Set Apart
Becoming a Woman of Virtue in a Modern World

A Proverbs 31 Devotional from the Hearts of Real Christian Women

Includes four weeks of devotionals plus a study guide and special printables to go with the book!

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By: Anjanette Barr, Whitney Cornelison, Jennifer Fountain, Virginia George, Crystal Hatcher, Sarah Nichols, Rachel Marie, Ashley Roe, Kendra Stamy, Danielle Tate & Karli Von Herbulis
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If you've been around women's Bible studies for long, you've likely heard of the Proverbs 31 woman. The Virtuous Woman is often considered the “gold standard” for womanhood in Christian circles.

I had heard of her, I read about her, and I knew I fell short. Very, very short.

Then a group of wonderful women and I decided we wanted to write a faith-based devotional on womanhood. There are lots of books out there about specific aspects of life (homemaking, cooking, parenting, etc) but we wanted to write an encouraging study on being a woman of God, and Proverbs 31 was a logical place to start.

To be honest, I was a little skeptical about choosing this topic. I mean, there have to be dozens of studies on Proverbs 31, how would ours be any different? And add the fact that I don't feel like this Virtuous Woman and I are even in the same league.

We went forward in prayer and the study before you was born. I'm intensely proud of it. Not because I have become the Virtuous Woman by being a part of this project, but because God has given me a new perspective.

**He gave me a new perspective on the verses I wrote about.** I found that the Lord spoke to me as I wrote my devotions. He showed me what I needed to learn from those verses, made them personal, and I'm so excited to share them with you. And that is consistent with the devotions from the other authors. Their words inspire me.

**He showed me what He can accomplish when we work together in His will.** This book came together very quickly and with amazing cooperation from 11 women. Who would ever guess that 11 women could work together in agreement and make something happen? That's a lot of opinions. But with the Lord as our center it happened, and it was beautiful.

**He gave me a new perspective on the Proverbs 31 woman.** I mentioned that I was skeptical about this study. Every time I hear the words “virtuous woman”, my brain shuts off. “I’m not her, I’m not ever going to be her, so what’s the point?” Even the words “virtuous woman” are intimidating. But I have gained perspective in how I relate to this Ideal Woman.
I am learning that we aren't expected to be all these things all the time, and that's where I got caught up. I'm human, I fail. And I'm plain old bad at some of this stuff. My home is not organized, my schedule is erratic, and I am not very flexible.

But through this study I learned that it's okay to struggle, it's okay to fail, and it's okay if I'm not this perfect woman. I had a paradigm shift, and rather than being intimidated by this Ideal Woman, this Virtuous Woman, the Proverbs 31 Woman, I am going be inspired.

**You Have Been Set Apart**

What exactly does it mean to be set apart? That is the title of this book, after all. According to the MacMillan dictionary, “set apart” means:
- to make someone or something different and special
- to keep something separate in order to use it for a particular purpose

In Leviticus 20:26 the Lord says to His people,

> “You are to be holy to me because I, the Lord, am holy, and I have set you apart from the nations to be my own.”

The Lord says He set His people apart from the nations. He made them separate in order to be used for a particular purpose. He has made them different and special, and He has made you different and special. **He has set you apart to be used for a particular purpose.**

**Using this Book**

Over the next 28 days you’ll find thought-provoking writing, prayers to get you started in your daily conversation with God, and some questions or tasks for you to work on each day. Along with the book a simple notebook will help you journal your thoughts and work on the questions and tasks. Alternatively we have included a study guide you can print out keep tucked in your Bible or with your e-reader so it is handy when you’re having your devotion time.

The purpose of this is to guide you and spur you on to look toward Christ and examine your daily life. As you let Him change your heart and your mind and mold you into the virtuous woman He wants you to be, our prayer is that you find the virtuous woman to be your friend, not your enemy; your guide not your gold medal.
We pray you won't be intimidated, but be inspired, and that through these lessons you'll find guidance to become set apart and the strength to become a virtuous woman in this modern world.

Written By: Virginia George
When you think of being set apart what do you think of? Avoiding certain places, clothing, speech or people? It’s easy to think of what not to do to be set apart, but what things can we do to be set apart?

We are blessed to have the Bible as our guide for both what we should and should not do. Nothing gives better guidance to women, so let’s examine the introduction to the Proverbs 31 woman we have heard so much about.

In the very beginning, we see the words penned are from King Lemuel based on “inspired utterance” taught to him by his mother. What is an inspired utterance? The Hebrew word translated to utterance is maššâ’, which means a burden (solemn speech), tribute, singing. From this we can gather that King Lemuel’s mother spoke or sang to him, probably over and over again the same message. This is likely something she wanted to instill in him. As mothers we want our children to know right from wrong; we want them to understand that the world is full of things that are not beneficial.

From studying the Hebrew words of verses one through nine we see that she speaks of avoiding intoxication and women who will lead him down a path that takes him away from his intended purpose in life. She wants him to understand that if he is caught up with the wrong woman and is lead astray by the drink he will forget what he is called to do.

After verse nine the King begins to write out what a virtuous woman should look like. This is what he should be seeking when he looks for a woman.

We know verses 10 through 31 are an acrostic writing with each verse beginning with a letter of the Hebrew alphabet in order. Each verse describes the character qualities a woman should possess and as Christians we achieve these qualities not by our own power but by relying on Christ Jesus.

But what exactly is an acrostic writing? In modern English an acrostic writing would look like this: WOMAN

W – Wise
O – Open-hearted
M – Burns the Midnight oil
A – Able to do many things
N – Never quick to anger
Many Christian women detest the Proverbs 31 woman, because as they try to measure themselves up against this virtuous woman they find they fail, daily. Others see her as a goal or an achievement where they will finally be good enough to be considered valuable, praiseworthy and virtuous. But is there more here? Is she someone we can respect and strive to be? Or is she only a dream or mystery we’ll never be able to fully realize in this life?

In the following pages you’ll find practical examples from various bloggers who, like you, are trying to find their way in this world. With our eyes fixed on Christ, we look at the Proverbs 31 woman with respect and awe seeking to live each day better than the one before, but knowing we can only achieve these traits when we depend on Jesus.

**Today's Prayer:**

*Dear Lord, Help me today as I start this study seeking to grow to be the woman you’ve called me to be. Help me to look to you for strength to be a woman set apart for your glory. Lord, you are my strength and I ask that as I look at the Proverbs 31 woman over the next month, that you will help me see areas that I can work on, and areas that you have gifted me in. Thank you for you love and care in all things. In Jesus' Name, Amen.*

**Today's Goals:**

1. Journal your thoughts and notions of the Proverbs 31 woman.

2. As you approach this study, the goal is not to strive for perfection, but growth. List 3 ways you are already showing the characteristics of being a Proverbs 31 woman.

3. Prayer and the power of the Holy Spirit are what gives us the grace to pursue becoming more like the Proverbs 31 woman. Write a prayer asking the Lord to guide you through this process and to help see the areas where you can improve.

Written By: Danielle Tate
Noble character? Rubies?

The definition of noble is “having or showing fine personal qualities or high moral principles and ideals”. I don’t know about you, but most days, my character is far from noble. My selfish heart leads, and I become more concerned with what is efficient and beneficial for me instead of putting my family's needs first.

This is why I have tried to steer clear of the Proverbs 31 woman. Like the writer said, “who can find” her?

But the Word of God brings us hope. The Lord has promised to help us in this pursuit and all others if we ask Him for wisdom (James 1:5). Let’s look at what scripture says about wisdom in Psalms 111:10:

““The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.”

If we have confessed Jesus as Lord and Savior and center our lives solely on Him, we can have this wisdom. Our purpose and decisions will be shaped according to His Word. Scripture will be our guide, and our lives will be examples noble character.

Reading and memorizing Scripture are great ways to hide God’s Word in your heart. Psalm 119:11 says, “I have hidden your word in my heart that I might not sin against you.” While going to church and listening to sermons is a good way to know the Bible's teachings, in order for us to live lives of noble character, we need to dig deep into the Scriptures to fully understand what they mean.
Today’s Prayer:

Thank you, Lord, for sending Jesus to die on the cross for my sins. I pray that you would create in me a clean heart. Father, I ask that your Word would transform my life from the inside out; that my life would be noble in character, and worth far more than rubies. Amen.

Today's Goals:

- List 3 ways that you want to exemplify being noble.

- Write down 5 Scriptures on index cards about wisdom. Put them in places you frequent daily. Use these to help you seek to fulfill your calling to be a noble example. (Take a look at a Concordance, or look up some of the following: Psalm 90:12, Proverbs 2:12, Proverbs 3:13, Luke 21:15, Ephesians 1:17, James 3:13-17.)

- Out of these Scriptures, choose one to memorize.

Written By: Whitney Cornelison
What does it mean to have confidence in someone? The dictionary defines confidence as “the feeling or belief that one can rely on someone or something; firm trust”. The heart of her husband firmly relies on her. He trusts her.

We show we can be trusted when we are truthful, reliable, and honest. Our words must be consistent with our actions. It can be difficult to use our words in ways to build trust, rather than destroy it. I think you'll find choosing our words carefully a common theme throughout this chapter.

Our words should be used to build trust. Trust is important in any relationship, an intimate relationship most of all. Intimacy is built on vulnerability, which cannot exist if trust isn't established first. The husband of the virtuous woman trusts that she will keep his secrets. He trusts that she will follow through. He relies on her to support him when he's unsure of the next step and when he takes a step of faith.

We need to not only be trustworthy in our intimate relationships, we need to be trustworthy in our entire lives. This means at work and in our personal relationships as well. When a friend tells you something, can they trust you will keep their confidence and have your support? When you commit to something, can your employer trust you will complete it on time and with excellence?

