

# **Dr. August Konkel, Proverbs, Session 5, Learning to Live [Lectures III, IV, V, VI, VII] Podcast Audio Overview**

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Welcome back, everyone. We're diving into Proverbs today. Ooh, nice.

Yeah. Proverbs. It's full of ancient wisdom, but you know, it's surprising how relevant it still is to our lives.

Even today, we'll be using Dr. August Konkle's lectures on Proverbs as our main source. Yeah. His insights are really something.

He brings it to life. You know, he does. He does, like, right away.

He talks about this idea of mentorship, especially the role parents play. In teaching their kids about wisdom. He tells a great story about his own father, Harold, who was known for always keeping his word, no matter what, you know, and it really got me thinking about integrity, not just talking the talk.

Right. Right. But actually walking the walk.

What are your thoughts on that? It's so important, I think, because actions speak louder than words, right? Like when we think about the lessons we learn from our own parents, it's often the things they did, the way they lived their lives, that really sticks with us. Absolutely. More than just what they told us, you know? It's like they're our first role models.

Exactly. For how to live a good life. Yeah.

Yeah. For me, one of the most valuable lessons my parents taught me was the importance of hard work. Oh, that's a good one.

They always said that anything worth having takes effort and dedication. You know, it's not about taking shortcuts, but putting in the time and energy to really achieve your goals. It's like the journey, isn't it? Yeah, exactly.

Yeah. And, you know, it connects to this concept of the fear of the Lord that Dr. Konkel talks about. Ah, yes.

Now, I know that might sound a little intimidating at first. It does. Yeah.

But it's not about being afraid of some punishing deity. It's more about recognizing that there's something greater than ourselves, a source of wisdom and guidance that we can tap into. I think that resonates with a lot of people, even those who wouldn't consider themselves religious.

I think so, too. It's that sense of humility. You know, recognizing that we don't have all the answers.

Yeah, that we need help. Yeah, exactly. And being open to seeking guidance, whether it's from, you know, a higher power or a mentor or even just our own inner wisdom.

It's about being open to learning and growing. Exactly. And Dr. Konkel points out that this fear of the Lord can lead to benefits in all areas of life.

Oh, interesting. Like health, wealth, and even those tough times, the corrections and challenges we all face. So it's not about avoiding problems altogether, but more about seeing those challenges as opportunities for growth.

It's like that saying, smooth seas never made a skilled sailor. I love that. Yeah.

It's those rough patches that really shape us. Yeah. Refine us.

Yeah. And make us stronger, ultimately. So we've talked about parental guidance and this idea of recognizing something greater than ourselves.

What other, like, life rules does Dr. Konkel impact? Well, he talks about finding security and living with dignity. He dives into Proverbs 3.21-22 and emphasizes things like competence, discretion, and integrity. Those are the keys to true security.

That makes sense. Making wise choices, thinking before you act, and living in a way that's aligned with your values. Right.

It's about that alignment, isn't it? Yeah. It's funny. He even brings up, um, remember that cartoon character? The one who always clings to his security blanket? Oh, yeah.

Yeah. It's this classic image of needing security. Yeah.

But Dr. Konkel says true security isn't about external things, but an internal state of being. That's deep. It is.

What do you think about that? Have you found that sense of inner security in your own life? Ooh, that's a big question. I think for me, it's about finding balance. Like striving for excellence, but also accepting that I'm not perfect.

Yeah. That I'm going to make mistakes. We all do.

Yeah. Yeah. It's about learning from those mistakes and not letting them define me.

That's a really healthy perspective. It's about growth and evolution. Speaking of learning, Dr. Konkel gives us a glimpse into education in ancient Israel.

Did you know that most of it happened at home? Really? Yeah. He even mentions this phrase, uh, Tzav, tzav, tzav, tzav, tzav, tzav. What is that? It represents the sounds of kids learning the alphabet back then.

Wow. That's fascinating. It is.

It makes you think about how those early lessons, even something as simple as the alphabet, played a role in shaping the wisdom tradition we see in Proverbs. It's all connected. It is.

It highlights literacy and passing down knowledge. And as we grow up, we're exposed to influences outside the family. That's where Dr. Konkel's next point comes in.

Yeah. The warning against the wicked and the influence of culture. Okay.

The wicked. Now, is he talking about like some evil villain? Not exactly. It's more about those influences, internal and external, that tempt us to stray from our values.

Ah, I see. Like those temptations that can lead us astray. It connects it to contemporary culture, pointing out how it can pressure us to conform, even if it means compromising our integrity.

Right, right. Have you ever felt that pressure, like that pull to fit in? Oh yeah. Even if it means going against your beliefs? Absolutely.

