
AMEN Bible Study Fall 2026

“Wholehearted Trust”

Proverbs 3:1-35
September 10, 2026

1. The Reach of Trust (v.1-12)

- a. Your Memory (v.1-2)
- b. Your Character (v.3-4)
- c. Your Decisions (v.5-6)
- d. Your Body (v.7-8)
- e. Your Wallet (v.9-10)
- f. Your Wounds (v.11-12)

2. The Reason for Trust (v.13-20)

- a. Wisdom is Worth More Than Anything Else (v.13-15)
- b. Wisdom Gives More Than Anything Else (v.16-18)
- c. Wisdom Has Built More Than Anything Else (v.19-20)

3. The Reflex of Trust (v.21-35)

- a. With Yourself (v.21-26)
- b. With Your Neighbor (v.27-35)

AMEN Action Steps

“Wholehearted Trust”

Proverbs 3:1-35

HEAR the Word

“Open my eyes, that I might behold wonderful things out of your law.” -Psalm 119:18

1. Proverbs 3:5–6 may be the most quoted — and most misused — text in the book. Read verses 7–12 immediately after it. How does Solomon himself define what “trust in the LORD with all your heart” actually looks like? Does that match the way you have typically used verse 5?
2. In verse 3, the son is told to bind “steadfast love and faithfulness” around his neck — the very words God uses to describe himself in Exodus 34:6. What does it mean that a son is called to wear his Father’s character?
3. Verses 9–10 promise full barns. Verses 11–12 promise the rod. Why do you think the Spirit placed these two side by side? What would we get wrong about God if we only had verses 9–10?

PRACTICE the Word

“...Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.” -Matthew 7:24

1. Verses 1–12 walk through six rooms of a man’s life: his memory, his character, his decisions, his body, his wallet, and his wound. Which of those six is the room where you are still most obviously leaning on your own understanding?
2. Verse 24 promises, “when you lie down, your sleep will be sweet.” What keeps you awake at 2 a.m.? What does that reveal about where your weight is actually resting — on the LORD, or on your own capacity to manage the outcome?
3. Verses 27–28 forbid saying, “Go, and come again tomorrow.” Where in your life is delay functioning as a respectable way of withholding good from someone it already belongs to? Who are you making wait this week — and what would it take to settle it before Sunday?

RETELL the Word

“Go home to your own people and tell them how much the Lord has done for you...” -Mark 5:19

1. Which brother in your life is living in verses 11–12 right now — under the Father’s discipline, but reading it as the Father’s rejection? What from this chapter would you most want to say to him this week?
2. Who is a friend or co-worker still leaning entirely on his own understanding and beginning to find that it will not hold? Verse 34 says God “gives favor” to the humble. How might that conversation begin?