A virtuous woman's trustworthiness causes her husband to “lack nothing of value”. She is a good steward. She follows through and uses her resources well. Sometimes I have good intentions and I purchase food in bulk with the intention of freezing or canning it and I never do. The food is wasted, and I have wasted our resources because I didn't follow through.

So being trustworthy means to let your “yes” mean yes, and your “no” mean no (Matthew 5:37), and be a woman who does what she says she is going to do and whose family and friends have full confidence in her.
**Today's Prayer:**

*Dear Lord, thank you for your truth. I pray that you would help me to build trust in my relationships. Show me what it means to be reliable, honest, and to follow through. Help me to be a good steward with my family's resources, let me be trustworthy in all aspects of my life. May I speak only truth, with your strength. In Jesus' Name, Amen.*

**Today's Goals:**

- In what ways are you trustworthy?
- In what ways could you build more trust in your relationships?
- Give 3 examples of how you spoke truth today.

Written By: Virginia George
She does him good. What does that mean? Nearly the entire chapter of Proverbs 31 talks about all the good things she does. Isn't it a bit redundant to say "she does him good"? Isn't caring for her household, being a good steward, and reaching out to the poor, doing good?

She does him good. Him. The focus is on her husband. So how does a wife do her husband good? When I read this I see an issue of the heart, and a focus on doing her husband well in all things.

Many women seem to be extremely gifted with an abundance of words. When we have a good day you will know it, and when we have a bad day you will also hear about it. Our words can be a blessing or curse to those around us.

One thing I have noticed among women is that we tend to try to one-up the person speaking. "Oh your boss was crabby yesterday? Well you should hear what my co-worker did to me!" Or "Your child woke you up 3 times last night? At least he wasn't puking like mine was last week."

What happens when the conversation turns to our husbands? Do we do him good?

I have heard some of the worst husband-bashing conversations and sadly enough, in the past I joined in. Even worse, I was in a group of Christian women who were old enough to know better. I had been married less than a year, and in order to fit in and be like these "seasoned wives" I found some trash to toss at my dear husband as well. It didn't do him good, and it didn't honor him at all.

Doing him good means using our words to build him up and support him, even when he is not around. When we only say good about our husbands it turns our focus from his annoying, quirky traits, back to the very reasons we married him. Additionally, we may continue to discover new and wonderful things about him that we had not noticed before.
The words we use are our own choice. We can choose words to do him good or we can choose to do him harm. Will your words bring him honor, or dishonor?

One parting thought: If we look forward to verse 23, it states that her husband is known in the gates and that he sits among the elders of the land. How did he get there in that place of honor? Could it be because his wife showed him great honor first?

**Today's Prayer:**

*Father, I come to you now, praying that you will guide my tongue. I pray that you will help me to see and make mention of the good in my husband. I pray that you will give me the words that will build him up and do him good. Whether I am speaking to him or to others, I pray that my words will honor him always. ~Amen*

**Today's goals:**

- **Honing him in your heart.** Think of 10 things about your husband that you love, and dwell on them during the day.

- **Honoring him personally.** Pay him a sincere compliment at least 3 times throughout the day.

- **Showing others how he deserves to be honored.** Try to tell 3 different people about one of those 10 things. This can be as simple as telling your children something wonderful about their daddy.

Written By: Kendra Stamy
This verse is about planning, preparing, and budgeting to select the best resources for our families. Wool and flax are strong materials and God made women strong to hold the family together. We are able to do this because we take pride in our role and want to please the Lord.

A virtuous woman should make the most of her time and work with a cheerful heart. I don’t know about you, but sometimes it’s hard to be willing, especially when I don’t feel like doing the task at hand. We are called to be cheerful, while willingly working hard to serve, so during those unwilling times, I have to give myself a “timeout” to check my priorities and the things that really matter.

In biblical times, the virtuous woman according to Proverbs 31:13 “selects wool and flax and worked with eager hands.” What does this mean? In essence, to make the most of our time, resources, and talents the best we can to take care of our families.

She sought out the best raw material, produced clothing, and made them with eager, willing hands. I don’t think this means we have to hand make all our clothing, but instead to select the best for our families. This could be the food we serve – is it nourishing, did we plan and prepare instead of just picking up some fast food? The clothes we buy – did we use our budget appropriately, buying used or on sale if needed? Do the clothes teach modesty?

I am constantly trying to do better and on those days I fail, which can be quite often, I just get back up and keep trying the next. Because we all have those days we don’t want to get out of bed let alone pick out our children’s clothes for the day (thank God for his grace on these days!), but remember we are not called to be perfect, but to be willing.
Today’s Prayer:

Father, thank you for teaching me about being willing to serve my family. I ask you to forgive my laziness and selfishness and give me a heart to serve willingly. I pray that you help me to be willing in the times I don't want to. Change my heart, Oh God. I pray that you help me to be wise is making the best choices for my family when choosing resources that will bring you praise. In Jesus’ Name, Amen.

Today’s Goals:

- **Take a look at your heart.** Are you serving your family willingly or out of duty? List 2 reasons why you are willing to serve your family and 2 reasons you serve out of duty (or because you feel you have to). How can you become more willing to serve your family?

- **Take a look at your budget.** Does your family have a budget? (If not, plan a time to talk with your husband about starting a family budget) If you have a budget are you willing to stick to it and make it work? Plan a time in the next week to spend a few minutes reviewing your budget.

- **Take a moment to think about your day.** Is time management a strength or a weakness for you? Is there an area that God is asking you to be more willing in?

Written By: Rachel Marie
I’m such a romantic! When I imagine myself fulfilling this poetic comparison to merchant ships, I picture a fine face with a determined brow. I see my hair and shawl billowing in the wind behind me as I set off on a nautical voyage to seek out the very best wares that money can buy. I look forward to my business negotiations with confidence.

In reality, the closest I get to that level of adventuring is using my children's cries of "push the cart faster! FASTER!" as an excuse to speed down an empty aisle at the grocer making airplane noises while stylin' in my t-shirt, jeans, and messy hair bun. I'm sure the cashiers are in awe of my . . . valor.

Thankfully, I don't think I'm the only one who is a romantic. I take after my Father. My whimsical longing to be this strong, resourceful woman is not unattainable. And while I may not perceive my day-to-day efforts on behalf of others to be anything as exotic as bringing her food from afar, I do see that He has created a part of me that is motivated and rewarded by resourcefulness, and planning and providing well.

Whether via shopping cart or sailing vessel, isn't there such satisfaction in knowing that you've found that perfect gift for your loved one? That unadvertised sale on grass-fed butter for your table? The most efficient way to plan your meal preparation so that healthy food is actually served when everyone is hungry, before they turn into (very whiny) pumpkins, or raid the snack cabinet?

This virtuous woman that God created us to be is savvy. She's willing to go out of her way to get good things for her family, and she knows where/how to find them! She takes the time to compare prices and determine which merchant sells the items she needs at the best value, and she may need to be humble enough to ask a wise friend for financial advice so that she can afford more of the kinds of goods that bring her family health and pleasure. She is resourceful.
Imagine yourself as the head of the acquisitions department in the demanding workplace that is your home. You have the privilege of hand-choosing high-quality furnishings and consumables that will inspire and comfort everyone who walks through the doors. How can you be resourceful to bless your family in this way?

**Today’s Prayer:**

Father, Thank you for your good design, and for creating us to enjoy the hunt and the rewards it brings. Thank you for equipping us with a compass in your Holy Spirit so that we are able to seek things that are edifying and useful. We know you've given us all that we need to stay the course and not grow weary of serving others. Please help us remember that You are the wind at our back on this journey. Amen.

**Today’s Goals:**

- Think about the quality of food that you eat. Is it nutritious? Satisfying? Is there enough of it? Be honest with yourself and write down one thing you need to change to better feed your family your today.

- How about your home environment? Is it inviting? Safe? Comforting? Think of one thing you could do today to improve in this area

- Now think through the things that stand in your way. What are your biggest obstacles to providing high quality meals and a welcoming home? Finances? Motivation? Lack of cooking or housekeeping knowledge? Brainstorm a few small goals you can set to get you moving in the right direction over the next month.

Written By: Anjanette Barr
So far the virtuous woman seems pretty amazing, doesn't she? It can be discouraging to think about all the things we are “supposed” to be but aren't. Instead of thinking on who you aren't, consider who you are. We have talked about the virtuous woman being noble, trustworthy, honorable, willing, and resourceful. Take a minute and write down how you show those traits in your life.

- Noble
- Trustworthy
- Honorable
- Willing
- Resourceful

See? You're not doing so bad!

Now take a minute and write down how you're going to try to improve on these traits in this coming week. Be practical and specific.

- Noble
- Trustworthy
- Honorable
- Willing
- Resourceful

**Today's Prayer:**

Thank you Lord for opening my eyes and my heart to the woman you have created me to be. Help me to walk in your strength this week. I pray you'd show me how to be more noble, convict me when I'm not trustworthy, may my words be honorable, I ask for a willing spirit, and resourceful hands. Be glorified in me. In Jesus' name, Amen.

Written By: Virginia George
The virtuous woman is devoted. In the example given in Proverbs this means she rises before her family, even before the sun, to make sure her family is cared for. She sets the tone for her family’s day.

It may be easier to roll over and go back to sleep until the children wake her, but instead she rises first and gets breakfast ready. When her family awakes she has already begun preparations for their day.

You may wonder about the value of starting early to set the tone for the day. Picture instead a mother who rises late. The children have been up unsupervised, and now perhaps the morning routine is rushed. Instead of having time to connect with her family before their day begins, she is rushing around to get everyone ready for the day's activities.

Additionally, the woman who has risen in time to get her family's day off to a good start has created some momentum. If we follow the laws of physics, inertia states that matter wants to continue in its existing state of motion. When we begin our day by serving our family we set the tone for the day, rather than dragging out of bed and beginning our day with a grunt.

