



Women of the Bible

The Proverbs 31 Woman

Lesson 19

Who is this unnamed woman of Proverbs 31 and what can we glean from her that will help us be better women of God? She's an amazing lady and her list of accomplishments is extensive. Keep in mind that it's believed that this passage was originally written by a Queen educating her son on what to look for in a wife. It's not meant to be a list that frustrates us, or discourages us, but rather challenges us to be the very best we can be. This proverb sets a standard that pushes us towards godliness. So whether you are married or single this proverb contains a model that all of us would do well to try and follow. As you study the Proverbs 31 woman this week be encouraged and pray for her example to inspire you to be a virtuous woman.

Open your Bible and begin with a word of prayer

This Week's Scripture: Proverbs 31:10-31

¹⁰Who can find a virtuous wife? For her worth is far above rubies. ¹¹The heart of her husband safely trusts her; so he will have no lack of gain. ¹²She does him good and not evil all the days of her life. ¹³She seeks wool and flax, and willingly works with her hands. ¹⁴She is like the merchant ships; she brings her food from afar. ¹⁵She also rises while it is yet night, and provides food for her household and a portion for her maidservants. ¹⁶She considers a field and buys it; from her profits she plants a vineyard. ¹⁷She girds herself with strength, and strengthens her arms. ¹⁸She perceives that her merchandise is good, and her lamp does not go out by night. ¹⁹She stretches out her hands to the distaff, and her hand holds the spindle. ²⁰She extends her hand to the poor, yes; she reaches out her hands to the needy. ²¹She is not afraid of snow for her household, for all her household is clothed with scarlet. ²²She makes tapestry for herself; her clothing is fine linen and purple. ²³Her husband is known in the gates, when he sits among the elders of the land. ²⁴She makes linen garments and sells them, and supplies sashes for the merchants. ²⁵Strength and honor are her

clothing; she shall rejoice in time to come. ²⁶She opens her mouth with wisdom, and on her tongue is the law of kindness. ²⁷She watches over the ways of her household, and does not eat the bread of idleness. ²⁸Her children rise up and call her blessed; her husband also, and he praises her: ²⁹“Many daughters have done well, but you excel them all.” ³⁰Charm is deceitful and beauty is passing, but a woman who fears the Lord, she shall be praised. ³¹Give her of the fruit of her hands, and let her own works praise her in the gates.

This Week’s Memory Verse:

**Charm is deceitful and beauty is passing, but a woman
who fears the Lord, she shall be praised.**

Proverbs 31:30(NKJV)

1. The bar has been set very high in this week’s scripture. As daughters of God we must not immediately disregard it and become discouraged. Of course there are certain things in this scripture that must be modernized, however we can still apply this scripture to our lives today. Look up these two verses and note what they say about God’s word.

a. Psalm 119:105: _____

b. Hebrews 4:12: _____

c. So what is our conclusion? How should we apply Proverbs 31 to our lives? _____

2. Choose one of the characteristics of this Proverbs 31 woman that you would like to develop in your own life. Share why it’s important to you and steps you can take in your daily life to emulate that characteristic. _____

