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INTRODUCTION

This introduction is written to carry the weight of all 21 Targets and set the tone for the whole book.

WHY YOU NEED THE WISDOM DIET

Life is not lacking in information. Our phones, minds and shelves are full; but many people are still empty, broken, and defeated. Why? This is because information without wisdom is like food without nutrition. It fills you, but it does not build you.

This is why we need THE WISDOM DIET. A diet is not about eating everything. It's about eating what builds you, strengthens you, and keeps you healthy. THE WISDOM DIET is the same, it is a daily selection of God's truth — knowledge interpreted, understanding applied, and wisdom lived out.

WHAT THIS BOOK WILL DO FOR YOU

Over the next 21 Targets, you will discover how godly wisdom works in every area of life:

- WISDOM UTILIZED teaches you to turn knowledge into action - Proverbs 4:7
- WISDOM THAT BUILDS shows you how God founded the earth and how He can found your life - Proverbs 3:19-20
- WISDOM FOR EXCELLENCE is the spark that separates the average from the outstanding - Proverbs 3:13
- WISDOM THAT BUILDS HOMES reveals why some houses stand and others fall - Proverbs 14:1
- WISDOM AS A MIRROR helps you discover and discern your destiny - Proverbs 2:1-5
- WISDOM FOR DESTINY projects your future and keeps you from traps - Proverbs 14:27
- WISDOM FOR SUCCESS turns your experience into a success route - Joshua 1:8
- WISDOM FOR LEADERSHIP moves you from 'employee knowledge' to 'employer knowledge' - Isa 33:6
- WISDOM FOR INCREASE triggers supernatural favour and shining - Ecclesiastes 8:1
- WISDOM FOR THE FUTURE teaches you to redeem the time - Ephesians 5:16
- WISDOM FOR BATTLE proves that strategy is better than weapons - Ecclesiastes 9:18

- WISDOM FOR UNITY enthrones togetherness and kills division - Psalm 133:1
- WISDOM AS DEFENSE protects your life better than money - Ecclesiastes 7:12
- WISDOM FOR COURAGE helps you conquer circumstances - Joshua 1:9
- WISDOM FOR CONFIDENCE makes God's work in you fruitful - Philippians 1:6
- WISDOM ENERGIZED BY FAITH shows you how to ask and receive - James 1:6
- THE DANGER OF PRIDE warns what happens when wisdom becomes arrogant - Proverbs 16:18
- WISDOM AGAINST WORRY makes your understanding stay awake, like Mary - Luke 10:42
- WISDOM AGAINST TEMPTATION makes sin irrelevant, like Joseph - Genesis 39:7-12
- THE DANGER OF FEAR shows what happens when wisdom goes astray - 1 Kings 19:1-3
- THE DANGER OF DOUBT reveals why some prayers go unanswered - James 1:5-8

The Goal

THE WISDOM DIET is not written to give you more sermons rather it is written to give you spiritual nutrition:

- Knowledge is the ingredient.
- Understanding is the recipe.
- Wisdom is the meal that changes your life.

As you feed on these Targets daily, you will think differently, act differently, and live differently. Walls will be destroyed, not built. Destiny will be discovered, not missed. Fear will be eliminated. Temptation will lose power and your life will begin to reflect the excellence of God.

Proverbs 4:7 says: **"Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding."**

It's time to eat.

It's time to grow.

It's time for **THE WISDOM DIET**.

The 21 Targets of The Wisdom Diet were formatted and summarized in order of priority.

Section I: The Foundation of Wisdom

TARGET 1: WISDOM UTILIZED

Core Truth: Wisdom = Knowledge + Understanding + Application. Without application, knowledge is useless.

Key Verse: Proverbs 4:7

Key Words: Understanding, Application, Action.

TARGET 2: WISDOM FOUNDED THE EARTH

Summary: God used wisdom to create and sustain everything. The same wisdom builds our lives.

Key Verse: Proverbs 3:19-20 (Jeremiah 10:12, Jeremiah 51:15, Psalm 104:24, Psalm 136:5, Proverbs 8:14, 22-31)

Key Words: Foundation, Creation, Power.

TARGET 3: THE SECRET OF EXCELLENCE

Summary: Excellence starts with knowledge, grows through understanding, and is proven by wisdom.

Key Verse: Proverbs 3:13

Key Words: Knowledge, Understanding, Excellence.

TARGET 4: WISDOM BUILDS, IGNORANCE DESTROYS

Summary: Wise people build their homes, lives and ministry. Fools tear them down with their own hands.

Key Verse: Proverbs 14:1

Key Words: Building, Destruction, Choices.