Sometimes it feels like the work of a devoted woman is never done. There's an old adage, “A man works from sun to sun, but a woman’s work is never done.” I have often thought this to be very true, and sometimes it makes me start to feel bitter. I can often go from breakfast to bedtime without any real time to myself.

But instead of becoming bitter, angry, and frustrated I can re-evaluate how I’m using my time. For me this means using the hours from 9am to noon as my productive hours. It means having a timer go off at 9:15 that tells me to shower, and another at 10 that says to throw a load of laundry in. When I am making good use of my time, I find the house runs smoother and I feel more at peace.
This verse also says that the virtuous woman portions food for her female servants. Most of us nowadays don't have servants. Who else relies on you? Who else is part of your community?

Instead of portioning food for our servants, could we instead put a meal aside for a mom who recently had a baby, a family who is in the hospital, or someone who lost their job? Surely we know someone who could use to be blessed. If you don't know someone who needs a meal now, consider freezing something to have on hand in case of an unexpected need. If you don't have a community to share with, I encourage you to find one.

**Today's Prayer:**

_Dear Lord, Thank you for the family you've given me to serve. Help me to be a blessing and to find joy in serving them. Give me the discipline to structure my day appropriately and to use my time wisely. I pray you would reveal “community” to me. Show me who can benefit from an extra meal and prayer. In Jesus' name, Amen._

**Today's Goals:**

- Identify 3 ways you can make better use of your time.

- Choose one thing to implement this week. Be willing to change your schedule. Are you most productive in the morning or the afternoon?

- Who is your community? Think of 3 people you may be able to bless in the coming months and plan a way to do it.

Written By: Virginia George
When was the last time you bought a field, or planted a vineyard? These terms might seem a little antiquated to most of us but one thing is for sure, these are big investments for any household.

Let’s focus on the word ‘considers’. This woman doesn’t just buy the field. She takes time to weigh the options, look at the pros and cons, and maybe check out different fields. Then she makes a wise decision based on what is best for her family. Then, rather than spending frivolously after her choice becomes profitable, she makes another beneficial investment by planting a vineyard. She’s a savvy businesswoman, providing for her family!

While we may not be in a position to buy fields or plant vineyards, we are called to be good stewards of the resources that the Lord has given us. Time is a gift, given to us to build the Kingdom of God through relationships and service. Finances are a gift, given to us to build the Kingdom of God through generosity and partnership. As followers of Christ, we are called to be good stewards of our time and our resources – not to use them frivolously, but to ‘consider’ how best to use them for the benefit of our families and the honor of the Lord.

What an opportunity! Each day, we are given the chance to take the gifts that the Lord has given us and use them for His glory. We can prayerfully create and follow a budget that allows us to give generously. We can limit our ‘wasted time’ and spend time intentionally building our relationships with friends and family. How often do we do the opposite instead and take our gifts, time, or resources, and leave them be as we pursue other ventures?

Today, let’s commit to loving the Lord by being good stewards of what we have been given.

Let’s build the Kingdom together and glorify the Lord in our homes!
Today's Prayer:

Lord, forgive me for the days I become distracted from doing your work, or use your gifts for my own glory and pleasure. Help me to see the ways I can glorify you in my household, and to set about doing the work of being a good stewards with a joyful heart. May my time be spent wisely, as well as my money. May my relationships flourish as I pour out the love You have given me. May Your Kingdom be built graciously through me! Amen.

Today's Goals:

- Prayerfully identify areas where your stewardship needs improvement. Do you need to limit online time? Spend more time in prayer? Reign in spending a bit? Ask the Lord to reveal the places that need a little attention.

- **Be a good steward of your time.** Take a look back at yesterday’s goals and the areas you said you could make better use of your time. What are you going to do today to be a good steward in this area?

- **Be a good steward of your resources.** Have you looked over or created your budget yet? If not, set a time to do it today! What areas of your budget are the hardest for you to be a good steward in? Write a prayer asking God to help you and give you wisdom in this area.

Written By: Karli Von Herbulis
Being prepared for the task ahead is part of being a Proverbs 31 woman. She knows that being of noble character is hard work. She works vigorously, and shows her strength by serving those around her cheerfully and without abandon, holding nothing back.

While it may seem like the writer meant physical strength, that would only be partly true. Several of the Hebrew words mean loins, hips, and arms, which indicates physical strength. However, the words “makes...strong” in the NASB doesn’t just mean to build up muscle. According to Strong’s Hebrew Lexicon 553 – אָמַץ – ‘amats means “to be strong, alert, courageous, brave, stout, bold, solid, hard.” It means to be mentally or emotionally strong as well. Strong in spirit.

Do you have women in your life like the Proverbs 31 woman? They may or may not be strong physically, but they are strong in prayer, identity in Christ, Bible knowledge and study, relationships with others, and they find their joy in the Lord. Everyone who comes into contact with them wants what they have. They ooze Jesus.

Spiritual strength is not an unattainable goal, but it doesn’t come easily or without sacrifice. You must spend time in the Word of God, reading the Scriptures and soaking up every word. Preaching the Gospel to yourself daily. Dying to yourself and serving others with everything you have.

Maybe you don’t feel strong, but you don’t have to be strong on your own. Call on the Lord to give you His strength. Philippians 4:13 says:

“I can do all things through him who gives me strength.”

He created you to be strong, and He has not left you alone. Yes people may think you are strange. Yes you may be persecuted for your faith. But the joy of the Lord is your strength (Nehemiah 8:10). He is your strength and your shield (Psalm 28:7).
Dig into His Word, devour the words, and hide them in your heart. Live like Christ, love the unlovable, and most importantly, ooze Jesus.

**Today’s Prayer:**

*Heavenly Father, I pray that you would give me wisdom in living my life fully devoted to you. I pray for your strength as I seek to daily live for you. I pray that you would bring to mind Scriptures during those times when life tempts me to choose another path away from you so that I can draw near to you once again. Let my life be a fragrant offering to you. Amen.*

**Today’s Goals:**

- **Like physical strength, Spiritual Strength takes exercise.** What are 3 ways you can exercise your spiritual muscles today?

- Name three women in your life that ooze Jesus. If you can’t think of anyone, pray and ask God to put some strong Christian women in your life.

- **Like physical training, we sometimes need a trainer.** Pray about asking one of them to be a mentor in your life. Pray that God would make the choice clear in both your lives. {While older women teaching younger women is Biblical, to many this is still a new concept. Do not be discouraged if for some reason they say no. Sometimes people mentor best without knowing they are actually doing so, so maybe trying inviting them for a cup of a coffee instead.}

Written By: Whitney Cornelison
Can a Christian woman of true godly character make money, be driven and stand firm against adversity all while maintaining her virtuous modesty?

I believe so, and the verse above is why. Let’s dig into verse 18 and see just what this scripture means to us in our journey to be the women God has called us to be.

“So, she knows she’s got a good thing, makes money at it and stays up all night to do it?” That was my first take when I read this oh so many years ago. But if we look closer we see so much more.

Often times as Christian women we think we are being modest and godly by not accepting compliments about our work, or by cheating ourselves out of a reasonable payment for the things we create or the services we offer.

There’s a difference between seeing that what you have done with the talents God gave you is good and worthy of respect and being puffed up and full of worldly pride. What good is it if the Lord gives us talents, ideas, and the ability to create useful things if we hide them under a rock because we don’t want to appear as though we want to make money or fear we are being prideful? The Lord has given us talents with the intent that we would use them for His glory.

In the second half of verse 18 we read that “her lamp does not go out at night.” Does this mean she is up until all hours of the night every day not resting? Surely not. However, she is a driven woman. When something must be accomplished, finished or prepared she is willing to put in the long hours to get the job done.

How often do we start something and then fizzle out before we complete it? How many projects do we begin but never complete. Are there books you have started to write, jewelry you’ve started to make and never sold? What is holding you back?
If the Lord has given you ideas, projects and desires to make, create and be profitable, don’t squelch them for fear of looking prideful or by losing your motivation when things get hard or the pieces don’t fall together perfectly. Press on and use your talents for the Lord.

**Today's Prayer:**

*Heavenly Father, I pray you would give me wisdom and insight into the works you want me to accomplish. I stand against the lie of the enemy that women should not make money, be successful, or gain profit from the works of their hands. I ask you to give me clear vision into what you would have me do. And Father, I ask that you would keep my mind from getting complacent and losing interest in the things I have started. Help me to stay focused and on track with all the tasks you have laid before me. Give me supernatural drive so that my emotions do not cloud my day.*  
*In Jesus’ Name, Amen.*

**Today's Goals:**

- Make a list of the things you are good at. It could be teaching, training, sewing, baking or finance. These are gifts, things the Lord has given you the ability to do. Accept these things as gifts and be proud that Daddy has given them to you. You’re not proud of self, you’re proud that your Daddy has chosen you in these areas.

- Make a list of the things that you have started but have yet to complete. Write down a target date to get at least three of the things done within the next 10 days.

Written By: Danielle Tate
I don’t know very many women who are skilled with a distaff and a spindle these days, but I do know a lot of skillful women. Perhaps making material for clothing is not a skill many women need in our modern era, but we do need to be skillful in other ways.

The modern Proverbs 31 woman needs skills in managing her household. She has to know how to navigate her children’s use of technology, encourage her husband, and juggle a myriad of tasks that come at her daily.

So how skillful are you at the things that really matter to you and your family?

We aren’t all going to be skilled at every task, but we do have the ability to do something to bless our families. And we should take some time to improve on the skills we are lacking.

For me, this is gardening. I’m a horrible gardener (as a beekeeper I joke my thumb is black and yellow instead of green). However a garden is something that can really bless my family in this season of my life. This year I need to schedule some time to plan and work on my garden, with the end goal in mind of feeding my family healthy and organic food.

