high school

Lesson 4 / September 27, 2026

Wise Counsel

By RLD Editorial Team

for use as STEP 1

Lesson 4
Focus:
Listen to godly advice.

Lesson 4
Bible Basis:
Proverbs 22:17-21
23: 4-5, 17-21; 24:3-6

Lesson 4
Memory Verse:
Listen to advice and accept discipline, and at the end you will be counted among the wise.
—Proverbs 19:20

Students will learn about the teenage brain and risk-taking as they explore the value of godly advice.

Materials:
☐ None

➢ **What was the stupidest, riskiest thing you've ever wanted to try? Did you attempt it?** (Give students some freedom to share their stories without judgment. Be prepared to share your own youthful experience.)

Have you ever heard people refer to teenagers as dumb or impulsive? These impulses aren't because teenagers aren't intelligent, but rather because their brains haven't finished developing. Because teenagers' brains are still growing, they are a set of opposites. One minute you might feel insecure and unsure about life—and the next minute you feel like you can conquer the world.

➢ **Research suggests that the teenage brain goes through many changes in a few short years. Besides science, why do you think teenagers are more susceptible to making questionable decisions?** (Students might mention a need for attention, approval from peers, human nature, the desire to push back against authority, etc.)

Let's watch a video that explains some of the science behind why teenagers can be more susceptible to making questionable decisions.

Show the following short video to your students [0:34]:
Teen Brain Development: Why Decisions Change After 24
https://www.youtube.com/shorts/7P9pl2NXce4

➢ **As we learned in the video, our brains develop until we're twenty-four years old. Before our brains are fully developed, we are more prone to risky or questionable decision-making. Do you think boys are more prone to risk-taking than girls—or is that just a stereotype?** (Answers will vary.)

- **From your experience, where do most teenagers seek advice about their lives? Where have you sought advice in the past?** (The Internet, peers, parents, and other trusted adults are all places teens go for advice.)

The Book of Proverbs shares some important insights into wise living, whether that involves money, friendships, temptations, how we treat parents, and planning for the future along with many others. But seeking wise counsel isn't easy—especially when we often think we know best. Let's check out what the Bible says about it!

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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In this step, you will be challenging your students to seek wise counsel in three areas of their life: how they spend their money, how they respect their parents, and how they choose their friends. Allow your students to choose a partner and then challenge them with the self-reflection below. If your class is meeting online, you can use the breakout room feature of your video chat software.

The Book of Proverbs instructs us in many practical ways. You and your partner will be evaluating three areas of your life: money, parents, and friendships. Feel free to speak honestly with each other as you are prompted to discuss some key questions.

➢ **When it comes to money, how do you decide what to spend? Are you influenced by advertisers and online promotions? What are some biblical principles you can follow?** (Allow partners to share.)

➢ **Do you trust your parents to give you wise counsel? What does the Bible say about respecting your parents? Even if they're not perfect, why is it important to listen to their advice?** (Give partners an opportunity to discuss together.)

➢ **What is the link between friendships and success? What does the Bible say about our companions? Are you having trouble distancing yourself from unwise friendships?** (Allow teens to discuss if they want to; if interpersonal relationships are with mutual friends in the group, students may not wish to respond. Students should feel free to interact with their partner or contemplate their answer privately.)

After your students have had time to discuss with a partner, prompt them to spend some alone time to reflect on what they've uncovered in their own lives. Give them an opportunity to write down areas that require wise counsel at this very moment.

With all we've learned today, now it's time to take action! Identify at least one person in your life who's qualified to give you wise, biblical advice. Choose someone who is readily available and trustworthy—someone you've already formed a relationship with. Will you agree to contact them this week? Let this person know you consider them to be a person of integrity and wisdom, and see if he or she would be willing to meet with you. Connect with them on the areas you identified and reach out for wise counsel.

As you close, be sensitive to students who might feel disconnected from trusted, godly role models. Encourage your adult leaders to be available for prayer and counsel. When you are finished, pray together, asking God to supply an extra measure of wisdom to your students as they grow and learn.

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