



# APPNOTES

**Date:** January 14-18, 2019

**Series:** Street Smarts

**Proverbs 14:9** Ever hear the saying, “Nice guys finish last?” If you want to make it in this world, you’d better look out for Number One, even if it means being underhanded and deceitful. These words make fun of people who are good, and infer that they are pushovers. The world thinks being upright in character won’t get you anywhere in this life, but God teaches us that His ways oppose the world’s ways. Proverbs 14:9 implies that fools think there are no consequences for sin, but God says it’s the upright who find goodwill. The word “goodwill” may also be translated “favor.” People who walk in righteousness find favor. Integrity is attractive. Nice guys don’t finish last; they finish first.

**Proverbs 15:4** Remember the saying “Sticks and stones will break your bones but names will never hurt you?” That was my childhood response when someone hurled cruel words at me. Unfortunately, that phrase isn’t true. Harsh words do hurt. Broken bones take six weeks to heal, but a wounded heart can take a lifetime. Statements like you’re stupid, you’re weird, or you’ll never amount to anything crush our spirits. However, healing words are a tree of life. You can do it! You’ve got what it takes! The best is yet to come! These words lighten the heart. We can choose what to say, and we can choose what to listen to. God wants us to speak soothing words of life to those around us and refuse to accept words that attack our value. After all, that’s the way He speaks to us.

**Proverbs 16:17** The 1934 Cole Porter song “Anything Goes” speaks even louder in 2019. Some of the lyrics say “Good is bad today, and black is white today.” I think Cole Porter would be shocked at how true this has become. Labeling an action as sin may be out of style, but God’s word clearly states what is right and what is wrong. The Lord tells us we must avoid evil in our daily walk. How do we do that? There’s an old Sunday school song that was simple yet profound, “O Be Careful Little Eyes.” This song encourages us to be mindful about all we see and hear, say and do, and where we go. God loves us so much, He doesn’t want to see us destroyed by evil. He tells us to guard our ways so our lives can be protected.

**Proverbs 17:22** Jay Winner MD, author of *Take the Stress Out of Your Life*, says that stress can aggravate just about any health condition. Stress can worsen or increase the risk for many diseases, including, obesity, diabetes, Alzheimer's, heart disease, and asthma. So how can we reduce our stress? God tells us that a cheerful heart is good medicine. It's hard to be worried when we are joyful. Cheerfulness doesn't have to be based on our circumstances. We can choose to look on the bright side even in dark times. How do we do this? Instead of worrying, pray. Do what's possible, and then leave it in God's hands. Rest and take time to enjoy simple things. Don't ignore a heavy heart. Instead, apply God's remedy of joy. When we look to the great gift of Jesus and our eternal home in heaven, we have a lot to be cheerful about.

**Proverbs 18:10** What comes to mind when you hear the name George Washington? I think of the words Founding Father, integrity, and courage. What about the name Benedict Arnold? Immediately the word traitor pops into my head. He failed the people who trusted him. Our names carry our reputation, character, and authority—or lack of it. The name of the Lord is like a high tower that no enemy can reach. When we trust in God's character and authority we are running into a fortified safe place. His promises are sure. His word never fails. No matter what is happening around us, we can feel secure in knowing that God is in charge.

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