



# Life Guard Training

## Summer Series in Proverbs

### “Swimming in the Deep Water”

*“Happy is the man who finds wisdom, And the man who gains understanding; For her proceeds are better than the profits of silver, And her gain than fine gold. She is more precious than rubies, And all the things you may desire cannot compare with her.” Proverbs 3:13-15 (NKJV)*

**Question:** What do you want to eat?  
Style or Substance?

**Solomon says “pay attention!” (3:1-4)**

- It will lead to a \_\_\_\_\_.

**Solomon says “seek wisdom!”**

By products:

- You gain the ability to trust.
- You find where \_\_\_\_\_ begins.
- You are offered true rest.
- You develop a \_\_\_\_\_ life.
- You are prompted to do better, be more.

Sunday, June 14, 2026 (a.m.)

Life Guard #2

**How to capture wisdom:**

1. Recognize the \_\_\_\_\_.
2. Read the \_\_\_\_\_.
3. Ready yourself for \_\_\_\_\_.

**Solomon says “\_\_\_\_\_!”**