Section II: Wisdom for Destiny & Accomplishment

— What wisdom produces in your life

TARGET 5: WISDOM IS A MIRROR FOR DESTINY

Summary: Wisdom reveals your destiny. Understanding discerns it. Knowledge instructs you in it. Seek it like treasure.

Key Verse: Proverbs 2:1-5

Key Words: Discovery, Discernment, Direction.

TARGET 6: WISDOM PROJECTS DESTINY

Summary: Knowledge starts you. Understanding sharpens your vision. Wisdom keeps you from deadly traps.

Key Verse: Proverbs 14:27

Key Words: Destiny, Vision, Protection.

TARGET 7: WISDOM TURNS EXPERIENCE TO SUCCESS

Summary: Meditate on God's Word day and night. Understanding turns experience into a success path. Knowledge gives you the steps.

Key Verse: Joshua 1:8

Key Words: Meditation, Success, Obedience.

TARGET 8: KNOWLEDGE WHY versus KNOWLEDGE HOW

Summary: 'Why' makes you an employer. 'How' keeps you an employee. Wisdom gives stability and strength.

Key Verse: Isaiah 33:6, Proverbs 24:4-5

Key Words: Leadership, Stability, Strength.

TARGET 9: WISDOM TRIGGERS SUPERNATURAL INCREASE

Summary: Wisdom makes your face shine. It changes how people see you and opens doors.

Key Verse: Ecclesiastes 8:1

Key Words: Increase, Favour, Boldness.

TARGET 10: WISDOM SECURES THE FUTURE

Summary: Redeem the time. Wise people know the times and prepare for the future.

Key Verse: Ephesians 5:16

Key Words: Time, Preparation, Future.

TARGET 11: WISDOM IS BETTER THAN WEAPONS

Summary: Strategy beats strength. One wise decision can do what weapons cannot. But one foolish act can destroy much good.

Key Verse: Ecclesiastes 9:18

Key Words: Strategy, Victory, Wisdom.

Section III: Wisdom in Relationships and Defense

TARGET 12: UNDERSTANDING ENTHRONES UNITY

Summary: Understanding breaks walls and brings people together. Unity is beautiful and powerful.

Key Verse: Psalm 133:1

Key Words: Unity, Peace, Togetherness.

TARGET 13: WISDOM IS A DEFENSE

Summary: Wisdom protects you like money protects you, wisdom gives life.

Key Verse: Ecclesiastes 7:12

Key Words: Protection, Life, Security.

Section IV: The Nine factors– What energizes or kills Wisdom

A. Factors that energize Wisdom

TARGET 14: KNOWLEDGE CONQUERS CIRCUMSTANCES

Courage Factor

Summary: Be strong and courageous. God's Word + Wisdom helps you take your inheritance.

Key Verse: Joshua 1:6-9

Key Words: Courage, Strength, Inheritance.

TARGET 15: KNOWLEDGE BECOMES FRUITFUL

Confidence Factor

Summary: When wisdom and understanding work together, what God started in you will be completed.

Key Verse: Philippians 1:6

Key Words: Confidence, Completion, Fruitfulness.

TARGET 16: WISDOM IS ENERGIZED BY FAITH

Faith Factor

Summary: Ask God for wisdom, but ask in faith without wavering.

Key Verse: James 1:6

Key Words: Faith, Asking, Believing.

B. Factors that kill Wisdom

TARGET 17: PRIDE DESTROYS WISDOM

Pride Factor

Summary: When wisdom becomes arrogant, it falls. Pride comes before destruction.

Key Verse: Proverbs 16:18

Key Words: Pride, Humility, Downfall.

TARGET 18: WISDOM becomes a fugitive

Worry Factor

Summary: Don't be distracted like Martha. Choose the "one thing" – sitting at Jesus' feet.

Key Verse: Luke 10:38-42

Key Words: Focus, Priority, Presence.

TARGET 19: WISDOM MAKES TEMPTATION IRRELEVANT

Overcoming Temptation

Summary: Like Joseph, choose purity over pleasure. Ask: "How can I sin against God?" Then run.

Key Verse: Genesis 39:7-12

Key Words: Purity, Integrity, Boundaries.

TARGET 20: KNOWLEDGE SUCCUMBS TO CHALLENGES

Fear Factor

Summary: When wisdom leaves and understanding is lost, fear takes over. Elijah ran because he lost focus.

Key Verse: 1 Kings 19:1-3

Key Words: Fear, Retreat, Focus.

TARGET 21: KNOWLEDGE BECOMES UNFRUITFUL

Doubt Factor

Summary: Ask God for wisdom in faith. Doubt makes you unstable and blocks answers.