Are there skills that you need to improve glaring and obvious to you in this season of your life? Take some time and ask God to give you wisdom and perseverance on how to develop this area in your life. If it’s not so obvious, ask God to reveal an area for you to work on.
Today's Prayer:

Lord we thank you that you have given each of us unique gifting and skills. Help us to use those skills to honor and glorify you in everything and to be a blessing to our families. Father we ask that any area in our lives that need improvement will be made clear to us, and that you will give us wisdom to know where and how to gain the skills we need. Where we already have the wisdom we need, give us the endurance and perseverance to keep practicing and moving forward toward improving. Thank you Lord, in Jesus’ Name, Amen.

Today's Goals:

- Take some time to pray through and list 3 skill areas that you’d like to improve in the next 3 months. Look for skills that will help you improve in the areas of your priorities in this season of your life (for example, I’d love to learn Sign Language, however that skill is not practical in this season.)

- List out 3 different steps you can take to help you improve these 3 skills.

Written By: Crystal Hatcher
When reading this particular verse, amidst all the others in Proverbs 31, sometimes we as women can tend to pass over it rather quickly. We think along the lines of:

“I've got my hands full serving my own family and church; I can’t add in one more thing!”

And yet... I think the Lord has a reason for calling us to not only serve and work hard for our families (and churches) but to also give of ourselves to those in true need. And we already know He doesn’t call us to anything for which He doesn’t also give us grace!

What might the Lord have for us as we extend our hands to the needy? I believe His ultimate purpose for our involvement with these people groups is for the Good News to go forth! Many who are needy and poor don’t yet know their greatest need is forgiveness of sins in Jesus Christ. We have the privilege of showing the love of Christ to them in both tangible and emotional ways (such as listening, a hug, a prayer). Additionally, He plans to work in our own hearts by way of encouragement, strengthening, joy, and compassion through serving.

But, who are the needy? Jesus defines the needy as prisoners, the oppressed, the homeless and, also, anyone who is without Christ. (Luke 4:18, 6:20, James 2:5)

And what should our service to these individuals look like? How can we get our families involved and participate in serving those in need? I think it can look differently for different people. It doesn’t just mean an annual, week-long mission trip. But it can. It doesn’t just mean serving food to the homeless on a monthly basis. But it can. It doesn’t just mean going out on the sidewalks and sharing your voice for the unborn children. But it can. It doesn’t just mean signing up for every 5K to raise money for those trapped in the sex-slave industry. But it can.
What “burdens” has the Lord laid on your heart for which He is calling you to advocate? **Serving the poor and needy looks like what God has called you (and your family) to do.** We will only know how and whom He wants us to serve by asking Him.

**Today’s Prayer:**

*Lord Jesus, thank You for Your word and for the grace to fulfill and carry out Your commands. Thank You for the privilege to be able to serve those who are poor and in need – and especially those who need to hear about You. Show me how You want me to serve and help me to be Your hands and feet. I ask that You would go before me as I begin to “extend my arms” and soften hearts to the Gospel. Let my soul also be encouraged as I act in obedience to You. Amen*

**Today's Goals:**

- Discuss with your husband (or your best friend, someone you’re accountable to, etc.) ways you sense the Lord may be leading you to serve others. List those ideas here.

- Write down three options and the next step needed to find out what serving in that capacity looks like. Example: **Contact Pastor Jim for schedule for serving meals to the homeless.**

- Take a look back at Day 8 (verse 15, Devoted). Have you been able to bless some of the people that you listed?

Written By: Jennifer Fountain
This week we have learned more about the virtuous woman described in Proverbs 31. Let me encourage you again to take heart. God doesn't expect us to be perfect, and we can't expect perfection from ourselves either.

As you walk through the remaining two weeks of this study you'll notice some common themes. Being good stewards of our family's resources as well as our time, generosity, willingness to work with our hands, and more.

This week we talked about the virtuous woman being devoted, a good steward, strong in mind and body, diligent, skillful, and charitable.

- What resonated with you this week?
- How do you show:
  - Devotion
  - Stewardship
  - Strength
  - Diligence
  - Skill
  - Charity
- Which of these traits is your weakest? Think of one way you can show that trait this week. Be specific.
- Keep your notes handy as you go through the coming weeks so you can refer back to the notes you've taken and see the changes you've made in your heart.

Written By: Virginia George
If you’ve ever experienced a serious snowstorm, you know that having the proper attire is just the beginning of what it means to be prepared. Grocery stores are flooded with people stocking up on essentials, woodpiles are topped off, and salt is stashed preeminently by the door to clear the walkway. Despite the effort, the snow will still fall — but you can rest knowing that you and your home are ready for the storm.

The woman of this proverb sets an example for all of us in preparedness. Not only has she made sure that her household is clothed and ready, but they are clothed in scarlet. Scarlet, in her time, would’ve been considered a luxury, as dyeing the fabrics would’ve taken her extra time and effort. What does this mean for us?

Life will bring storms into our lives, and into our households, there is no getting around it. As followers of Christ, we are warned that the enemy is against us and will try to distract us from His purposes for our lives. As we seek to exemplify Proverbs 31, we must be prepared for these storms by remaining in the Word, being steadfast in prayer, and actively loving those in our communities. When we daily set our hearts and minds on the Kingdom, we ‘clothe our households in scarlet’ . We surround ourselves not just in the bare minimum, but in the luxurious scarlet wisdom and truth of our King.

In addition to preparing our own hearts in this way, we must be a source of encouragement and accountability to our friends and families. When we exemplify this faithfulness to our husbands, our children, our friends and coworkers and they too clothe themselves in His love, we will have no fear of the storms.
Today's Prayer:

Father, forgive me for the times when I have neglected to prepare my heart, and when I have forgotten the importance of encouraging my friends and family to do the same. By your grace, draw me daily into Your presence, that I might clothe my heart in your wisdom, and not be fearful of the times to come. Let me be an example of your love and truth in my community, and show me how I can push others to do the same.

Today’s Goals:

- Prayerfully identify what current ‘storms’ you and your household might be facing. These might be internal (tension between you and someone else, a rift between children) or external (financial struggles, issues at a job, discouragement in a church body).

- Ask the Lord to give you wisdom to weather these storms and prepare for more to come. How are you preparing for the storms of life?

- Think of three people that you can help ‘prepare for the storms’. This could be your husband, your children, anyone that you can be encouraging and keeping accountable to daily time with the Lord.

Written By: Karli Von Herbulis
Today’s topic is modesty; covering and clothing. But as someone who has grown up dressing modest, I have to tell you, modesty goes beyond clothing. I want to quote this same verse from the King James Version.

“She maketh herself coverings of tapestry; her clothing is silk and purple.”

Let's take a quick look at the tapestry part. Tapestry is beautiful weaving, often used to create wall coverings. But our lady in Proverbs makes these beautiful coverings for her bed. This demonstrates that she makes their marriage bed beautiful. A place for her husband to relax and a place where she is all his.

Then we take a look at her clothing. Silk and Purple are the words used to describe what she wears. Silk indicates high quality, and purple is the color of royalty. These two words put together makes one think of a queen; she wears fine clothing that shows her royalty.

The clothes you choose to wear can be a reflection of your inner spirit. The woman in Proverbs 31 is portrayed to us as a lady. She wears clothing that plainly shows the world who she is in the way she chooses clothes that are womanly and beautiful. A wife who honors her husband by dressing modestly, and a daughter of the king

More importantly, modesty must come from the heart. Again we look at the silk and the purple. Silk is strong, and shows strength of character. Purple shows an understanding that she is a child of God; she is royalty.

I once read a book where the heroine was a true lady. She was described as wearing rags because they had lost their money; but her queenly bearing, her gentle spirit, and her true humility marked her so well as a lady that even those socially above her still addressed her as one of them. It inspired me to show myself as a lady as well, even when I was just washing dishes.
Our clothing and our spirit go hand in hand when it comes to showing the world who we are. My desire for myself and my daughters (if we are blessed to have them), is that we can be true ladies. Dressing beautifully, practically and modest, with a confidence that comes from knowing who we are in Christ. In this way, we can let the light of Christ shine through us, and bless the world by Him.

**Today's prayer:**

*Father, I thank you that I am your child and that you loved me enough to make me a true daughter of the King. I pray that you will help me bless my husband, by making our marriage bed beautiful. I pray that you will clothe my spirit in silk and purple. That through my dress and actions I would show the world what it is to be a true lady. In Christ’s name, Amen.*

**Today's goals:**

- Take a peek into your bedroom. Is there clutter and mess? Write down three simple things that you can do to "cover your bed with tapestry". (Ex: make bed, put away laundry, light a candle etc.)

- Peek into your closet. Find three to five outfits that portray how you wish to show yourself to the world. Make sure they look nice and fit well. Practice wearing your nice clothes even if you will be home all day. Your hubby wants to see you looking nice and your children will exclaim how "pretty mommy looks!"

- Peek into your mind and make a list of the attitudes that you want to wear each day, and of the attitudes that need to be thrown away.

Written By: Kendra Stamy
At first glance this verse appears to be a prerequisite unrelated to us as women, but instead to the quality and character of the man we chose to marry. How many times have women looked at verse 23 and felt it didn't apply because their husbands aren’t in this position?

But may I challenge you today that this verse is a reminder of who your man can become with encouragement and support from his wife?

Our culture beats men up in so many ways. They are supposed to be “manly”, but we complain when they aren't sensitive enough. We make jokes that men are stupid and incapable, and guess what? Many men have believed this lie and just decided it is easier to act stupid and incapable than to disprove the stereotypes!

We have the ability to change this for our husbands. We can be their cheerleader as they try new things. We can encourage them to pursue the dreams God has given them. We can respect them publicly and behind closed doors. And when we do other people take notice of our men too!

