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“Who can find a virtuous wife? For her worth is far above rubies.”

Proverbs 31:10

### **WORD STUDY**

Virtuous (Hb *chayil*, “ability, efficiency, wealth, endurance, energy, valor.”)

The praiseworthy character of this extraordinary woman, whose abilities are overshadowed by more intangible attributes. “Woman of Strength” seems even more expressive of her matchless character & spiritual strength.

### **Personal Study References**

The whole Book of Ruth Tells the story of Ruth, Her character, and how she meets and gets married to Boaz.

In Ruth 3:11 she Is referred to as a virtuous woman making her the portrait of the woman we should strive to become .

### **Why Read Proverbs 31?**

- Encourage the pursuit of living by higher standards for women
- For Single Women to Prepare to Be Wives
- For Wives to Make A Goal of Pleasing God in Their Marriage
- For Men To See The Type Of Women They Should Look For
- For Husbands to Encourage Their Wives To Be Women of Strength
- Lists Activities and Priorities of “A Woman Who Fears the Lord”
- Contrasts the “Contentious Woman” & “Immoral Woman”

### **Traits We Should Avoid**

Contentious Wife

Prov. 19:13;21:9,19

Immoral Woman

Prov. 5:3-14,20; 6:24-32; 7:6-27

## Get Your Priorities STRAIGHT

The Lord (31:30)

Her Husband (31:11-12,23,28)

Her Children (28; 15,21,27)

Her Household

The Poor/Needy

### Character Traits

Trustworthy

Compassion

Consistency

Honor

High Standards

Strength

Productivity

Initiative

Habitually Active

Service

Confidence in the Future  
over Worrying

### Activities

Seeks Best Quality She Can Afford  
(13-14,22,24)

Willingly Works With Her Hands  
(31:13)

Meets The Needs of The Needy  
(31:20)

Watches Over The Ways Of Her  
HouseHold  
(31:27)

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## Example of Biblical Womanhood

Character & Personal Virtues

(Prov. 31:10-12,17,25,30-31)

Family Commitment

(Prov. 31:11,23,28)

Energetic Household Management

(Prov. 31:13-15,21,27)

Interest in Her Community

(Prov. 31:20,26)

Personal Attractiveness

(Prov. 31:22)

Giftedness

(Prov. 31:16,18-19,24)

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## KNOW YOUR WORTH

“Her Worth Is Far Above Rubies” (31:10)

She Is Trusted, Praised, & Prized by Her Husband (31:11-12,28-29)

Community’s Respect For Her Husband Is Enhanced. (31:23,31)

She Deserves To Receive the “Fruit of Her Hands”. (31:31)

She is Known & Receives Praise For “Her Own Works”. (31:31)

She is Praised. 31:30

Her Children Raise Up & Call Her Blessed. (31:28)

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**References** : Patterson, D. K., & Kelley, R. H. (Eds.). (2015). *The Study Bible For Women*. In *The Study Bible For Women* (NKJV ed., pp. 828–831). Holman Bible Publishers.

## APPLICATION

What Are Some Practical Ways We Can Follow The Example of  
the Proverbs 31 Woman?

After Reading Proverbs 31, What Are Some Areas Of Your Life  
You Need To Let God Into?

### **Healthy Proverbs 31 Woman Habits**

Read Your Bible at least 15 minutes a day

Clear Your Mind & Meditate on Scripture

Start A Workout Routine & Clean up Your Diet  
( Your Body is a Temple!)

Fit in Worship Music In Place Of Worldly Music

Make Time For Reading!

Guard What You Allow To Feed Into You

Be Cautious Of What Comes Out of Your Mouth