Key Verse: James 1:5-8

Key Words: Faith, Doubt, Stability.

TARGET 1: WISDOM UTILIZED IS KNOWLEDGE INTERPRETED (UNDERSTANDING) AND APPLIED

Wisdom is the principal thing; therefore get wisdom and with all thy getting get understanding. Proverbs 4:7

The above statement reminds me of the ancient Greek concept of "Phronesis," which refers to practical wisdom or the ability to apply knowledge in a way that is prudent, ethical, and effective. Let's break down the above target "Wisdom utilized is knowledge interpreted (understanding) and applied" and explore its deeper meaning:

Wisdom Utilized

Wisdom itself is often considered as the ability to discern and apply universal principles and values that foster personal growth, well-being, and positive impact. It is not just about accumulating knowledge, but also about understanding how to use that knowledge effectively and responsibly – that is using the acquired knowledge effectively, making informed decisions and taking thoughtful actions.

Wisdom utilized is therefore, the culmination of knowledge, interpretation, and application. It's the ability to take the knowledge we have acquired, interpret it in a meaningful way, and apply it effectively in our personal and professional lives. This involves critical thinking, reflection, and the ability to adapt and evolve in response to new situations and challenges.

Knowledge

Knowledge refers to the information, facts, and data we acquire through learning, experience, and education. In essence, it is the acquisition and accomplishment of information, facts, data, skills derived from education, stories, interviews, experience etc.

Interpretation (Understanding)

Interpretation is the process of analyzing and understanding the knowledge we have acquired. It involves critical thinking, reflection, and the ability to identify patterns, relationships, and underlying principles. In essence, understanding is the correct interpretation of the acquired knowledge.

Application

Application refers to the practical use of interpreted knowledge. It involves taking the insights and understanding gained through interpretation and using them to make decisions, solve problems, and take action.

Hints:

- ❖ **Knowledge is not Enough:** Having knowledge is important, but it's not enough. We must be able to interpret and apply that knowledge effectively.
- ❖ **Interpretation is Key:** Interpretation is the process of making sense of the knowledge we have acquired. It involves critical thinking, reflection, and analysis.
- ❖ **Application is Essential:** Application is the practical use of interpreted knowledge. It involves taking action, making decisions, and solving problems.
- ❖ **Wisdom is a Skill:** Wisdom is not just something we are born with; it's a skill that can be developed through practice, reflection, and experience.

The Priority of Wisdom according to Proverbs 4:7

The verse begins by stating that getting wisdom is the wisest thing you can do. This implies that wisdom is the most valuable and important thing to pursue. In essence, wisdom is the foundation upon which all other pursuits should be built.

The Implications

This verse has several implications for our lives:

- ❖ **Prioritize Wisdom:** Make seeking wisdom and insight a top priority in your life.
- ❖ **Value Wisdom above other Pursuits:** Recognize that wisdom is more valuable than wealth, status, or other earthly pursuits.
- ❖ **Seek Understanding:** Cultivate insight by seeking to understand the world around you, and by developing your critical thinking skills.
- ❖ **Apply Wisdom:** Put wisdom and insight into practice in your daily life, making wise decisions and taking thoughtful actions.

Practical Applications

How can we apply this verse in our daily lives? Here are a few suggestions:

- ❖ **Read and Study:** Read books, articles, and scriptures that promote wisdom and understanding.
- ❖ **Seek Mentorship:** Find wise and experienced mentors who can guide and advise you.
- ❖ **Reflect and Meditate:** Take time to reflect on your experiences and meditate on scripture and other wisdom literature.
- ❖ **Practice Critical Thinking:** Develop your critical thinking skills by analyzing information, evaluating evidence, and considering different perspectives.

By prioritizing wisdom and seeking understanding, we can make better decisions, navigate complex situations more effectively, and live more fulfilling lives.

The Biblical Perspectives

The scripture views "wisdom" as "the fear of the Lord" - Proverbs 9:10. "Understanding" is seen as "departing from evils" - Job 28:28; while "Knowledge" is akin to wisdom as "the fear of the Lord"-Proverbs 1:7

And wisdom and knowledge shall be the stability of thy times, and strength of salvation: the fear of the Lord is His treasure. Isaiah 33:6

Let's break down Isaiah 33:6 and explore its rich meaning:

Wisdom and Knowledge

The verse begins by highlighting the importance of "wisdom and knowledge." In the context of Isaiah 33, these qualities are essential for navigating the challenges and uncertainties of life. Wisdom and knowledge represent the ability to discern, understand, and apply God's truth in practical ways.