A few years ago I felt strongly that God was calling me to scale back my own activities and support my husband in our church. We had been through some trying times and he needed me to be there for him. It was difficult for me to turn down my own ministry opportunities, like teaching Sunday school, but God really worked in both of us during that time. A year ago he was ordained as a Deacon, and last fall he began a Master's degree program to pursue full-time ministry. With my support he has been able to accomplish great things!

We are called to support our husbands, whether they are elders of the land or leaders in their homes.
Today’s Prayer:

Father God we thank you for our husbands and the work you can do in their lives. Lord we know each of our husbands are in different places in their walks with you right now, but we know you have a plan for them. Help us to be supportive and respectful of our husbands, and help others to see the good qualities you’ve given our husbands to serve your kingdom. Lord, where we struggle to see how to encourage and support our husbands, open our eyes to see ways to lift them up and pray for them. Help us to find and walk the fine line of being encouraging and not nagging. Thank you Lord for the work you are doing in our husbands! In Jesus’ name, Amen!

Today’s Goals:

- List 3 Ways you can support your husband.

- Prayer is one of the best ways you can support your husband. Commit to spending time in prayer for him each day, and ask God to reveal areas you can help support your husband.

- Lastly, ask your husband how you can help support him. You’d be surprised sometimes at the little things that can really help them feel your support.

Written By: Crystal Hatcher
As a newly married soon-to-be mom, I was energized to take hold of my adulthood in tangible ways. I wanted to own my time and be as productive as possible. And by productive, I meant that the baby growing inside me was GOING to have hand-knit booties! So, I decided to lead a local craft group and told my "non-crafty" friends that they should come join us because "everyone is a crafter - some just haven't found 'their' craft yet."

Turns out I may not have been entirely correct in that assessment.

I've done plenty of crafting over the years, but to call myself a "crafter" would be a gross exaggeration. Let's just call me a "patron" of crafts, and I won't show you my stash of unfinished (and unrecognizable) attempts at making things worth gifting or selling.

If you read today's verse with some longing and disappointment, I hope I can help you look at these words from a different perspective.

The Proverbs 31 woman recognizes the value of her talents and time. We saw in verse 18 that she's not afraid to accept compensation for her hard work. And we know that she creates quality items because she is able to sell them to merchants.

This woman is "crafty," but more importantly, she's industrious. She perceives a need (the merchants want sashes), and recognizes the benefits to her and her family that will come from meeting that need. She makes a plan and diligently sets to work with her hands. Remember the merchant ships she was compared to in verse 14? They carried only the best merchandise from near to far. Perhaps these are some of merchants purchasing her fine wares, potentially expanding the influence of her family abroad.

Our Creator God made us in His image. We have an internal desire and need to shape the world around us. We are an inventive people. My (knit bootie-less) children could tell you that even though my sewing endeavors are a sad mess, I...
can take stock of the leftovers in the fridge and combine them with the contents of the nearly-bare cupboard, and come up with a decent meal. It may not be gourmet, but it will be nutritious. And I'm working on gourmet!

My new maxim is, "Everyone is creative, but not everyone has found their outlet yet."

You might find fulfillment in making linens and sashes, or you may feel more inclined to help support your family by composing musical scores or writing books. Maybe you don't feel "creative" at all, but you do love contributing to the church bake sale, or even re-working the organizational system in your church office.

Problem solving is creativity. Using your creativity to benefit your family and those around you is industry. Being an industrious woman is identifying the skills that God would have you invest in improving, and making a plan to leverage them for the greatest impact.

**Today's Prayer:**

Creator God, thank you for the thoughtful and loving ways you have planted your own characteristics within us. Thank you for the ability - and responsibility - of using the tools you've given us to influence the world around us. Help us trust that you have given us what we need to accomplish the tasks you've placed before us in a creative way - working with all our strength as unto you. Amen.

**Today's Goals:**

- Think about the ways that you use your creativity to solve problems on a daily basis. Which areas of your life stretch you the most in this (hello parenting!!)?

- Where do problem solving and creating intersect well in your life? Do you enjoy fixing things? Arranging furniture to be more visually appealing? Do you write? Garden or arrange flowers?

- List three of your interests that have the potential to provide financial or material benefits for your family. (Take a look back at Day 11: Diligent for some ideas of your talents.)
What would you need to do to explore turning one of these interests into a profitable endeavor? What kind of training would you need? How would you manage your time?
Isn’t this verse just delightful? This verse describes the virtuous woman as someone who is clothed with strength and dignity. Wow! It seems like a common perception that women, especially in that day and time, were deemed the weaker sex. However this Proverb tells us that the virtuous woman is strong and dignified. I imagine that she is strong physically from working her hands, and strong spiritually. Her strength comes from the Lord.

The virtuous woman is also clothed in dignity. Webster’s dictionary defines dignity as “a sign or token of respect”. The virtuous woman is respected by others. She carries herself in a respectable manner that all can see, she is clothed in her dignity.

Finally, verse twenty-five tells us “she can laugh at the days to come”. This woman does not worry about the future. She does not worry about death. She has planned ahead and she knows her destiny. She laughs because the thought of it brings her joy.

Can you imagine how liberating this would be if we all lived this way? To have complete trust that God is in control and to think of the future with joy? As women, it’s so easy for us to worry and fret about everything that could go wrong. But the Bible tells us “do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:34)

So what does this mean for us? How can we aspire to be clothed in strength and dignity, and laugh at the days to come? I believe that being clothed in strength and dignity are the natural result of someone who models their life after the teachings of Christ. We must seek to be like Him in everything we do.

When a worry begins to creep into our hearts, we must not “be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present [our] requests to God.” (Philippians 4:6) If we do that, the Bible says “the peace of God, which transcends all understanding, will guard [our] hearts and [our] minds in Christ Jesus.” (Philippians 4:7) May we all live our lives with
joy and trust that we can laugh at the days to come.

**Today’s Prayer:**

*Lord, when people see me, I want them to see you. Help me to be clothed in strength and dignity. Help me to give my fears and worries to you so that I can laugh at the days to come. Teach me to walk in your ways. Amen.*

**Today’s Goals:**

- Make a list of things that are holding you back from being clothed in strength and dignity. What do others see when they look at you? Why? How can you become more Christ-like?

- What do you worry about? Write out the things you worry about. Then follow Philippians 4:6. Give those things in prayer and petition (asking), with thanksgiving, to God. I know it’s hard to give thanks for some things, but the Bible calls us to give thanks in all circumstances. (1 Thessalonians 5:18) If we want to be able to laugh at the days to come, then we will need the peace of God that transcends all understanding which comes from seeking God in prayer, petition, and thanksgiving.

- Memorize the following Scripture to help you when you need to clothe yourself in God’s strength:

  “Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.” Deuteronomy 31:6

Written By: Sarah Nichols
This verse is a ringing endorsement to the character of the virtuous woman. When I think of a woman who speaks with wisdom and faithful instruction, I think of someone who speaks the truth, has excellent judgment, and who is able to discern wrong from right even in tough circumstances. I think of her teaching her children to be Godly and wise, training them up in the way they should go.

The Bible has many things to say about wisdom. It speaks of having wisdom as being more profitable than silver, yielding better returns than gold, being more precious than rubies, and being a tree of life to those who take hold of it. (Proverbs 3:12-18) In fact, there are around 50 verses in Proverbs alone that mention wisdom. I think it’s safe to say that the Bible views wisdom as an important, desirable, and necessary character trait.

If the Bible places such an importance on wisdom, how do we go about gaining it? James 1:5 tells us “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” What an encouragement! We don’t have to jump through a bunch of hoops to attain wisdom. No, we merely need to ask God to give it to us, and He will!

The Bible also says in Proverbs 19:20: “Listen to advice and accept discipline, and at the end you will be counted among the wise.” This verse is often easier said than done. It’s never fun to accept discipline or listen to the advice of others, but we should treasure those moments, because no matter how painful those growing pains are, they are helping us to become wise. The virtuous woman was highly regarded for speaking with wisdom and giving faithful instruction.

What do the words of your lips speak?
Today’s Prayer:

Father, I know that wisdom comes from you. I ask that you will mold me and shape me to be the person you have created me to be. Please give me wisdom. Let me be known as wise by the words I speak. Help me to faithfully instruct others in my care. Let the words of my mouth bring honor and glory to you for all the days of my life. Amen

Today’s Goals:

- Think about your life, would others who know you consider you to be wise? Why or why not? If not, what is one thing you can change right now to work towards gaining wisdom?

- Who is someone in your life who exemplifies today’s verse? Call them up or write them a note and tell them thank you for being an example to you. If there is no one in your life who exemplifies this verse, ask God to help you identify someone.

- Think of some of the younger women in your life. Is there anyone who is going through a situation that you’ve had to navigate before in life? Invite them over for a cup of coffee (or tea) and pray for words of wisdom to speak into their lives.

Written By: Sarah Nichols
King Lemuel's “ideal woman” is pretty inspiring, isn't she? She's patient and loving, she provides for her family by making sure they are clothed and fed. It's easy to be intimidated or to feel like you fall short when you look at all that she is. Instead I encourage you to be challenged and encouraged. Let the ways of the virtuous woman inspire you.

This week we learned the virtuous woman is prepared, modest, supportive, industrious, confident, and wise. The virtuous woman has her eyes on the Lord and her family first, knowing that if she loves and glorifies them, she will be rewarded as well.

- Knowing that we should be inspired instead of intimidated by her, how can you be more:
  - Prepared
  - Modest
  - Supportive
  - Industrious
  - Confident
  - Wise

- What consistencies have you seen throughout the study? Are there any recurring themes that are speaking to you?

- Which of the traits this week do you feel like you most excel at and why?

Written By: Virginia George
The first part of this verse says that she watches over the affairs of her household. What does this say to you? To me it means that she is first and foremost a homemaker. I know some of you are wondering if this means that you have to be perfect Suzy Homemaker but rest assured, because I don’t think it does.

