

31

Days in Proverbs

One chapter of Proverbs a day, from October 16 to
our Opening Worship Night

“The fear of the LORD is the beginning
of knowledge.” Proverbs 1:7 CSB

TheCheckPoint Online
For the March 2027 MTLE batch

WELCOME

Before any lecture, we ask for wisdom.

Read one chapter of Proverbs a day from October 16 to November 15, 2026, and finish on the night of our Opening Worship. That is 31 chapters in 31 days, about 5 minutes a day, before MCE Core Review begins on November 16.

DAY 1 OPENS WITH

“The fear of the LORD is the beginning of knowledge.”

Proverbs 1:7

DAY 31 CLOSSES WITH

“A woman who fears the LORD will be praised.”

Proverbs 31:30

Proverbs begins and ends with the fear of the **LORD**. Our review season starts the same way.

ABOUT 5 MINUTES A DAY

How to use this guide

1

Read the day's chapter

Any translation works. This guide quotes the CSB.

2

Find the anchor verse

Look for it as you read.

3

Read the note for review season

A few lines connecting the verse to this season.

4

Answer the reflection question

Privately, in a notebook or during your prayer time.

5

Tick the day on your tracker

Small, faithful steps until Opening Worship Night.

Missed a day?

Simply read today's chapter and keep going. This is a daily meeting with the Lord, not a test to pass.

A gentle note

Proverbs gives wisdom, not guarantees. Verses about diligence and plans do not promise that we will pass. We prepare faithfully and leave the results to God.

31 Days in Proverbs

Tick each day as you finish the chapter.

Oct 16 Prov 1	Oct 17 Prov 2	Oct 18 Prov 3	Oct 19 Prov 4	Oct 20 Prov 5	Oct 21 Prov 6
Oct 22 Prov 7	Oct 23 Prov 8	Oct 24 Prov 9	Oct 25 Prov 10	Oct 26 Prov 11	Oct 27 Prov 12
Oct 28 Prov 13	Oct 29 Prov 14	Oct 30 Prov 15	Oct 31 Prov 16	Nov 1 Prov 17	Nov 2 Prov 18
Nov 3 Prov 19	Nov 4 Prov 20	Nov 5 Prov 21	Nov 6 Prov 22	Nov 7 Prov 23	Nov 8 Prov 24
Nov 9 Prov 25	Nov 10 Prov 26	Nov 11 Prov 27	Nov 12 Prov 28	Nov 13 Prov 29	Nov 14 Prov 30
Nov 15 Prov 31 Worship Night					

“For the LORD gives wisdom; from his mouth come knowledge and understanding.” Proverbs 2:6 CSB

Proverbs 1

Week 1 • Wisdom Begins With God

ANCHOR VERSE

“The fear of the LORD is the beginning of knowledge; fools despise wisdom and discipline.”

Proverbs 1:7 CSB

FOR REVIEW SEASON

Before Clinical Chemistry, before Hematology, before any reviewer or recall, true knowledge begins with reverence for God. We start this season on our knees, not on our notes.

REFLECT

What would it look like to put the Lord first in my review, not just pray at the end of it?

Proverbs 2

Week 1 • Wisdom Begins With God

ANCHOR VERSE

“For the LORD gives wisdom; from his mouth come knowledge and understanding.”

Proverbs 2:6 CSB

FOR REVIEW SEASON

Understanding is a gift we ask for, not only something we produce. Asking God for understanding and showing up to study are not opposites. We do both.

REFLECT

Which subject do I most need to ask God for understanding in?

Proverbs 3

Week 1 • Wisdom Begins With God

ANCHOR VERSE

“Trust in the LORD with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight.”

Proverbs 3:5–6 CSB

FOR REVIEW SEASON

“All your ways” includes the review schedule, the hard topics, and the board exam itself. Relying on our own understanding means relying only on our own strategies and strength, as if God were not part of the plan.

REFLECT

Where am I relying on my own understanding right now?

Proverbs 4

Week 1 • Wisdom Begins With God

ANCHOR VERSE

“Guard your heart above all else, for it is the source of life.”

Proverbs 4:23 CSB

FOR REVIEW SEASON

We protect our gadgets, our notes, and our schedules. This verse asks us to protect our hearts first, because fear, comparison, and discouragement start there.

REFLECT

What has been entering my heart lately that I need to guard against?

Proverbs 5

Week 1 • Wisdom Begins With God

ANCHOR VERSE

“My son, pay attention to my wisdom; listen closely to my understanding so that you may maintain discretion and your lips safeguard knowledge.”

