



## *Trim Healthy Podcast with Serene & Pearl*

### *Episode 357 ~ [Wisdom Is Waiting](#)*

*Air Date: 11/29/23- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)*

### **Quotables**

- “When we are at the crossroads and when we are about to choose foolishness... Wisdom has something for us. Wisdom is crying out to us.” - Serene
- “Wisdom is a rejoicer. Wisdom is a jolly character. True JOY and BLISS is the nature of Wisdom.” – Serene
- “I’m going to listen to Wisdom and see what she says. What good words will she share with me? Wisdom is a delightful, joyful voice... and she is standing at the crossroads where I make the decisions that matter.” – Pearl
- “Wisdom is calling out. Will we listen? Or will we go the way of fools?” – Serene
- “Wisdom compels us to DEFEND life and CONTEND for greater life.” – Serene

### **Serene’s Meditation on Wisdom**

**From Serene...** “Recently, I have been considering how we react when we come to ‘the crossroads.’ Maybe there is something stressful or fear-provoking that’s happening in our lives... I have been having all kinds of different circumstances that could steal my peace lately. We all find ourselves in these situations.

I was drawn to this Scripture the other day in the book of Proverbs, Chapter 8... It says that *wisdom has a voice*... Wisdom *speaks* to us. She is there, waiting for us to listen.

*“Does not wisdom call? Does not understanding raise her voice? On the heights beside the way, at the crossroads she takes her stand; beside the gates in front of the town, at the entrance of the portals she cries aloud...” – Proverbs 8*

On our health journey, Wisdom stands at the crossroads. Some of the roads lead to HEALTH, and some lead to DEATH.

*“Hear, for I [Wisdom] will speak noble things, and from my lips will come what is right, for my mouth will utter truth.” – Proverbs 8*

Wisdom doesn't just call to a few. She calls everyone.

But the question is: Will we listen? When we're flooded with the temptation of every unhealthy thing – including foods that will harm us... what voice are we listening to?

Are we just giving way to the voice of our cravings, or can we stop and listen for another voice... a voice that speaks truth to us? If we will quiet “the hangry” and quiet hearts, Wisdom is there for us to find. It isn't hiding. It's in plain sight.

*“Take my instruction instead of silver, and knowledge rather than choice gold, for wisdom, is better than jewels, and all that you may desire cannot compare with her.”  
–Proverbs 8*

All that you may desire that is broken and crooked cannot compare with Wisdom.

Aside from all the diet and health stuff... we face so many crossroads and moments of decision. Will we choose *not* to get back at someone who's irked us with bitter, biting words? Because no foolish path taken at the crossroads can compare with what wisdom offers us. Sometimes we just have a desire, when the decision-making comes, to *chop off that person's head with words* or to *drive through Dunkin' Donuts*. Decisions, decisions!

Here's the point... no desire for foolishness will be as satisfying as Wisdom herself. No fling through the gate of selfishness and ignoring Wisdom's call – will feel as good as time spent with Wisdom.

Wisdom is what brings us true, lasting pleasure.

*“When he established the heavens, I [Wisdom] was there; when God drew a circle on the face of the deep when he made firm the skies above when he established the fountains of the deep when he assigned to the sea its limit so that the waters might not transgress his command when he marked out the foundations of the earth, then I was beside him, like a master workman, and I was daily his delight, rejoicing before him always, rejoicing in his inhabited world and delighting in the children of man.”  
– Proverbs 8*

We need to do away with the lie that Wisdom is some ‘grumpy curmudgeon’ or a stodgy old woman’ who cringes at us and says: “NO YOU FOOL!”

Because THAT is very much an incorrect perspective on wisdom as we can see in the passage above. So, what *is* true about Wisdom? Well, we see that Wisdom DELIGHTS. Her voice is joyful. Wisdom isn't grumpy –*Wisdom is a jolly character!* True JOY and BLISS is the nature of Wisdom. As we've seen, the depiction of Wisdom in the Bible is happy, delightful, and blessed.

And there is a delightful relationship between Wisdom and God ...and between Wisdom and 'the children of men.' The one who listens to Wisdom is blessed.

*'Blessed is the one who listens to me, watching daily at my gates, waiting beside my doors.'* – Proverbs 8

And this Scripture reminds me of another mention of gates in Matthew 7: 'Enter by the narrow gate,' it says. 'For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few.'

When we ignore Wisdom, we destroy ourselves in so many areas of life. The chapter concludes: "He who fails to find wisdom injures himself; all who hate me love death."

It may be hard to hear, but so are disease statistics... so many from unwise choices.

- ✓ Heart disease is the biggest killer of men and women in the USA.
- ✓ High blood sugar is a major contributor to heart disease by damaging the blood vessels and narrowing and hardening through arteriosclerosis.
- ✓ Type 2 Diabetes is also a killer... the 7th highest in the USA.
- ✓ More than 37 million have diabetes in the US (1 in 5 don't know they have it)
- ✓ The number one killer of diabetics is *heart disease*.
- ✓ 90-95% of Diabetics are Type 2 Diabetics – and there is a direct link to Type 2 Diabetes and your diet!
- ✓ Children as young as 10 are being diagnosed with Type 2 Diabetes – something that is totally preventable.

Wisdom calls to us all... to leave the graveyard that could be our future if we don't embrace her. And we who are "aged" – wisdom belongs to us. In our mature years, we are meant to be tied at the hip with wisdom...

**Job 12:12** – *"Wisdom belongs to the aged. Understanding belongs to the old."*

Wisdom is calling in the gates of the grocery aisle, and the gates of your home. And the gates and mouths of your children—those are gates too. Choose life so that you and your children may live! (Deuteronomy 13:19)

## More Scriptures on Wisdom

**Ecclesiastes 7:12** – *“For wisdom is a defense...”*

**Proverbs 4:6-7** – *“Do not forsake wisdom, because she will protect you... Wisdom is supreme... but fools despise wisdom.”*

**Proverbs 17:24** – *“A discerning man keeps wisdom in view.”*

**Proverbs 24:14** – *“Know also that wisdom is sweet to your soul if you find it...there is a future hope for you and your hope will not be cut off.”*



### Trim Healthy Wisdom (Coming Soon)

Pearl & Serene are working diligently on their new book “Trim Healthy Wisdom” and are so excited to bring new solutions to hormonal and resistant weight loss problems.

They will share how to get out of "stuck" and explain how to deal with all things perimenopause/menopause...even how to exercise for the “pause” years!!!

There is still hope and so much to look forward to!

[Click here for more Trim Healthy Podcast Summaries.](#)