

Gathering #1094/Livestream #314

March 15, 2026

Sermon: We Become What We Eat

Proverbs 9 (p. 517)

Wisdom's Table (vs. 1-6)

Observations and Teaching (vs. 7-12)

Folly's Table (vs. 13-18)

Even the structure teaches:

A. Wisdom's house:

B. Wisdom's invitation:

C. Two responses:

D. Core truth:

C. Two consequences

B. Folly's invitation:

A. Folly's house:

We _____ what we _____.

Nathan Oates 3.15.2026

WELCOME TO EMMAUS

We're so glad you're here!

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NEXT:

TODAY: New to Emmaus Lunch in the Cottage, 12:30.

4.3: Good Friday Art Walk in Beermann Plaza, 5p-8p

4.5: Three Easter Sunday gatherings
8:00: early risers!
9:30: kids classes; live-streamed
11:00: kids classes

Come a little early or stay after to enjoy food and community in Beermann Plaza, from 8:45 to 11.

4.12: Foundry Spring Lunch: Cottage, 12:45. Come hear more about the impact of the Foundry Youth Center! All are welcome.

DISCUSSION QUESTIONS:

- Share an opening comment or question about the sermon.
- Share an experience where the difference between two options was shockingly clear.
- Read and comment on Proverbs 9, take it just one or two verses at a time.
- Which word/phrase from this chapter is most interesting or instructive or challenging to you?
- How are the two invitations similar and different?
- How do you see "what you eat" - people, conversations, habits, environments - forming you?
- Re-read Prov. 9:10. What could you do this week to live in light of this truth?



watch/listen to Emmaus sermons: emmaus.church/sermons, or "emmaus church community" on apple podcasts