



IHL Devotionals 2025-26: Intro to Proverbs

This year our devotionals will go through the book of Proverbs. This book contains advice to achieve wisdom and godly living.

You will notice this book does not have a plot line like other books of the Bible. It is a collection of advice for right living. Most of the book is attributed to King Solomon, known as a wise king who lived nearly 1,000 years before Christ.

We chose this book for three main reasons.

1. It's easy to understand and is applicable to your daily life
2. We want to get the men in this league into your Bibles regularly
3. We want devotionals to spark discussion in locker rooms

The fellowship and discussions we have in this locker room are what make the league special. The most memorable moments I've had in the IHL didn't come on the ice or by reading a packet in the locker room. They came when men were willing to share and discuss these topics in the safe space of our fellowship.

Participation in devotionals is not mandatory, but you are all encouraged to speak up, ask questions, and share lessons from your own lives and faith journeys. What happens here stays here.

Additionally, you are all encouraged to follow along in your own bible – bring your own printed copy, use the app, whatever works best for you. The weekly readings will be on the website ahead of time.

Today we're starting with Proverbs 1. Proverbs is practical, poetic, and relevant. But don't misinterpret its simplicity. View these sentiments within the bigger picture of scripture. Proverbs are not rules; they're tools. It's up to you to know which one to apply to the situations you encounter in life.

Open your Bibles...

*** Read Proverbs 1 out loud in the locker room. You can ask for volunteers.

Discussion launching points

- Focus in on 1:7 ... Fear of the Lord is the foundation of true knowledge, but fools despise wisdom and discipline.
 - What does fear of the Lord look like?
- Are we ever done acquiring wisdom?
 - No. Emphasize 1:5.

Closing prayer & prayer requests

(Next week: read Proverbs 2 and 3)