You only, and to be teachable and continue to acquire wisdom all my life.*

2020 MORNING WATCH for Youth and Young Adults (JULY)

A Chapter a Day Bible Reading Plan with daily chapter summary

THIS PLAN WILL TAKE YOU THROUGH THE ENTIRE BIBLE IN 3 YEARS AND 3 MONTHS

Copyright © 2019 by the General Conference of Seventh-day Adventist® Youth Ministries Department

Chapter: Proverbs 2

Theme: Wisdom calls to us

Study Verse: Proverbs 2:6

Statement: In Proverbs, wisdom is represented by a good woman, and sin is represented by an evil woman. Bear in mind that these are only symbols. If you are a woman, you could symbolize wisdom as a good man and sin as an evil one. What is crystal clear is that *only God is good and only in God can we find wisdom.*

Response: _____

Prayer: *Lord of all wisdom, I am young and often foolish. But I only want to follow You. Help me to grasp the proverbs that You mean for me at this time.*

Chapter: Proverbs 3
Theme: Wisdom brings wholeness
Study Verse: Proverbs 3:3

Statement: If you were to choose just two virtues as being most important, which would they be? Solomon here chooses kindness and truth. How can these be intertwined, and what happens when you try to have one without the other?

Response: _____

Prayer: *Father, help me always to tell the truth in love, and never to try to be truthful without being loving, or loving without being truthful.*

Chapter: Proverbs 4

Theme: Instruction from parents

Study Verse: Proverbs 4:7

Statement: The true Father of wisdom, of course, is God. But earthly parents also teach us. David, who learned many things the hard way, tried to teach Solomon to be a good man and a good king. Mostly, Solomon did well, but he did have a huge downfall. Do you have a particular downfall you must guard against?

Response: _____

Prayer: *Father, help me to acquire both knowledge and understanding, which can grow to true wisdom. Show me my worst traits, and guard me against them.*

Chapter: Proverbs 5

Theme: Pitfalls of immorality

Study Verse: Proverbs 5:1

Statement: If we didn't already know it, this chapter would tell us Solomon's particular downfall—he was tempted by any and all women and didn't understand fidelity. No matter what we are tempted with, it is all infidelity to God. Take Solomon's warnings to heart—for your own particular temptations.

Response: _____

Prayer: *Jesus, lover of my soul, I want to always be true to You alone. Guard me from anything that would turn my eyes from Yours.*

Chapter: Proverbs 6
Theme: Parental guidance
Study Verse: Proverbs 6:20

Statement: If our parents are godly, they are powerful guides for us. If they are not, they still have experience. If you have no parents, pray for strong leadership from some other adults. Which parts of this chapter appeal most strongly to you?

Response: _____

Prayer: *Heavenly Father, if my parents fail me, they are only human, and I love them still. Thank you for the adult care and guidance in my life and help me always place You first.*

Chapter: Proverbs 7

Theme: The adulterous woman

Study Verse: Proverbs 7:2

Statement: Again, Solomon uses an image he is familiar with, but remember, this adulterous woman represents *any* sin you consistently give in to. They will always lead you away from God and to death. Ask God to show you any dangers in your heart.

Response: _____

Prayer: *God, make true wisdom my sister. Write your commandments of love on the tablet of my heart. Keep me safe with You.*

Chapter: Proverbs 8

Theme: Wisdom calls

Study Verse: Proverbs 8:11

Statement: In this world, so many seek physical riches and power. God says that wisdom is worth more than all earthly treasures put together. What is one way wisdom can help you in the coming week?

Response: _____

Prayer: *All-wise God, teach me wisdom, knowledge, discretion, prudence. Keep me in the shadow of Your own unsearchable wisdom.*

Chapter: Proverbs 9

Theme: Life with wisdom

Study Verse: Proverbs 9:6

Statement: Here, wisdom actually builds a house, hews seven pillars, sets the table, and offers food and drink. What do you think these things represent? How can wisdom support and nourish our souls as housing and food support and nourish our bodies?

Response: _____

Prayer: *Wise God, build Your home in my heart. Come in and eat with me, as You promise in the Bible. Nourish and build up my soul to the measure of a whole and mature person.*

July 11

Day | 11

Chapter: Proverbs 10

Theme: Righteous versus wicked

Study Verse: Proverbs 10:12

Statement: Most chapters in Proverbs are collections of many things. You can choose any part that you need most out of this treasure trove. Verse 12 seems central because it is about love. How are you seeing love in action in your life this week?