It's a constant tension, isn't it? It is. Between belonging and being true to yourself. Yeah.

And finding that balance is tough. Yeah. And that's where courage comes in.

It does. You need courage to stand up for what you believe in. Especially when everyone else disagrees with you.

This leads us to one of the most powerful ideas in Proverbs: the right mind and the power of our thoughts. Okay. Tell me more about that.

Proverbs 4.23 says, above all else, guard your heart, for everything you do flows from it. So our thoughts shape our actions, our words, our lives. Wow.

That's powerful. It is. It's like we're the gardeners of our own minds, weeding out the negative thoughts and planting seeds of positivity and hope.

That's a beautiful image. Yeah. That's where true transformation begins, from the inside out.

It starts with our thoughts. This has been such an insightful exploration. So far, we've talked about parental guidance, this idea of recognizing something greater than ourselves, and the power of our thoughts.

It's a lot to think about. It is. And there's so much more to unpack in Dr. Konkel's lecture.

You know, it's amazing how Proverbs connects all these different parts of life. Yeah. Like money and relationships and our thoughts.

Exactly. Dr. Konkel really dives into this idea of focus. Building on that verse, you know, above all else, guard your heart, for everything you do flows from it.

Right. Right. It's not enough to just be aware of our thoughts.

We have to choose which ones we focus on. Okay. And this applies to everything.

Relationships, our goals, even how we deal with challenges. That makes sense. It's easy to get distracted by things that don't really matter, you know? Oh, absolutely.

Like comparing ourselves to others, that kind of thing. Oh yeah. Especially with social media these days.

Right. It's everywhere. But Proverbs tells us to shift our focus, to celebrate other people's success instead of letting comparison steal our joy.

It's about recognizing that everyone has their own path. Exactly. We can learn from each other.

Yes. And when it comes to our goals, Proverbs reminds us that a clear vision and discipline—that's what brings results. Okay.

But it's not about pushing ourselves to burn out, right? No, not at all. It's about finding that balance, striving for excellence, but also knowing our limits. Yeah.

Knowing when to rest. Yeah, exactly. Being intentional with our energy.

That's important. And speaking of challenges, Proverbs doesn't pretend life is easy, does it? No, not really. It acknowledges the tough stuff, the setbacks, the difficulties, but it frames them as opportunities for learning and growth.

Okay. Interesting. It's not about seeing them as defeats, but as stepping stones to wisdom.

Dr. Konkel uses this word: correction. And he's not talking about punishment. It's more like those moments when we get nudged back on course, even if it's through a difficult experience.

Have you ever had one of those correction moments? Oh, definitely. I remember this one time I made a big mistake at work. Oh no.

I felt awful, like a total failure, but I learned so much from it. What did you learn? Well, I learned to be humble, to admit my mistakes, and to learn from them. And you know what? It actually led to a positive change in my career.

Wow. That's amazing. Yeah.

So even those painful moments, they can have a hidden gift. They can lead to growth and transformation. Exactly.

And another thing Proverbs emphasizes is this connection between our thoughts, our words, and our actions. Okay. So, like, how we think influences how we act.

Yes. And Proverbs talks about the power of words, how they can build up or tear down. It warns against gossip, slander, harsh speech.

That makes sense. Because our words have a ripple effect. They affect other people.

Yeah. Not just the person we're talking to, but the whole community. It's like people may forget what you said, but they'll never forget how you made them feel.

That's so true. We need to choose our words carefully. Yes.

Speak with kindness and intention. I remember this time I was going through something really tough and a friend just said this simple thing. What'd she say? She reminded me of my strengths, and it completely shifted my perspective.

Oh, wow. I felt the surge of confidence and hope. It's amazing how powerful words can be.

It really is. They can change someone's whole day. Absolutely.

And Proverbs also gives us advice about money. Oh yeah. What does it say? Well, it's not about getting rich quick or hoarding wealth.

Okay. It's about using what we have wisely and being generous. I like that.

Yeah. It's about aligning our finances with our values. Right.

So it's not about money being bad. No. It's about how we use it.

Exactly. Making sure our choices reflect our integrity, our compassion. It's about making sure our actions match our values.

I think Dr. Konkle makes a good point. Connecting these ancient teachings to our modern world. Yeah.

How so? He talks about the pressure of culture today. You know, the allure of instant gratification. Oh yeah.

And all the messages that try to pull us away from our values. It's like a constant bombardment. It is.

Yeah. How do you stay grounded amidst all that noise? Well, for me, it's about finding quiet time, you know? Okay. Time for reflection, whether it's meditation, spending time in nature, or just disconnecting from technology.