I do believe that being a homemaker is an important role that God has given women, and it is a role that many of us need to take more seriously. However, it should not matter whether you have a full time job outside of the home, a part time job, work from home or are a stay at home mom who spends her days caring for her kids. You my friend, have a God given role in your home so embrace it!

Of course, homemaking is not going to look exactly the same for everyone but here are a couple of principles we can extract from this verse that can apply to anyone.

**She takes her God given role in the home seriously.** The verse begins by saying that she watches over the affairs of her household. This means that she knows it is her responsibility to be a Godly influence for her family and care for their well being. Her heart is focused first on the needs of her family, not on her job, her friends or even keeping her home spotless.

This is an issue of having your heart in the right place, not of how well you can cook or clean. Your attitude can play a huge part in setting the tone for the rest of your family (see day 8, verse 15). A good place to start is to strive to live out the fruits of the spirit in your life and home.

**She is productive and not lazy.** As the second part of the verse says, she does not eat the bread of idleness. Does this mean that her home is always spotless, dinner is on the table the same time every night and she never gets tired or needs to take a break? Of course not! Let’s not be unrealistic.
She does however make an effort to be a good manager of her home and time. She has set priorities for herself and her home and work to achieve these goals. She has also learned the value of being disciplined with how she uses her time.

I don't mean to say that you have to be constantly overworked but if you are falling behind on your daily tasks because you are not using your time well (for example, sitting on the computer browsing Facebook or Pinterest when you should be doing other things) something needs to change. This is something I struggle with sometimes.

If you are like me and time management is a struggle, that's okay. The important thing is that you are making an effort. Try finding ways to help you with being more productive like creating some simple routines for your day, making a meal plan or putting together a weekly cleaning schedule. Setting some goals like this can make a huge difference in your productivity!

It is my hope that you see this verse as encouragement to care for your family and work on being a good manager of your time. It is not meant to condemn you or make you feel bad for not being perfect. Just remember that all we do, whether at home or away should be focused on bringing glory to God. As Colossians 3:23 says:

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

**Today's Prayer:**

_Dear Lord, thank you for giving me such an important role as a homemaker. Help me to see the value in this role and learn what it means for me and my family. Show me how to be a more effective manager of my time so that I can focus on bringing glory to you._

**Today's Goals:**

- What do you struggle with most when it comes to being productive? Is there something specific that is a distraction or is hindering you from being a good manager of your time?
• Look back at Day 8 (verse 15, Devoted) and 9 (verse 16, Good Steward). Which of these areas are you improving in? Which ones still need some work? Pick 1 thing to work on specifically for the remainder of this study (make it a habit and it'll stick!)

Written By: Ashley Roe
While much of Proverbs 31 speaks of womanhood and not necessarily motherhood, this verse discusses the virtuous woman's children, so I'm going to talk for a moment to mothers specifically. (If you are not a mother yet, tuck this nugget away, or think about other’s in your life whom you deal with.)

You may feel like many of the tasks you do for your family go unnoticed. Mothering is a thankless job indeed. Some of our children may be too young to even say, “thank you”, and many of the rest of them are just too ego-centric. A child's world does in fact revolve around them.

I was once at a women's conference and we had a speaker who gave the following object lesson. She stood at the front of the room and asked us to shout out tasks we do throughout the day. For each task a woman shouted she'd string a bead on a rope. Dishes. Laundry. Sweeping. Playing. Feeding. Laundry. And laundry.

But there was no knot in the end of the string. Each time she strung a bead it fell straight off. Is mothering (especially with young children) any different? We do dishes, laundry, read books, and sweep or vacuum the floor. And at the end of the day what do we have to show for it? More dirty laundry, messy kids, and a pile of crumbs in the corner.

The hope comes in this: God sees it. God sees every single bead you string onto your rope. He knows. HE knows. And there's so much hope in that. Your hard work does not go unnoticed.

Thankfully, children don't remain children forever. Lord willing, they eventually turn into teenagers and then adults. I can't even count the number of times I apologized to my parents as an older teen. Once I moved out of their house I began to see how horribly I treated my parents as a teenager. I didn't call my mother blessed then, but I certainly do now.
Sometimes you just really want that affirmation, I do. Some days I nearly beg for it. In Proverbs 31:28 we finally see it. “Her children call her blessed. Her husband also, and he praises her.”

When we follow through, we remain faithful and trustworthy, and when we honor our families without looking for selfish gain, we will see the fruit of our labors. Sometimes we just give up too quickly. With vigilance and with faithfulness, our work will be rewarded.

I’m not talking days. Maybe not even months.

And sometimes I think husbands can be ego-centric too. We all joke that men cannot multitask. If this is true, our husbands may not see our faithfulness while they’re under their own burdens. (And how many times do we do the same—not see our loved ones' struggles because we’re too wrapped up in our own?)

The good news is that with vigilance and prayer, eventually your family can look back at the work you’ve done. And then, on that glorious day, they will rise up. And they will call you blessed. Hang in there!

**Today's Prayer:**

*Dear God, thank you for this family you've given me to serve. I pray you would give me the fortitude to serve them endlessly and with joy. Let me find hope and contentment in you and not the words of man. Help me to remember the good days more than the bad. In Jesus' name, Amen.*

**Today's Goals:**

- We want recognition from our family, but instead of looking to them for affirmation today, let’s look to God. Write down 3 reasons that He is pleased with you.

- Find a woman who is a blessing in your life. Send her a letter or make a phone call. Rise up, and call her blessed.

Written By: Virginia George
In the last verse we talked about the Virtuous Woman's children calling her blessed and her husband praising her. In verse 29 we see exactly what her husband says to praise her.

The Virtuous Woman's husband says, “Many women do noble things.” The second day of this study, in verse 10, we talked about being noble. Nobility was defined as “having or showing fine personal qualities or high moral principles and ideals.” It is as if he is saying to her, “Many women have fine personal qualities, and great ideals. But you, you leave them in the dust. You excel. You surpass them all!”

Surpass means to distinguish oneself, to stand out, or to excel. But how? And how can I become someone who is excellent?

We can “surpass them all” and become excellent when we seek the Lord's will in our hearts, and when we desire to follow his ways. While other women may seek to make themselves look better, to gain status or be what our culture desires women to be, we are on an opposite mission. We seek to bring the Lord glory.

Each of us is valuable! God created us with unique qualities and talents and we use those to build His kingdom by building our homes, husbands, and children up. Are we using our talents to show that serving the Lord is fun and rewarding?

We may not be noble all of the time, we will make mistakes but that’s why we need Jesus. We are excellent when we show humility and that we cannot do life on our own. We ask forgiveness of our husband or children when we do wrong. We praise and encourage them. When we are an example of what it looks like to serve Jesus in our homes – we are being excellent.
Today’s Prayer:

Lord, thank you for giving me a desire to serve you and to seek you in all I do. I want to use these special talents and abilities you have given to me to help build your kingdom. Help me to find ways to do this! Help me to be excellent in all I do and when I mess up, thank you for your grace and forgiveness. In Jesus’ Name, Amen.

Today’s Goals:

- Think of a time you have messed up. Everyone messes up, today show someone grace when they mess up. How did this make you feel?

- Look back at the list of skills that you wrote on Day 11 (verse 18, Diligent). God gave you these gifts and talents to bless his kingdom. How are using them?

  “Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms. If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.”

  1 Peter 4:10-11

- What is one way you’ve exemplified excellence this week? (It may be something simple like praying with your children). If you can’t think of anything ask God to remind you how he sees you.

Written By: Rachel Marie
Charm and beauty. They are what fairy tales are made of for little girls. If you were like me you read stories and watched movies of charming and beautiful princesses who found true love, saved the day and lived happily ever after.

Sadly, this isn’t real life for most of us. We enter into relationships as charming women only to reveal our true wounded, selfish selves to our spouses. We’re beautiful for dates or courting activities and on Sunday mornings but by Tuesday our hair is a mess, we haven’t shaved our legs since Saturday and we can’t remember if we brushed our teeth this morning or not.

We don’t feel so beautiful and we’ve revealed that we are far less than charming by the words from our mouths and our actions. So now what do we do? We feel like failures and by most accounts we have failed. We’ve lost our charm and our beauty so what do we have left?

Proverbs 31:30 challenges us to change our focus on life. When we fear the Lord we are praiseworthy. Why? Because fear of the Lord draws us closer to Him. It says, “I know what You have is good, I know I am unworthy but You love me, You treasure me and I want to live the way You have called me to live.” Fear of the Lord recognizes that He is above all, He is a greater threat to the world than the world is to you.

When we live in this way, not only are we worthy of praise but we will find that beauty and charm come to us. Not by our works or the quality of the makeup we wear but because our outward appearance is a reflection of our inward hearts. The words we speak are truth spoken in love with kindness and grace...true charm. They come from our spirit rather than our soul.

You see, fear of the Lord is not looking at Him as a hard-nosed dictator. It’s knowing that He is the Almighty God who is much more powerful than anything in this world. Worldly charm and physical beauty are fleeting things that we muster up on by our own but fear of the Lord comes from within and is a lasting trait worthy to be praised.
Today's Prayer:

Father God, please forgive me for speaking charming but deceptive words. Please forgive me for striving to gain beauty by the world's standards. Help me today Lord, to turn my eyes to You and seek Your face. Help me to see you as the God of my salvation, the provider of my life and the giver of real beauty and charm. I ask, Lord, that you would pour into my spirit so that out of my mouth comes truth spoken in love. I pray that when others see me they see me as beautiful from the inside out, with beauty only You can give. In Jesus’ Name, Amen.

Today’s Goals:

- Evaluate your words today. Are you speaking truth in love or using meaningless words to gain the praise of others?

