



## **The Wisdom Compass: A 31-Day Journey to Wisdom-Filled Living**

Theodore Henderson

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*The Wisdom Compass* is a new way to engage with Scripture and grow in self-knowledge. Author Theodore Henderson uses the Bible's Book of Proverbs as the framework for a month-long journey of self-discovery, taken in doses of one chapter a day.

The Book of Proverbs, also known as the Book of Wisdom, is a collection of sayings grouped in 31 chapters, each consisting of about 30 verses. The book is a challenge to read because nearly every verse offers good advice, but too many pieces of advice taken together become indistinguishable. Henderson gives readers a structure to measure out the dose of proverbs and immediately put that wisdom to use.

Each of Henderson's chapters highlights one theme from a corresponding chapter in Proverbs and offers clear and perceptive commentary on the theme in five or six pages, punctuated by three or four memorable Scripture verses. Each chapter closes with several lined pages readers can use to write answers to self-reflection questions. Henderson suggests readers set aside 30 to 40 minutes for each day's chapter.

For example, the theme of Proverbs 15 is controlling one's attitude toward life. Henderson comments on managing anger, "A gentle answer turns away wrath, but a harsh word stirs up anger" and on being a positive influence on oneself and others, "All the days of the oppressed are wretched, but the cheerful heart has a continual feast." He then asks readers to write down life events that were defining moments, whether for good or bad, and what made them good or bad, then take five minutes to write down five goals. It's a revealing exercise.

*The Wisdom Compass* is a thought-provoking method for readers to probe the Book of Proverbs. Those seeking to add daily Bible reading and Scripture-based self-assessment to their prayer life will find Henderson's book encouraging and even inspiring.

Also available as an ebook.

For more information visit [www.TheWisdomCompass.com](http://www.TheWisdomCompass.com).