

A Woman of Excellence

Proverbs 31:10-31:

10 A good woman is hard to find, her value far exceeds the finest jewels.

11 Her husband trusts her completely. With her, he has everything he needs.

12 She will not hinder him but help him all the days of her life.

13 She shops around for the best yarns and cottons and works with eager hands.

14 She buys imported foods brought by ship from distant ports.

15 She's up before dawn, preparing breakfast for her family and organizing her day.

16 She inspects land and buys it, and out of her earnings she plants a vineyard.

17 She is energetic and strong, a hard worker.

18 She knows when to buy or sell and works late into the night.

19 She's skilled in the crafts of home and hearth, diligent in homemaking.

20 She opens her arms to the poor and extends her hands to the needy.

21 She has no fear of winter for her household, for she has made warm clothes for all of them.

22 She does her own sewing, and everything she wears is beautiful.

23 Her husband is greatly respected when he deliberates with the city fathers.

24 She makes clothes and belts and sells them to merchants.

25 She is a woman of strength and dignity and is not afraid of the future.

26 She speaks with a gentle wisdom and gives instructions with kindness.

27 She takes good care of her family and is never lazy.

28 Her children respect and bless her; her husband joins in with words of praise:

29 “There are many virtuous and capable women in the world, but you’ve outclassed them all!”

30 Charm can mislead and beauty soon fades, but a woman who fears the LORD is to be praised.

31 Honor her for the many fine things she does. She deserves the respect of everyone.

We should honor women who _____.

Proverbs 31:13-19, 21-22, 24, 27

We should honor women who _____.

Proverbs 31:20; see also Proverbs 11:24-25; 14:21, 31; 19:17; 22:9; 28:27

We should honor women who _____.

Proverbs 31:21, 25; see also Proverbs 3:5-6

We should honor women who _____.

Proverbs 31:26

We should honor women who _____.

Proverbs 31:30; see also Proverbs 10:27; 11:22; 14:26; 22:4; 26:23; 1 Peter 3:3-4

Transformed by the Truth

Questions for Reflection & Discussion

1. Read Proverbs 31:14-19. How much “heart” do you put into your work? What are some specific ways in which you display wholeheartedness? What parts of your work do you do halfheartedly?

2. Read Proverbs 31:20. What evidence is there in your life that you are a generous person? What evidence is there that you are not generous?

3. Read Proverbs 31:21, 25. Are you a glass-half-full or a glass-half-empty type of person? What steps can you take to cultivate optimism?

4. Read Proverbs 31:26. When you give advice, do you tend to be heavier on truth or on love? How can you be heavy on both?

5. Read Proverbs 31:30. Does the way you spend your time, money and energy reveal that you are more concerned about your external appearance or your internal character? Which is more important? Why?