- Do you know what fear of the Lord looks like? Do you have a Biblical fear of Him or are you afraid of Him because you think He’ll harshly chastise you if you do wrong?

Written By: Danielle Tate
Do you feel like you are worthy of honor? Do you even want to be worthy of honor? Being honored is okay; being honored is Biblical. But being honored comes with responsibility.

As women, we clearly see in this verse it is okay to be honored and praised. What we don’t see is striving to be honored and praised. Honor and praise comes to us as we live out our lives seeking to serve God, focus on Him daily and follow the calling He has placed on our lives.

Have you ever known someone who is a bragger, always boasting about his or her accomplishments? They want honor, they are seeking praise and they thrive from the recognition of others. In all the past verses, every example given to us has the same foundation: a heart devoted to Christ seeking His will for our lives. This verse is no different.

We are not to seek out honor and praise but we are to be okay with receiving it when it comes from the recognition that our works are good because the Lord has blessed them and given us our strength and ability.

I am reminded of the Sunday after I published my first book. I honestly didn’t even consider the possibility that anyone at church would bring it up to me, let alone in front of the congregation. I was not seeking any praise in writing and speaking about my book but my church family saw that God was using me in an amazing way. I was humbled and grateful that they chose to honor me and praise what God was doing through me.

That is the honor and praise we will find as we seek to live our lives honoring Christ in all we do. We don’t seek it out but it will find us because we are living as a light in a dark world. Don’t discount their praise and their compliments. Take them knowing that you are worthy of them because Christ is working through you.
Today's Prayer:

Father God, I thank you that you are working through me. I praise you for you are wholly worthy of praise and honor. Lord I ask that you would help me to humbly receive praise and honor as I live my life praising and honoring you. I ask that you would show me clearly if I am thriving on the praise of others and help me refocus on You and You alone. I accept the praise of others knowing that without your blessing on my life I would be nothing. In Jesus’ Name, Amen.

Today's Goals:

- Often times if we are humble we don’t know how to accept praise and honor from others in a godly, natural way. Think about how you can respond to others when they give you praise. How can you graciously accept the praise and honor of others for what the Lord has done in and through you?

- Write a prayer praising God for all the blessing, gifts and talents he’s given you.

Written By: Danielle Tate
Until this week we only saw what the virtuous woman did. We saw the kind of woman she was for her family, her community, her church, and most of all, for her Lord. This week we got a glimpse of the blessings the virtuous woman receives for her endeavors; she is blessed and she is worthy of honor.

- This week we talked about the virtuous woman being productive, blessed, excellent, she fears the Lord, and is praiseworthy. How do you embody these traits?
  - Productive
  - Blessed
  - Excellence
  - Fears the Lord
  - Praiseworthy

- How can you specifically work in the coming days to be more like the virtuous woman in these areas?
  - Productive
  - Blessed
  - Excellence
  - Fears the Lord
  - Praiseworthy
Becoming more like the woman we read about in Proverbs 31 is a journey. We weren’t born with all of these virtuous characteristics but through our rebirth in Christ we can realize them by daily standing in the presence of God and examining ourselves.

We are not meant to be carbon copies of this woman, or any other woman for that matter. God has created us each individually, each unique and each with a purpose. Some of the characteristics you read about over the last month will come easily and naturally to you. Others you might find more difficult or near impossible. Remember that all things are possible with Christ and while some will come easier than others they are all possible with the help of the Holy Spirit. We cannot do it alone.

What you read and wrote down in your journaling should not sit on a shelf. Review each day, reflect on them and ask the Lord which characteristic He wants you to focus on. Then, take time to focus on each area over an extended period of time. Let this devotional be your jumping off point to being the virtuous woman God has called you to be.

Blessings and striving with you in His grace,

Anjanette
Ashley
Crystal
Danielle

Jennifer
Karli
Kendra
Rachel

Sarah
Virginia
Whitney

Over the last 4 weeks we learned about the virtuous woman, and specifically these traits:

Precious  Trustworthy  Honorable  Willing  Resourceful  Devotion  Stewardship  Strength
Diligence  Skillfulness  Charity  Preparedness  Modesty  Supportive  Industrious  Confidence
Wisdom  Productivity  Excellence  Fear of the Lord  Productivity
I invite you to reflect on the past 4 weeks, which verses most challenged you? Which encouraged you? Where would you like to improve and where are you strong?

I encourage you to keep these traits handy, keep these verses in your mind and in your heart, and be encouraged. We all have room to grow, but I hope that Proverbs 31 no longer intimidates you but guides and encourages you.

Written By: Danielle Tate
About the Printables

One of my tasks along with designing the book was to come up with some printables to go along with it. I knew right away that I wanted to make a set of bible verse cards. The set included in the book has each verse and character trait that was referenced in the devotionals. These are an excellent companion to the book because you can carry them around wherever you go to memorize the verses and be reminded of the character traits you are working on as you read through the devotional. To use the cards, print and cut them out then punch a hole on the corner. Put a binder ring through the holes to keep them together.

Kendra created the next printable which is a full page print of Proverbs 31:10-31. This would be great to print out and put in a notebook or hang up somewhere as a reminder of Proverbs 31 and all the great things you learned while doing the devotional.

Lastly, I made a couple of word art printables that are meant to be printed and hung up. They would look great put in an 8 x 10 frame. I chose Proverbs 31:30 because it is a good reminder that being a woman who fears the Lord is more important than outward beauty. The other verse I chose was Proverbs 31:25. I like this verse because it reminds me that I can have strength and dignity when I trust the Lord. I can smile knowing that he is in control of the future. Both of these verses would be great to hang up in a bedroom or bath room as a reminder while you are getting dressed and maybe putting on make up that you also need to put on the characteristics of a Proverbs 31 woman.

All the printables, as well as the study guide are included in the following pages of this eBook so you can simply print those specific pages from the pdf document. I have also set up a page on Joyful Thrifty Home where you can go to download and print each of the printables and the study guide individually.

Written By: Ashley Roe

Click here to go to the Set Apart Printables page on Joyful Thrifty Home. Use the password SETAPART to access your downloads.
**Proverbs 31**

**Characteristics of a Virtuous Woman**

Verse card companion to the eBook devotional

*Set Apart: Becoming a Woman of Virtue in the Modern World*

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**Noble**

A wife of noble character who can find? She is worth far more than rubies.

*Proverbs 31:10*

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**Trustworthy**

Her husband has full confidence in her and lacks nothing of value.

*Proverbs 31:11*

---

**Honorable**

She brings him good, not harm, all the days of her life.

*Proverbs 31:12*

---

**Willing**

She selects wool and flax and works with eager hands.

*Proverbs 31:13*

---

**Resourceful**

She is like the merchant ships; bringing her food from afar.

*Proverbs 31:14*
Devoted
She gets up while it is still night; she provides food for her family and portions for her female servants.
Proverbs 31:15

Good Steward
She considers a field and buys it; out of her earnings she plants a vineyard.
Proverbs 31:16

Strong
She sets about her work vigorously; her arms are strong for her tasks.
Proverbs 31:17

Diligent
She sees that her trading is profitable, and her lamp does not go out at night.
Proverbs 31:18

Skillful
In her hand she holds the distaff and grasps the spindle with her fingers.
Proverbs 31:19

Charitable
She opens her arms to the poor and extends her hands to the needy.
Proverbs 31:20
Prepared
When it snows, she has no fear for her household; for all of them are clothed in scarlet.
Proverbs 31:21

Modest
She makes coverings for her bed; she is clothed in fine linen and purple.
Proverbs 31:22

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

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

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

Wise
She speaks with wisdom, and faithful instruction is on her tongue.
Proverbs 31:26
Productive

She watches over the affairs of her household and does not eat the bread of idleness.

Proverbs 31:27

Blessed

Her children arise and call her blessed; her husband also, and he praises her:

Proverbs 31:28

Excellence

"Many women do noble things but you surpass them all."

Proverbs 31:29

Fears the Lord

Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.

Proverbs 31:30

Praiseworthy

Honor her for all that her hands have done, and let her works bring her praise at the city gate.

Proverbs 31:31

Who can Find a Virtuous Woman?
For her price is far above rubies.

The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life.

She seeketh wool, and flax, and worketh willingly with her hands. She is like the merchants’ ships; she bringeth her food from afar. She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.

She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard. She girdeth her loins with strength, and strengtheneth her arms. She perceiveth that her merchandise is good: her candle goeth not out by night.

She layeth her hands to the spindle, and her hands hold the distaff. She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.

She is not afraid of the snow for her household: for all her household are clothed with scarlet. She maketh herself coverings of tapestry; her clothing is silk and purple.

Her husband is known in the gates, when he sitteth among the elders of the land. She maketh fine linen, and selleth it; and delivereth girdles unto the merchant. Strength and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness.

She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her.

Many daughters have done virtuously, but thou excellest them all. Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised.

Give her of the fruit of her hands; and let her own works praise her in the gates.

Proverbs 31:10-31
Charm is deceptive & beauty is fleeting but a woman who fears the LORD is to be praised.

PROVERBS 31:30 NIV
She is clothed with strength & dignity. She can laugh at the days to come.

PROVERBS 31:25 NIV
Day 1: Introduction to Proverbs 31

“The sayings of King Lemuel—an inspired utterance his mother taught him. Listen, my son! Listen, son of my womb! Listen, my son, the answer to my prayers! Do not spend your strength on women, your vigor on those who ruin kings. It is not for kings, Lemuel—it is not for kings to drink wine, not for rulers to crave beer, lest they drink and forget what has been decreed, and deprive all the oppressed of their rights. Let beer be for those who are perishing, wine for those who are in anguish! Let them drink and forget their poverty and remember their misery no more. Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.” Proverbs 31:1-9

Today’s Goals:

- Journal your thoughts and notions of the Proverbs 31 woman.