Proverbs 5:1–2 CSB

FOR REVIEW SEASON

This chapter is a father’s warning against sexual immorality, which seems sweet at first but ends in bitterness (5:3–4). Review season does not pause our call to purity. Listening to God’s wisdom is how we guard our hearts and relationships in a stressful season.

REFLECT

Is there a relationship or habit I need to bring into the light before God?

Proverbs 6

Week 1 • Wisdom Begins With God

ANCHOR VERSE

“Go to the ant, you slacker! Observe its ways and become wise. Without leader, administrator, or ruler, it prepares its provisions in summer; it gathers its food during harvest.”

Proverbs 6:6–8 CSB

FOR REVIEW SEASON

The ant prepares early and steadily, even when no one is checking. These weeks before review are our “summer”: a quiet time to prepare before the season begins.

REFLECT

What is one small thing I can prepare today, even if no one sees it?

Proverbs 7

Week 1 • Wisdom Begins With God

ANCHOR VERSE

“Keep my commands and live, and guard my instructions as you would the pupil of your eye. Tie them to your fingers; write them on the tablet of your heart.”

Proverbs 7:2–3 CSB

FOR REVIEW SEASON

In this chapter, a father urges his son to keep God’s commands close so they will guard him from the path of temptation (7:4–5). Before we memorize a single lab value, we let God’s Word go deep enough to guard our lives.

REFLECT

What verse do I want written on my heart before Day 1?

Proverbs 8

Week 2 · Habits of a Wise Heart

ANCHOR VERSE

“I love those who love me, and those who search for me find me.”

Proverbs 8:17 CSB

FOR REVIEW SEASON

Wisdom is something we seek on purpose, not something that falls on us by accident. Searching for wisdom means coming back daily, even on slow days.

REFLECT

How am I seeking God’s wisdom this week, especially in His Word?

Proverbs 9

Week 2 · Habits of a Wise Heart

ANCHOR VERSE

“The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is understanding.”

Proverbs 9:10 CSB

FOR REVIEW SEASON

This echoes Day 1 on purpose. Knowing God is the foundation that makes every other kind of knowledge sit in its proper place.

REFLECT

Am I getting to know God this season, or only asking Him for things?

Proverbs 10

Week 2 · Habits of a Wise Heart

ANCHOR VERSE

“The one who lives with integrity lives securely, but whoever perverts his ways will be found out.”

Proverbs 10:9 CSB

FOR REVIEW SEASON

Integrity in review means honest effort, honest answers on practice exams, and no shortcuts we would hide from others. Integrity gives a quiet kind of security.

REFLECT

Is there any shortcut I've been tempted to take?

Proverbs 11

Week 2 · Habits of a Wise Heart

ANCHOR VERSE

“When arrogance comes, disgrace follows, but with humility comes wisdom.”

Proverbs 11:2 CSB

FOR REVIEW SEASON

Humility asks the question in class, admits “I don’t get this yet,” and accepts correction from a rationale. Pride keeps quiet and stays confused.

REFLECT

What question have I been too proud or shy to ask?

Proverbs 12

Week 2 · Habits of a Wise Heart

ANCHOR VERSE

“Anxiety in a person’s heart weighs it down, but a good word cheers it up.”

Proverbs 12:25 CSB

FOR REVIEW SEASON

Anxiety is real, and Scripture names it honestly. A good word, from God’s Word or from a friend, can lift a heavy heart. You can also be that good word for someone else.

REFLECT

Who needs a good word from me this week?

Proverbs 13

Week 2 · Habits of a Wise Heart

ANCHOR VERSE

“The one who walks with the wise will become wise, but a companion of fools will suffer harm.”

Proverbs 13:20 CSB

FOR REVIEW SEASON

The people and content we spend time with shape us. That includes friends, group chats, and the accounts we scroll through at night.

REFLECT

Who and what am I walking with this season?

Proverbs 14

Week 2 · Habits of a Wise Heart

ANCHOR VERSE

“There is profit in all hard work, but endless talk leads only to poverty.”

Proverbs 14:23 CSB

FOR REVIEW SEASON

Talking about reviewing is not the same as reviewing. Even a small, honest hour of work bears fruit that planning alone cannot.

REFLECT

Where am I talking or planning more than doing?

Proverbs 15

Week 3 · Plans in God's Hands

ANCHOR VERSE

“Plans fail when there is no counsel, but with many advisers they succeed.”

Proverbs 15:22 CSB

FOR REVIEW SEASON

You don't have to plan your review alone. Mentors, lecturers, classmates who went before you, and your family can help you see what you can't see by yourself.

