

SERMON NOTES

January 24 & 25, 2026

Wise Up: Foolproof Friendship

Proverbs 13:20

How to Build Foolproof Friendships:

Proverbs 13:20

1. Be wise about who I _____ time with.

Proverbs 27:17

2. Be wise about who I _____ to.

1 Kings 12:9

A Foolish Friend...

• Does not listen to _____.

Proverbs 26:13-14

• Is _____.

Proverbs 26:15

• Thinks they _____ more than anyone.

Proverbs 26:16

• Brings _____ back to themselves.

Proverbs 26:16

• Inserts themselves in _____.

Proverbs 26:17

• Makes others look _____ to make themselves look _____. **Proverbs 26:18**

Be wise about what I _____ with different circles of friends.

1. Acquaintances: People I _____.

2. Emerging Friends: People I am _____ about.

3. Supportive Friends: People I can _____ on.

4. Close family & friends: People I can say _____ to.

5. Inner Circle: People who can say _____ to me.

a. Ask: Who is _____ to my inner circle?

Matthew 26:36-38

• Let people _____.

Proverbs 18:24

Benefits of Foolproof Friendship:

Proverbs 27:17

• Wise friends _____ foolish friends.

• Wisdom occurs in the _____ of God.

• Wise friends connect me to _____.

Bottom Line: _____ a wise friend to others by being in a relationship with _____. **John 15:15**

Life Steps

Wise Up: Foolproof Friendship | January 26 - February 1, 2026

Monday

Option A

Proverbs 26

Reflect: Verses 1-12 give us a picture of what happens when we befriend a fool. Verses 13-28 give us a checklist of how to spot a fool. Based on the friendship pyramid, are there any friends you need to stop listening to?

Prayer: God, give me courage to make hard decisions with my friends and help me be a wise friend. Amen.

Option B

Proverbs 26:18-22

Reflect: Do you have any friends who joke about things that aren't funny? Have you ever done that? Drama follows gossip. Do you have any friends who like to gossip? Have you ever gossiped?

Prayer: God, give me courage to make hard decisions with my friends and help me be a wise friend. Amen.

Tuesday

Option A

Proverbs 27

Reflect: This chapter is about friendship and all its twists and turns. Who are friends who are life-giving? Who do you spend time with that drains you? Who are you listening to when you need support? Do you need to adjust how you function?

Prayer: God, give me courage to make hard decisions with my friends and help me be a wise friend. Amen.

Option B

Proverbs 27:17

Reflect: Friends have the potential to make you better or hold you back. Who are friends who are life-giving? Who do you spend time with that drains you? Who are you listening to when you need support? Do you need to adjust how you function?

Prayer: God, give me courage to make hard decisions with my friends and help me be a wise friend. Amen.

Wednesday

Option A

Proverbs 28

Reflect: This chapter gives us wisdom on leadership styles. Whether leading ourselves on a daily basis, or groups of people, we are all leaders. What are some results of the foolish leader that stand out to you? What results stand out from the wise leader?

Prayer: God, help me be a wise person who points people to You when they encounter me. Amen.

Option B

Proverbs 28:5,10,20,26

Reflect: We all get in our own way sometimes and get stuck. Knowing that wisdom grows in the presence of God, how are you aligning your day to be in His presence? Do any adjustments need to be made in your routine?

Prayer: God, help me be a wise person who points people to You when they encounter me. Amen.

Thursday

Option A

Proverbs 29

Reflect: This chapter gives us a good view of how to respond from wisdom or how to react from emotion. Can you recall a time when you have done each of these at different times? What did you learn about yourself? About God? How did it shape what you did next?

Prayer: God, help me be a wise person who points people to You when they encounter me. Amen.

Option B

Proverbs 29:27

Reflect: If fools can be a good repellent to wise people and wise people can be a good repellent to fools, are there any adjustments that you can make in your relationships to have the support you need? Who are you providing support to while not overfunctioning for them?

Prayer: God, help me be a wise person who points people to You when they encounter me. Amen.

Friday

Option A

Proverbs 30

Reflect: These words are sayings from Agur, the son of Jakeh. It can almost read as a conversation between a skeptic and a believer, which can be interpreted as the ongoing conversation we have within ourselves in our search for God and wisdom. Have you ever doubted God's existence? If you have, how did you respond in your spirit to the doubts? If you have never doubted, what does your confidence in God sound like?

Prayer: God, I believe I will find wisdom and gain understanding in Your presence. Help me remain in You so You can remain in me. Amen.

Option B

Proverbs 30: 5,6, 32, 33

Reflect: Verses 5 -6 come from a humble believer who has a healthy fear of God. Verses 32-33 warn us about the strife caused by angry people. Name friends in your life who connect you to God's wisdom. Name friends who drain you and have the potential to bring strife in your life.

Prayer: God, I believe I will find wisdom and gain understanding in Your presence. Help me remain in You so You can remain in me. Amen.

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Life Steps

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Saturday

Option A

Proverbs 31

Reflect: The final chapter of Proverbs begins with the sayings of a King impressed upon him by his mother. The first 9 verses mirror the royal instruction found in the first 9 chapters of Proverbs. The second portion of the chapter ties the whole book together, as the "wife," woman, is assigned the strength typically assigned to men. What instruction have you received from our journey through Proverbs that is applicable to your daily life? Recall a time when you found wisdom in an unlikely person. How might this open your attention to new ways God might be giving you wisdom?

Prayer: God, keep me open to new people You would like to bring into my life, and give me wisdom to know if I need to let some people go. Amen.

Option B

Proverbs 31:1-2, 30-31

Reflect: This chapter begins with a warning about women who ruin kings and ends by highlighting a woman, as wisdom, who fears the Lord. The woman in the beginning is to be avoided, and the woman in the end is to be honored. We all get to choose the company we keep. Using the friendship lanes from the message notes, place your current friends in each lane. Using God's wisdom, consider who you might need to avoid, who needs to be supported more by you, and who you can honor more with your words.

Prayer: God, keep me open to new people You would like to bring into my life, and give me wisdom to know if I need to let some people go. Amen.

Sunday

Proverbs 13:20

Reflect: Who we are around influences how we relate to God, ourselves, and others. It is also healthy to have a friend group who is life-giving to us and a group who we speak life into. Name the friends who are life-giving to you and share your gratitude with them. Name the friends who allow you to speak life into them and share a note or text of encouragement to them.

Prayer: God, use me to share with others what You have shared with me. Amen.