Response: _____

Prayer: *Dear Lord, make me wise and faithful. Instruct and reprove me when I am foolish and show me how to do better.*

2020 MORNING WATCH for Youth and Young Adults (JULY)

A Chapter a Day Bible Reading Plan with daily chapter summary

THIS PLAN WILL TAKE YOU THROUGH THE ENTIRE BIBLE IN 3 YEARS AND 3 MONTHS

Copyright © 2019 by the General Conference of Seventh-day Adventist® Youth Ministries Department

Chapter: Proverbs 11

Theme: Contrasts of righteousness and wickedness

Study Verse: Proverbs 11:25

Statement: Nearly every verse in this chapter is a contrast. Righteousness brings blessing, wickedness brings ruin. What eternal truths do you see in this chapter about *why* righteousness is so much better? (Not just the reward.)

Response: _____

Prayer: *Righteous Lord, make me loving and generous as You are. Keep me from folly and help me find loving ways to help others when I see folly leading them to ruin.*

Chapter: Proverbs 12

Theme: Works and words

Study Verse: Proverbs 12:25

Statement: More contrasts; but this chapter seems to have the most to say about words. Make a double list of all the good and evil characteristics of wise and foolish words in this chapter.

Response: _____

Prayer: *Father, guard my tongue! Help me to speak words of love, wisdom, and compassion, especially to those who may be off the path and need love the most.*

Chapter: Proverbs 13

Theme: Discipline and reproof

Study Verse: Proverbs 13:9

Statement: In these contrasting statements, there is much about integrity and about discipline and reproof. Interestingly, both wise and foolish may need counsel and reproof. The contrast is, the wise accept it and the foolish refuse it. Think of a recent time reproof or discipline helped you.

Response: _____

Prayer: *God, You are the only righteous One. When I need reproof, help me to be humble, accept it, and seek to change in healthy and healing ways.*

Chapter: Proverbs 14

Theme: Contrasts of love and sin

Study Verse: Proverbs 14:1

Statement: All of the Bible is for both women and men, of course, but Proverbs seems to mention women more than other books. This chapter contrasts honesty and dishonesty, kindness and oppression, and so on. In what ways does wisdom help a woman or man to build their house? Do you think it means physical dwelling? Why or why not?

Response: _____

Prayer: *Dear God, if integrity means wholeness and unity, then help me to be whole and to build my life on Your completeness. Keep me honest, including with myself.*

Chapter: Proverbs 15

Theme: Words of wisdom

Study Verse: Proverbs 15:1

Statement: Again, this chapter seems to focus on words. Gentle answers, the tongue of the wise, soothing tongues. When the Bible speaks of the health these things bring, it doesn't only mean emotional and spiritual health. Angry words and hatred and indifference really do make your body unhealthy. Why do you think that is?

Response: _____

Prayer: *Great Physician, by Your words you created us and all that is. You have given us a spark of that power for our own words—they can build up or destroy. Make my words healthy ones, please!*

Chapter: Proverbs 16

Theme: Our planning, God's power

Study Verse: Proverbs 16:3

Statement: There are several verses in this chapter about how humans plan but God decides what really happens. Think of a time you've seen that principle at work.

Response: _____

Prayer: Ruler of heaven and earth, my plans are always in Your hand. I give you the veto power over any plan of mine that is not in your best plan for me.

Chapter: Proverbs 17

Theme: Family consequences

Study Verse: Proverbs 17:22

Statement: This chapter mentions quite a few times that families are affected by the foolishness or wisdom of their members. What has joy done for your family lately?

Response: _____

Prayer: *Father God, Your family of human children must bring You a lot of grief, but there are many who bring You joy, too. I want to be one of those.*

Chapter: Proverbs 18

Theme: Wisdom versus the know-it-all

Study Verse: Proverbs 18:4

Statement: There is again much about the power of the word. Wisdom is contrasted with those who think they already know it all—those who, as in v. 1, “separate themselves” because they prefer their own thoughts to “sound wisdom.” Do you know people like that? Are you ever like that?

Response: _____

Prayer: *Lord, grant me humility and a teachable spirit. May the “waters” that flow through my words be from You.*

Chapter: Proverbs 19

Theme: Rich or poor?

Study Verse: Proverbs 19:23

Statement: Many times, Proverbs speaks of riches following righteousness and wisdom. What kind of riches do you think it means? This chapter also speaks much of conduct. Which are your favorite verses?

Response: _____

Prayer: *God, may I conduct myself as Your child, and may my life be filled with the riches of Your love and compassion, so I can share them with everyone.*

Chapter: Proverbs 20

Theme: Righteous Integrity

Study Verse: Proverbs 20:27

Statement: Many verses here speak of truth and integrity, as well as diligence versus laziness. How does the human spirit resemble a lamp, and how does that affect one's integrity and diligence?