REFLECT

Whose counsel do I need to ask for before Day 1?

Proverbs 16

Week 3 · Plans in God's Hands

ANCHOR VERSE

**“Commit your activities to the LORD,
and your plans will be established.”**

Proverbs 16:3 CSB

FOR REVIEW SEASON

Committing our work to the Lord is not a formula for a passing score. It means placing our plans, effort, and results in His hands. Verse 9 of this chapter says it plainly: we plan our way, but the LORD determines our steps.

REFLECT

What part of my review plan do I need to hand over to God today?

Proverbs 17

Week 3 · Plans in God's Hands

ANCHOR VERSE

“A joyful heart is good medicine, but a broken spirit dries up the bones.”

Proverbs 17:22 CSB

FOR REVIEW SEASON

We're past the halfway mark. Joy is not a distraction from preparation; it is part of a healthy heart. Rest, laughter, and time with family are good gifts, not wasted time.

REFLECT

What gives my heart healthy joy, and have I made room for it?

Proverbs 18

Week 3 · Plans in God's Hands

ANCHOR VERSE

**“The name of the LORD is a strong tower;
the righteous run to it and are
protected.”**

Proverbs 18:10 CSB

FOR REVIEW SEASON

When fear rises, where do we run first: to our phones, to comparison, to overthinking? This verse invites us to run to God first.

REFLECT

Where do I usually run when I feel afraid?

Proverbs 19

Week 3 · Plans in God's Hands

ANCHOR VERSE

“Even zeal is not good without knowledge, and the one who acts hastily sins.”

Proverbs 19:2 CSB

FOR REVIEW SEASON

Eagerness without understanding leads to rushing. Cramming many topics quickly may feel productive, but steady understanding lasts longer.

REFLECT

Where am I rushing instead of understanding?

Proverbs 20

Week 3 · Plans in God's Hands

ANCHOR VERSE

“Counsel in a person’s heart is deep water; but a person of understanding draws it out.”

Proverbs 20:5 CSB

FOR REVIEW SEASON

Our real motives sit deep in the heart, and wisdom takes time to draw them out. Why am I taking this exam, and whom am I doing it for?

REFLECT

What is truly driving me this season: fear, pressure, or a desire to serve God and others?

Proverbs 21

Week 3 · Plans in God's Hands

ANCHOR VERSE

“A horse is prepared for the day of battle, but victory comes from the LORD.”

Proverbs 21:31 CSB

FOR REVIEW SEASON

This may be the clearest picture of our season. We prepare the horse faithfully: lectures, notes, practice exams. The outcome, whatever it is, belongs to the Lord. “Victory” here is not a promise that we will pass; it reminds us who holds the result.

REFLECT

Am I preparing faithfully and trusting God with the outcome, or am I trying to carry both?

Proverbs 22

Week 4 • Walking Together

ANCHOR VERSE

“Listen closely, pay attention to the words of the wise, and apply your mind to my knowledge.”

Proverbs 22:17 CSB

FOR REVIEW SEASON

Proverbs calls us to pay attention to the words of the wise and apply our minds to them. Before the season begins, ask God for a teachable heart that listens to wise counsel, most of all His Word.

REFLECT

What wise counsel do I need to listen to more carefully?

Proverbs 23

Week 4 • Walking Together

ANCHOR VERSE

“Don’t let your heart envy sinners; instead, always fear the LORD. For then you will have a future, and your hope will not be dashed.”

Proverbs 23:17–18 CSB

FOR REVIEW SEASON

This passage warns against envy and calls us to keep fearing the LORD. Comparison is common in review season, but our hope rests on God, not on how we measure up. Whatever the board exam brings, our future is held by Him.

REFLECT

Whom have I been comparing myself with, and where is my hope resting?

Proverbs 24

Week 4 • Walking Together

ANCHOR VERSE

“Though a righteous person falls seven times, he will get up, but the wicked will stumble into ruin.”

Proverbs 24:16 CSB

FOR REVIEW SEASON

In context, this verse speaks of the righteous facing trouble and being upheld by God. It is a comfort, not a promise about exam results. For retakers and anyone who has fallen before, falling is not the end of the story when God holds us.

REFLECT

What past fall do I need to bring to God so I can rise and move forward?

Proverbs 25

Week 4 · Walking Together

MCE OPENS TODAY

ANCHOR VERSE

“A word spoken at the right time is like gold apples in silver settings.”

