

# WORDS OF WISDOM





Week of March 24, 2024

# WORDS OF WISDOM: A PROVERBS 31 WOMAN

*Prov. 31.10-31*

**Speaker: Pastor Mike and Stephanie Burnette**

## ICEBREAKER



Walk us, step by step, for your morning and nighttime skincare routine. Do you have multiple steps or wash your face with the same soap you wash your body with?

### INTRODUCTION

- It's ok to want to look and feel your best, but we don't want our VALUE to be tied to our external appearance. What are other things you place value on based on appearance?
- America is the leader in money spent on beauty products. Why are we focused more on making our external appearance attractive to the world instead of making sure our spiritual appearance is attractive to God?
- Have you ever looked at Proverbs 31 and thought how impossible it would be to measure up to everything in this list? If you are a man, do you measure the women in your life by this?

### Be Encouraged

- Proverbs 31 describes what King Lemuel's mother wanted to teach him about what to look for in a wife. Men, what criteria did you use when looking for a good and virtuous wife (or future wife)? Women, what criteria did you use when looking for a good and virtuous husband (or future husband)?
- Culture now is training us to be dissatisfied. What ways do you invest in yourself to seek out the traits of Proverbs 31 characteristics?



## Six Traits of a Virtuous and Excellent Woman

- She is Trustworthy- How do you guard your integrity to protect your trustworthiness?
- She is Kind- Take a few minutes and evaluate your tone, your actions, your facial expressions, how you engage others when upset, and how often or how little you serve the people in your own home (or closest to you). Would you consider yourself a kind person? Why or why not?
- She is Clothed with Strength and Dignity- Your greatest outfit is WHO YOU ARE, not what clothes you wear! Define strength and dignity. What things do we allow the world to clothe us with that tries to steal our God given strength and dignity?
- She Makes a "Home"- What are practical ways that give your home order and peace? How does that line up with Proverbs 31?
- She is Full of Faith and Confident- How can you show confidence without being prideful?
- She is Passionate and Hard Working- Do your goals and passions, that you are currently working towards, align with God's will for your life? Explain.





# ACT ON IT



## ENCOURAGE

Reading these passages, it is easy to look at it as a checklist. Be encouraged that we are all working towards the same goal of imitating Christ. These 6 traits remind and reveal what needs to be praised and sought after in yourself and those around you.



## ASK

Married men, honor the women in your lives. What are ways to honor your wife? Single men, how has Proverbs 31 changed the way you think in your search for an eventual wife? Women, a Proverbs 31 woman is someone you want to be and spend time with. What is it you find appealing about her or draws you closer to her? How will you emulate that in your own life?



## CHALLENGE

Men, honor the women in your lives, whether it is your wife, mother or daughter...Because a woman who fears the Lord is to be praised! Parents, let's raise our sons to fear the Lord and to marry a woman who fears the Lord. And also to raise virtuous daughters. Daughters, we challenge you to continue to develop into a virtuous woman!

## PRAYER

Lord, I thank you that the word of God sharpens us and challenges us in areas that we need to grow in! Holy Spirit, speak to us right now about changes that we need to make in caring for our homes, walking in integrity, growing in confidence in knowing your Holy Spirit will equip us to laugh at the days to come. God, forgive us where we have not done this well, and thank you for guiding us to grow in these areas. We love you and praise you- Amen