



ראשית חכמה יראת יהוה

ray-SHEETH khok-MAH yee-RAH yah-veh

Psalm 111:10

the beginning of wisdom [is] the fear of the LORD



Godly Wisdom (James 3:13-18)

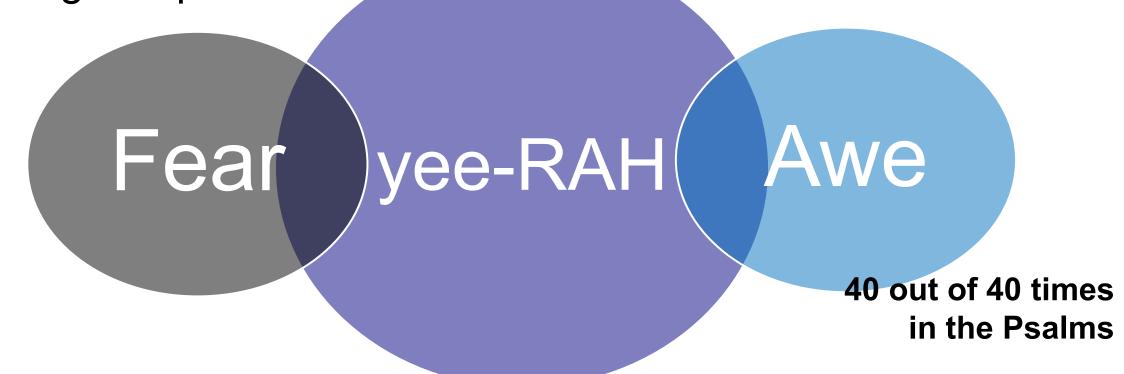
If you are wise and understand God's ways, prove it by living an honourable life, doing good works with the humility that comes from wisdom...

The wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favouritisms and is always sincere. And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.



The [yee-RAH] of the Lord

Those who experience [yee-RAH] in God's presence know their rightful place in the universe.



A suitable English word to translate [yee-RAH] is AWE.

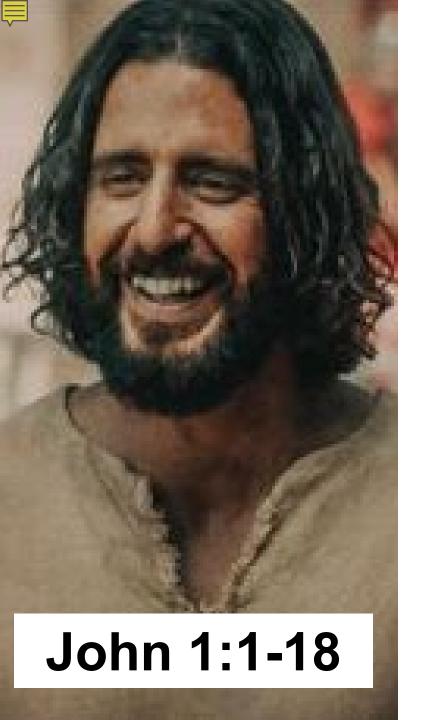


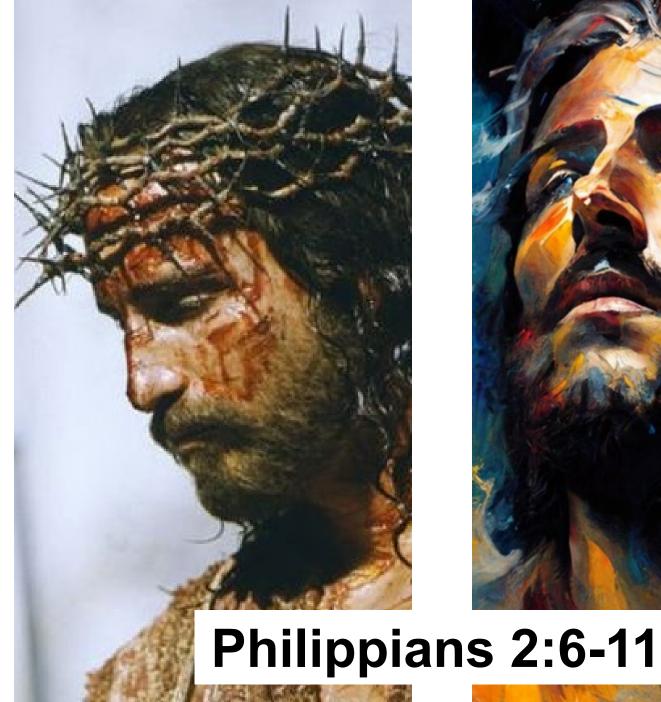
[yee-RAH] as AWE

Awe inspires a desire in us to let the Reality shine in all its fullness. To acknowledge its brilliance. To stand quietly before it and allow it to flood deep into our souls. (Brené Brown)

- AWE. Being overwhelmed by the vastness of the incomprehensible
- AWE. Being in the presence of something that transcends our current understanding of the world. (Keltner, 2023)
- AWE. Evokes a sense of humility and connectedness with others.









God is love. 1 John 4:8-19

God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him.



Our response to an Awesome God

Genuine Experience of God leads to Genuine Humility.

"God resists the proud but gives grace to [shares his life with] the humble." Prov 3:34 AND James 4:6 AND 1 Pet 5:5

Boldly come before the throne of grace. Hebrews 4:16

- Not "I am a worm", rather God is awesome!
- Not self-worth, but God-valued. The awesome God loves me!

We are connected to one another, loved by the same God.

PERMA and Science of Wellbeing

Positive Emotions

Engaged

Relationships

Mission & Purpose

Accomplishment

Exploring the Psalms for

POSITIVE EMOTIONS

- 1. Awe (Humility)
- 2. Contentment
- 3. Gratitude
- 4. Praise
- 5. Courage
- 6. Joy

The beginning of wisdom [is] the fear of the LORD. **Psalm 111:10.** Cultivating the AWE of God will lead us into a life of godliness.

- (1) Recall those times when you have experienced awe.
- (2) Revisit those experiences. Make new experiences.
- (3) Take time to be fully present.
- (4) Don't try to grasp awe; allowing awe to take hold of you.

AWE is a (mystical) experience that makes us feel small and connected at the same time.