Proverbs 25:11 CSB

FOR REVIEW SEASON

MCE opens today. A kind word to a batchmate on Day 1 can mean more than you know. Let's build a community where encouragement is normal.

REFLECT

Whom can I encourage today, even with one sentence?

Proverbs 26

Week 4 · Walking Together

ANCHOR VERSE

“Do you see a person who is wise in his own eyes? There is more hope for a fool than for him.”

Proverbs 26:12 CSB

FOR REVIEW SEASON

The “easy” subjects are often where overconfidence costs us. Staying teachable protects us from blind spots.

REFLECT

Which topic do I think I already know well enough, and should I check that?

Proverbs 27

Week 4 · Walking Together

ANCHOR VERSE

“Iron sharpens iron, and one person sharpens another.”

Proverbs 27:17 CSB

FOR REVIEW SEASON

A good study buddy sharpens you: asking questions, checking answers, and praying for each other. Sharpening sometimes feels uncomfortable, and that's part of growth.

REFLECT

Who sharpens me, and whom can I help sharpen?

Proverbs 28

Week 4 · Walking Together

ANCHOR VERSE

“The one who conceals his sins will not prosper, but whoever confesses and renounces them will find mercy.”

Proverbs 28:13 CSB

FOR REVIEW SEASON

Before a new season starts, it is good to come clean before God. His mercy is generous. We don't need to carry hidden weight into Day 1.

REFLECT

Is there anything I need to confess and leave behind before review begins?

Proverbs 29

Final Days · Ready to Begin

MENTAL HEALTH SESSION

ANCHOR VERSE

“The fear of mankind is a snare, but the one who trusts in the LORD is protected.”

Proverbs 29:25 CSB

FOR REVIEW SEASON

Today is our Mental Health Session. Many of us carry the fear of people: what classmates, relatives, or people on social media will say about our results. That fear traps us. Trusting the Lord sets us free from it.

REFLECT

Whose opinion have I been carrying, and can I lay it down before God?

Proverbs 30

Final Days · Ready to Begin

GENERAL ORIENTATION

ANCHOR VERSE

“Every word of God is pure; he is a shield to those who take refuge in him.”

Proverbs 30:5 CSB

FOR REVIEW SEASON

Today is General Orientation. Reviewers and notes will be updated and improved, but God’s Word is pure and unchanging. Let it be your shield for the months ahead.

REFLECT

Which promise from God’s Word will I hold on to this review season?

Proverbs 31

Final Days · Ready to Begin

TONIGHT: OPENING WORSHIP NIGHT

“Speak up for those who have no voice, for the justice of all who are dispossessed. Speak up, judge righteously, and defend the cause of the oppressed and needy.”

Proverbs 31:8–9 CSB

“Charm is deceptive and beauty is fleeting, but a woman who fears the LORD will be praised.”

Proverbs 31:30 CSB

FOR REVIEW SEASON

Tonight is our Opening Worship Night. This chapter opens with a mother’s counsel to her son, King Lemuel, to use his position to speak up for the vulnerable. God cares deeply for those without a voice, and in our future work we will serve patients who often cannot speak for themselves. The chapter then describes a woman whose diligence, generosity, and wisdom flow from the fear of the LORD. Proverbs ends where it began on Day 1 (1:7). Titles and appearances pass away, but a life that reveres God lasts.

REFLECT

Looking back on these 31 days, what has God taught me? Bring your answer to tonight’s worship.

PRAY WITH US

A Prayer for the Next 31 Days

Heavenly Father, You are the One who gives wisdom, and from Your mouth come knowledge and understanding. As we read through Proverbs these next 31 days, open our hearts to Your Word.

Teach us to fear You above all else, above our worries, our plans, and the opinions of others. Help us prepare faithfully, like the ant in summer, while trusting that the outcome belongs to You. Guard our hearts from anxiety and comparison. Where we have fallen before, lift us up again by Your grace.

Prepare us not only for review, but to become medical technologists who serve with integrity and compassion, for Your glory and not our own.

In Jesus' Name, Amen.

We're praying for you, March 2027 batch.

If you'd like to journey with us, MCE Core Review begins November 16, 2026. Details are at thecheckpointonline.com/mce.

This guide is free. Feel free to share it with a batchmate.

TheCheckPoint Online · #HappyReadyRMTniLORD

Unless otherwise noted, all Scripture quotations are taken from the Christian Standard Bible®, Copyright © 2017 by Holman Bible Publishers. Used by permission. Christian Standard Bible® and CSB® are federally registered trademarks of Holman Bible Publishers.