Disconnecting is so important. It is. It's about creating space to reconnect with myself.

Yeah. To remember what really matters. And Proverbs offers this antidote to the craziness.

Okay. It reminds us to slow down, to reflect, to seek wisdom. To cultivate those inner qualities that help us through life.

Exactly. It's about finding that balance. Balance between success and nurturing our souls.

Yeah. Making sure we're not just making a living, but making a life. Beautiful.

One of the most powerful things I'm taking away from Proverbs is that wisdom isn't something we're born with. It's something we develop. Yeah.

We cultivate it. We practice it. It's like a muscle that gets stronger the more we use it.

I love that analogy. And Proverbs gives us the guidance we need on that journey. It does.

So how have you been integrating these Proverbs principles into your daily life? Well, I've been trying to start each day with intention. Oh, tell me more about that. Instead of just jumping into the chaos, I take a few minutes to reflect, to connect with my values, and to set an intention for how I want to show up that day.

Wow. That's powerful. It's about being proactive, you know? Yeah.

Making conscious choices. And another thing I do is surround myself with people who inspire me. Like people who embody wisdom and integrity.

Exactly. It's like having a support system. Yeah.

A team of mentors. Cheering us on, holding us accountable. It's been amazing exploring these teachings, seeing how they connect to our lives today.

I agree. It's inspiring to see how these ancient words still speak to us. It's a reminder that wisdom is timeless.

It's a treasure available to anyone who seeks it. You know, it's really amazing how Proverbs, like, weaves together all these different aspects of life. It does, doesn't it? Like, it's this guidebook.

It is. For relationships, purpose, even, like, our inner world. Yeah.

And Dr. Konkle, he keeps coming back to this theme of relationships, how important they are. Oh, absolutely. Proverbs reminds us that we're not meant to be alone.

You know, we need that connection, the support, the encouragement. Yeah. Like, it takes a village, right? Exactly.

True success and fulfillment come from those healthy relationships. Would you agree with that? Oh, 100%. I can think of so many times when I faced challenges, and it was the people around me- my family, my friends, my mentors who helped me through it.

They make all the difference. It's like having a safety net, you know? Yeah. Knowing you're not alone.

And Proverbs gives us guidance on how to actually build those relationships. Yeah. What does it say? It emphasizes things like loyalty, trustworthiness, kindness, forgiveness.

Those are important qualities. They are, but it's a two-way street, right? It's not just about what we receive, but what we give. It's about being there for each other.

Showing up even when it's hard. Exactly. Making those relationships a priority.

It's an investment. It is. And it's fascinating how Proverbs connects our inner world to our outer experiences.

Okay. What do you mean? Like our thoughts, our attitudes, our beliefs- they directly affect our relationships and even our whole experience of life. So, like, if we want to change our world, we have to start with ourselves.

Yeah. As within, so without. Right.

And that brings us to one of the most challenging parts of Proverbs. Okay. What's that? It's this call to self-reflection.

To look inward. Yeah. To take a really honest look at ourselves.

Our motivations, our behaviors, and to see where we might be falling short. That can be tough. It can be.

Yeah. But it's not about beating ourselves up. It's about approaching it with curiosity and compassion.

Self-compassion. I like that. It's like holding up a mirror, asking those tough questions that lead to growth.

What helps you with self-reflection? You know, journaling has been really helpful for me. Oh, interesting. How so? Just taking a few minutes each day to write down my thoughts and feelings.

It helps me process things. See patterns in my behavior. Okay.

That makes sense. And having those trusted friends or mentors who can give honest feedback. That's helpful too.

It's like that outside perspective. Yeah. To see the things we might miss.

It's so valuable. And Proverbs emphasizes seeking guidance, you know? From wise people. Yeah.

Mentors. Those trusted friends who can support us and keep us accountable. It's okay to ask for help.

It is. We don't have to have it all figured out. What strikes me about Proverbs is that it doesn't present wisdom as a destination, but a journey.

A lifelong journey. Full of twists and turns. Yeah.

Ups and downs. But it's through those experiences that we truly learn and grow. Embrace the process.

Right. Exactly. And Dr. Tonkel's lecture has been an amazing guide on this journey through Proverbs.

It has been. It's been really inspiring. It's a reminder that these teachings are timeless.

They offer hope for every generation. Well, as we wrap up our deep dive into Proverbs, I hope you're leaving with a sense of awe and gratitude for its wisdom. I know I am.

I encourage you to think about what resonated with you most. If you could choose one piece of wisdom to focus on this week, which would it be? Let those words guide you, shape your choices, and inspire you to live a life full of purpose and joy.