

THE PROVERBS 31 WOMAN

at Work



IS THE PROVERBS 31 WOMAN REAL?

Introduction

Have you shied away from this passage because it's all about this seemingly perfect woman? Why or why not?

Do you feel that comparison is an issue in your life? Do you find yourself not measuring up or feeling better than other women?

Verse 16a:

“She considers a field and buys it...” Proverbs 31:16a

A wise woman thinks about her investments. If someone downloaded your bank account history for the last 30 days, where would they see you investing your money?

Write down a log of the way you spent the last week. Was your free time invested in people?

When you consider investing, seek the Lord and ask Him for His guidance. Write out a prayer in the space below asking Him to guide you in spending your time and money.

Verse 16b:

“...out of her earnings, she plants a vineyard.” Proverbs 31:16b

When the Proverbs 31 woman is profitable, what does she use that profit for?

Read The Parable of the Talents in Matthew 25:14-30, which servant are you?

What talent or skill have you been given that you need to “practice” and invest time in?

How can you use that talent or skill for God’s glory?

Verse 17a:

“She sets about her work vigorously...” Proverbs 31:17a

Do you avoid hard work or embrace it? In what ways?

Think about tasks that you do repeatedly. How can you work smarter in the those tasks?

Take an honest look at the way you rest. Does that rest truly recharge you or does it deplete your energy? (For instance, if I sit on my bed and binge watch television, I end up feeling more tired than when I started.)

Verse 17b:

“Her arms are strong for her tasks.” Proverbs 31:17b

Do you prioritize health? In what ways?

What obstacles do you face in your health? How can you overcome them in God’s strength?

Verse 18a:

“She sees that her trading is profitable...” Proverbs 21:18a

The Proverbs 31 Woman audits her success.

Think of a recent project, product launch, or event that you were in charge of:

What worked?

What didn't work?

What should be changed for the future?

Did you give God glory for your successes? How?

Verse 18b:

“...her lamp does not go out at night.” Proverbs 31:18b

A wise woman is prepared.

Write down 3 practical ways you can be more prepared in your work.

How does your preparedness effect those around you?

Verse 19:

“In her hands, she holds the distaff and grasps the spindle with her fingers.” Proverbs 31:19

We are wise when we use the right tools. Two areas we must be efficient in are our calendars and our tasks.

What type of calendar are you using?

Go through your phone reminders, your desk calendar, and your computer calendar and consolidate all your tasks into one calendar.

Note: Most digital calendars have tags you can place so it's easy to filter your events by category.

Do you have a reputation of completing all your tasks in a timely manner? Or do you often forget tasks because you don't have a system?

Look into trello.com and create a system that works for you!

(Not familiar with Trello? There's a full video tutorial specifically for working moms in my [Peaceful Mom, Peaceful Home](#) program!)

Verse 20:

“She opens her arms to the poor and she extends her hands to the needy.” Proverbs 31:20

List three ways you can be more generous to others:

Verse 21:

“When it snows she has no fear for her household. For they are all clothed in scarlet.” Proverbs 31:21

Think about your mornings. If they are chaotic, find tasks you can complete in the evenings so make your mornings for peaceful.

What areas of your home/routine need an extra dose of peace?

What causes you to run late? Is it ironing? Making lunches?

What tasks can you complete the night before to be more prepared?

Verse 22:

“She makes coverings for her bed. She is clothed in fine linen and purple.” Proverbs 31:22

Is your morning hair and makeup routine excessive or non-existent?

Be honest with yourself, do you feel that the time you spend taking care of your appearance is balanced? Why or why not?

Do you take time to care for your spiritual and mental health? In what ways?

Verse 23:

“Her husband is respected at the city gate where he takes his seat among the elders of the land.” Proverbs 31:23

In what areas do you most nag your husband to do what you want him to do?

Take inventory of the way you speak to your husband. Is it full of honor and respect? Or do you speak down to him like you would a child?

In what ways can you encourage your husband to “take his seat” in the areas God has called him to serve?

Verse 24:

“She makes linen garments and sells them and supplies the merchants with sashes.” Proverbs 31:24

How many forms of income to you have?

If you or your husband lost a job, would you have different streams of income to rely on?

How does that make you feel?

Brainstorm ways you can make extra money. What talents or gifts has God given you that you can use to benefit your family financially?

Verse 25:

“She is clothed with strength and dignity, she can laugh at the days to come.” Proverbs 31:25

Strength and dignity come from daily living our lives with character and integrity.

Is your ultimate goal to please God?

What are your feelings about the future? Does it make you anxious or excited?

How can you overcome any negative feelings about the future?

MORE RESOURCES

If you enjoyed this mini Bible study, then check out these other great resources from The Graceful Life Shop!

Mom Faith

How to Rekindle Your Faith in the Midst of Your Motherhood

Lessons include:

- 30 Prayers to Pray Over Your Children
- How to Turn Your Vision into Action
- Creating a Family Mission Statement
- How to Have a Personal Prayer Retreat...and more!

Your Passion + HIS Purpose

Discover how YOUR Passions can be Used for God's Purpose AND Create income for Your Family in the Process!

Lessons include:

- You are Called: Using your Passion for God's Purpose
- Creating a Website to Serve Your Mission Field
- How to Write a Good Blog Post
- Getting Started Selling
- Tutorials for Setting Up Your Blog...and more!



COPYRIGHT ASHLEY VARNER
FOR PERSONAL USE ONLY. DISTRIBUTION IS PROHIBITED.
www.ashleyvarner.com