Stability of Thy Times

The phrase "stability of thy times" suggests a sense of firmness, steadiness, and reliability. In a world marked by change, uncertainty, and turmoil, wisdom and knowledge provide a solid foundation for living. They enable us to stay grounded, focused, and directed, even when circumstances around us seem unstable.

Strength of Salvation

The phrase "strength of salvation" emphasizes the idea that wisdom and knowledge are not only practical tools for living but also essential for spiritual salvation. In the biblical sense, salvation encompasses not only forgiveness of sins but also transformation, redemption, and restoration. Wisdom and knowledge are vital components of this salvation, enabling us to understand and respond to God's offer of redemption.

The Fear of the Lord

The verse concludes by stating that "the fear of the LORD is his treasure." The "fear of the LORD" is not a servile, cowering fear but rather a deep reverence, awe, and respect for God's majesty, power, and holiness. This fear is the foundation of wisdom (Proverbs 9:10) and is described here as God's treasure, emphasizing its value and importance.

Practical Applications

How can we apply this verse in our daily lives?

- ❖ **Pursue Wisdom and Knowledge:** Recognize the importance of wisdom and knowledge in navigating life's challenges and uncertainties.
- ❖ **Cultivate a Deep Reverence for God:** Develop a healthy fear of the Lord, acknowledging His majesty, power, and holiness.
- ❖ **Seek Spiritual Salvation:** Understand that wisdom and knowledge are essential components of spiritual salvation, enabling us to respond to God's offer of redemption.

- ❖ **Trust in God's Stability:** Remember that wisdom and knowledge provide a solid foundation for living, enabling us to stay grounded and focused, even in uncertain times.

By embracing these truths, we can experience the stability, strength, and treasure that God promises to those who seek Him.

The Godly Wisdom

Let's divert a bit and ponder on 'Godly Wisdom', since it is a key factor in a man's destiny. Why Godly Wisdom? It is the appropriate utilization of Godly knowledge as wrapped up and revealed in the word of God via Christ.

For it is written, I will destroy the wisdom of the wise, and will bring to nothing the understanding of the prudent.

Where is the wise? Where is the scribe? Where is the disputer of this world? Hath not God made foolish the wisdom of this world?

For after that in the wisdom of God the world by wisdom knew not God, it pleased God by the foolishness of preaching to save them that believe.

For the Jews require a sign, and the Greeks seek after wisdom. But we preach Christ crucified, unto the Jews a stumbling block, and unto the Greeks foolishness;

But unto them which are called, both Jews and Greeks, Christ the power of God, and the wisdom of God.

Because the foolishness of God is wiser than men; and the weakness of God is stronger than men.

For ye see your calling, brethren, how that not many wise men after the flesh, not many mighty, not many noble, are called: But God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty; and base things of the world, and things which are despised, hath God chosen, yea, and things which are not, to bring to nought things that are: That no flesh should glory in His presence. But of Him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption: That, according as it is written, he that glorieth, let him glory in the Lord. 1 Corinthians 1:19-31

From the above Scripture, we saw Godly Wisdom as a reflection of God's glory to mankind which was made manifest through Christ Jesus; "...**But of Him are ye in Christ Jesus, who of God is made unto us wisdom...** Remember, God's glory that reflects upon our lives beautifies our destinies and makes life meaningful to us. Besides, every plan of God for man is encapsulated in destiny and further achieved by man via Godly Wisdom Job 28:12, 23. Solomon was the most celebrated king of his time due to his wise utilization and interpretation of Godly Wisdom. 1 Kings 4:29-34

How did he become famous?

He asked for and was given Godly Wisdom that is capable of unveiling leadership potentials to the bearers. Therefore by virtue of Godly Wisdom, he was able to handle weightier matters of his kingdom.

Why was he famous?

King Solomon was famous and highly needed by his generation because he refused to bury and waste his potentials (Matthew 25:14-29, Luke 19:12-25). Moreover, he utilized what others failed to utilize; thus, succeeded where others failed. By virtue of Godly Wisdom, he built magnificent temple for the Lord which attracted Kings, dignitaries from every nook and cranny (read Proverbs 12:8).

Success Comes From the Wise Utilization of the Abilities You Have

Let me quickly add also that the positioning of a man depends on where he positioned himself in the seat of wisdom. The moon for example, has no light of its own, but by wisdom it conveniently positioned itself at the covenant side of the sun to make it shine.

Abundance does not Confer Dominion upon a Man Automatically, but Abundance that is Wisely Managed is What Confirms a Man's Automatic Dominion.

Finally, wisdom utilized, knowledge interpreted and applied are vibrant enforcers for positioning and access to a most exciting living and reigning. I earnestly desire that you should start influencing and imparting on lives positively to the glory of God.