Response: _____

Prayer: *Father, my spirit, by itself, would only be an empty, unlit lamp. Send the oil of the Holy Spirit and light me up with Your love to show my way and share light with all.*

Chapter: Proverbs 21

Theme: Pride and violence versus generosity

Study Verse: Proverbs 21:3

Statement: So often, we think of *justice* as only being fair retribution or reward for actions. In the Bible, justice is almost always connected with compassionate treatment of the poor. Injustice is caused by pride and leads to violence. How can you be part of the solution?

Response: _____

Prayer: *Lord of the small and weak, help me to look on every human being, “high” or “low,” as You do, and treat them accordingly.*

Chapter: Proverbs 22

Theme: Words of the wise

Study Verse: Proverbs 22:2

Statement: Verses 17-21 could be seen as the heart of this chapter. It is filled with wise injunctions, but this is where Solomon reminds us that they won't do us any good unless we apply them for ourselves. Which of these injunctions will you carry in your heart and live by today?

Response: _____

Prayer: *Wise God, keep Your words within me, make them ready on my lips.*

Chapter: Proverbs 23

Theme: Wealth and alcohol as gods

Study Verse: Proverbs 23:15-16

Statement: Wearying oneself to gain wealth is vanity.

Those who have it are not made happy by it. Selfishness can rub off on others. V 29 is the longest we've seen so far in this book, listing all the woes of heavy drinkers. Seeking any earthly thing as a means to happiness will fail. What will bring true joy?

Response: _____

Prayer: *Father, I long for only You. I will not get drunk on success or failure, let alone on alcohol. Keep my eyes on You and my heart steadfast.*

Chapter: Proverbs 24

Theme: Wisdom like honey

Study Verse: Proverbs 24:3-4

Statement: The wise person in this chapter shows compassion on the condemned, seeks wisdom and fairness, chooses friends wisely, and is not troubled by others' apparent successes. Which passage applies most to you?

Response: _____

Prayer: *My only King, You have first place in my soul. Build my life on the foundation of Christ, with walls of wisdom and furniture of precious knowledge.*

Chapter: Proverbs 25

Theme: Similes

Study Verse: Proverbs 25:11-12

Statement: Here, Proverbs makes a turn to listing many similes—things that are *like*, or are pictures of, wisdom and righteousness. Word pictures like these can be very effective in showing God’s ways. Which are your favorites in this chapter? Write one down and carry it with you.

Response: _____

Prayer: *Lord, I want to be like cold water to a weary soul. I don’t want a broken, unvalled spirit; I want You to control it.*

Chapter: Proverbs 26

Theme: More similes and instructions

Study Verse: Proverbs 26:9

Statement: This list focuses on useless things, including even wise proverbs, if a fool does not take them to heart. How many of these things have you seen? Are there any you need to ask forgiveness for?

Response: _____

Prayer: *Dear God, let me not be a fool! Let my words and actions not be useless, but useful and wise. Help me find the proverbs that You have for me in any given situation.*

Chapter: Proverbs 27

Theme: Warnings

Study Verse: Proverbs 27:6

Statement: More negative things...and then a surprising negative that is really positive! What do you think it means when it says the wounds of a friend are faithful? Have you ever been flattered when you really should have been reproved? Have you ever been grateful to a friend who hurt your feelings by telling you a truth you needed to hear?

Response: _____

Prayer: *Faithful God, thank You for faithful friends! Help me to humbly receive necessary rebukes and turn away from false praise.*

Chapter: Proverbs 28

Theme: Courage and generosity

Study Verse: Proverbs 28:27

Statement: Again, Proverbs contrasts those who are going after their own wealth with those who are faithful in helping God's lowly ones. Courage comes to those who serve God only. (Also see v 23 for a response to yesterday's text.)

Response: _____

Prayer: *God of the "least of these," give me Your compassion and Your boldness to do right no matter what others may think, or what losses I fear it will cause me.*

Chapter: Proverbs 29

Theme: Warnings and instructions

Study Verse: Proverbs 29:11

Statement: Gentle temper, wisdom, and faithful instruction are the focus here. What are some of the results listed, for one who controls the temper? Did you know that “temper” means the strength given to metal by forming in fire, so that it will bend and not break?

Response: _____

Prayer: *Great Maker, mold me in fire, temper me so that I can bend with circumstances without breaking and losing temper.*

Chapter: Proverbs 30

Theme: Words of Agur

Study Verse: Proverbs 30:5

Statement: This chapter is unique; it is the collected sayings of an otherwise unknown man named Agur. He seems to like sets of similes, in particular: “three things” like this, “four things” like that. Which is your favorite and why?

Response: _____

Prayer: *Lord, keep deception and lies far from me, and give me only that which is fitting for me. Let me never turn from You.*