- As you approach this study, the goal is not to strive for perfection, but growth. List 3 ways you are already showing the characteristics of being a Proverbs 31 woman.
  1. 
  2. 
  3. 

- Prayer and the power of the Holy Spirit is what gives us the grace to pursue becoming more like the Proverbs 31 woman. Write a prayer asking the Lord to guide you through this process and to help see the areas where you can improve.
Day 2: Noble

“A wife of noble character, who can find? She is worth far more than rubies.” Proverbs 31:10

Today's Goals:

• List 3 ways that you want to exemplify being noble.
  1. _____________________________________________
  2. _____________________________________________
  3. _____________________________________________

• Write down 5 Scriptures on index cards about wisdom. Put them in places you frequent daily. Use these to help you seek to fulfill your calling to be a noble example. (Take a look at a Concordance, or look up some of the following: Psalm 90:12, Proverbs 2:12, Proverbs 3:13, Luke 21:15, Ephesians 1:17, James 3:13-17.)

• Out of these Scriptures, choose one to memorize.

Day 3: Trustworthy

“Her husband has full confidence in her and lacks nothing of value.” Proverbs 31:11

Today's Goals:

• In what ways are you trustworthy?
  1. ___________________________  2. ___________________________  3. ___________________________

• In what ways could you be more trustworthy?
  1. ___________________________  2. ___________________________  3. ___________________________

• Give 3 examples of how you spoke truth today.
  1. ___________________________________________
Day 4: Honorable

“She brings him good, not harm, all the days of her life.” Proverbs 31:12

Today’s goals:
• **Honoring him in your heart.** Think of 10 things about your husband that you love, and dwell on them during the day.
  1. ____________________________  6. ____________________________
  2. ____________________________  7. ____________________________
  3. ____________________________  8. ____________________________
  4. ____________________________  9. ____________________________
  5. ____________________________ 10. ____________________________

• **Honoring him personally.** Pay him a sincere compliment at least 3 times throughout the day.
  1. ____________________________  2. ____________________________ 3. ____________________________

• **Showing others how he deserves to be honored.** Try to tell 3 different people about one of those 10 things. This can be as simple as telling your children something wonderful about their daddy.
  1. ____________________________  2. ____________________________ 3. ____________________________

Day 5: Willing

“She selects wool and flax and works with eager hands.” Proverbs 31:13

Today’s Goals:
• **Take a look at your heart.** Are you serving your family willingly or out of duty? List 2 reasons why you are willing to serve your family and 2 reasons you serve out of duty (or because you feel you have to). How can you become more willing to serve your family?
• **Take a look at your budget.** Does your family have a budget? (If not, plan a time to talk with your husband about starting a family budget in the next 2 weeks.) If you have a budget are you willing to stick to it and make it work? Plan a time in the next week to spend a few minutes reviewing your budget.

Date Set to Review Budget: ________________

• **Take a moment to think about your day.** Is time management a strength or a weakness for you? Is there an area that God is asking you to be more willing in?

**Day 6: Resourceful**

“She is like the merchant ships; bringing her food from afar.” Proverbs 31:14

**Today's Goals**

• Think about the quality of food that you eat. Is it nutritious? Satisfying? Is there enough of it? Be honest with yourself and write down what you need to change to better feed your family.
• How about your home environment? Is it inviting? Safe? Comforting? Think of one thing you could do today to improve in this area.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

• Now think through the things that stand in your way. What are your biggest obstacles to providing high quality meals and a welcoming home? Finances? Motivation? Lack of cooking or housekeeping knowledge? Brainstorm a few small goals you can set to get yourself moving in the right direction over the next month.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Day 7: Week One Review

Take a minute and write down how you show these traits in your life.

• Noble: __________________________________________________________

• Trustworthy: _____________________________________________________

• Honorable: _______________________________________________________

• Willing: _________________________________________________________

• Resourceful: _____________________________________________________

See? You're not doing so bad!

Now take a minute and write down how you're going to try to improve on these traits in this coming week. Be practical and specific.

• Noble: ___________________________________________________________________

• Trustworthy: ___________________________________________________________________
• Honorable:________________________________________________________

• Willing:__________________________________________________________

• Resourceful:_______________________________________________________

**Day 8: Devoted**

“*She gets up while it is still night; she provides food for her family and portions for her female servants.*” Proverbs 31:15

Today’s Goals:

• Identify 3 ways you can make better use of your time.

  1. ________________________________________________________________

  2. ________________________________________________________________

  3. ________________________________________________________________

• Choose one thing to implement this week. Be willing to change your schedule. Are you most productive in the morning or the afternoon?

  ________________________________________________________________

• Who is your community? Think of 3 people you may be able to bless in the coming months and plan a way to do it.

  1. Family: ______________________ Blessing: ______________________

  2. Family: ______________________ Blessing: ______________________

  3. Family: ______________________ Blessing: ______________________

**Day 9: Good Steward**

“She considers a field and buys it; out of her earnings she plants a vineyard.” Proverbs 31:16

Today’s Goals

• Prayerfully identify areas where your stewardship needs improvement. Do you need to limit online time? Spend more time in prayer? Reign in spending a bit? Ask the Lord to reveal the places that need a little attention.

  1. ______________________ 2. ______________________ 3.____________________
• **Be a good steward of your time.** Take a look back at yesterday’s goals and the areas you said you could make better use of your time. What are you going to do today to be a good steward in this area?

___________________________________________________________

___________________________________________________________

___________________________________________________________

• **Be a good steward of your resources.** Have you looked over or created your budget yet? If not, set a time to do it today! What areas of your budget are the hardest for you to be a good steward in? Write a prayer asking God to help you and give you wisdom in this area.

___________________________________________________________

___________________________________________________________

___________________________________________________________

**Day 10: Strong**

“*She sets about her work vigorously; her arms are strong for her tasks.*” Proverbs 31:17

Today’s Goals:

• **Like physical strength, Spiritual Strength takes exercise.** What are 3 ways you can exercise your spiritual muscles today?

1. ___________________________  2. ___________________________  3. ___________________________

• Name three women in your life that ooze Jesus. If you can’t think of anyone, pray and ask God to put some strong Christian women in your life.

1. ___________________________  2. ___________________________  3. ___________________________

• **Like physical training, we sometimes need a trainer.** Pray about asking one of them to be a mentor in your life. Pray that God would make the choice clear in both your lives. {While older women teaching younger women is Biblical, to many this is still a new concept and a rather frightening term. Do not be discouraged if for some reason they say no. Sometimes people mentor best without knowing they are actually doing so, so maybe trying inviting them for a cup of a coffee instead.}
Day 11: Diligent

“*She sees that her trading is profitable, and her lamp does not go out at night.*” Proverbs 31:18

Today’s Goals

- Make a list of the things you are good at. It could be teaching, training, sewing, baking or finance. These are gifts, things the Lord has given you the ability to do. Accept these things as gifts and be proud that Daddy has given them to you. You’re not proud of self, you’re proud that your Daddy has chosen you in these areas.

  • _________________
  • _________________
  • _________________
  • _________________

- Make a list of the things that you have started but have yet to complete. Write down a target date to get at least three of the things done within the next 10 days.

  _________________ Complete by: _________________
  _________________ Complete by: _________________
  _________________ Complete by: _________________
  _________________ Complete by: _________________
  _________________ Complete by: _________________
  _________________ Complete by: _________________
  _________________ Complete by: _________________

Day 12: Skillful

“Our hand she holds the distaff and grasps the spindle with her fingers.” Proverbs 31:19

Today’s Goals

- Take some time to pray through and list 3 skill areas that you’d like to improve in the next 3 months. Look for skills that will help you improve in the areas of your priorities in this season of your life (for example, I’d love to learn Sign Language, however that skill is not practical in this season.)

  1. _________________ 2. _________________ 3. _________________
• List out 3 different steps you can take to help you improve these 3 skills.
  
  ▪ Skill 1
    
    1. ______________________ 2. ______________________ 3. ______________________
  
  ▪ Skill 2
    
    1. ______________________ 2. ______________________ 3. ______________________
  
  ▪ Skill 3
    
    1. ______________________ 2. ______________________ 3. ______________________

**Day 13: Charitable**

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

**Today's Goals**

• Discuss with your husband (or your best friend, someone you’re accountable to, etc.) ways you sense the Lord may be leading you to serve others. List those ideas here:

  ______________________________________________________________
  ______________________________________________________________
  ______________________________________________________________

• Write down three options and the next step needed to find out what serving in that capacity looks like.

  Example: 1. **Contact Pastor Jim for schedule for serving meals to the homeless.**

  1. ______________________________________________________________
  2. ______________________________________________________________
  3. ______________________________________________________________

• Take a look back at Day 8 (Devoted). Have you been able to bless some of the people that you listed?

  ______________________________________________________________
  ______________________________________________________________
Day 14: Week Two Review

- What resonated with you this week?

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

- How do you show:
  - Devotion:
  - Stewardship:
  - Strength:
  - Diligence:
  - Skill:
  - Charity:

- Which of these traits is your weakest? Think of one way you can show that trait this week. Be specific.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Day 15: Prepared

“When it snows, she has no fear for her household; for all of them are clothed in scarlet.”
Proverbs 31:21

- Prayerfully identify what current ‘storms’ you and your household might be facing. These might be internal (tension between you and someone else, a rift between children) or external (financial struggles, issues at a job, discouragement in a church body).
• Ask the Lord to give you wisdom to weather these storms and prepare for more to come. How are you preparing for the storms of life?

• Think of three people that you can help ‘prepare for the storms.’ This could be your husband, your children, anyone that you can be encouraging and keeping accountable to daily time with the Lord.

1. ___________________ 2. ___________________ 3._____________________

Day 16: Modest

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

• Take a peek into your bedroom. Is there clutter and mess? Write down three simple things that you can do today to "cover your bed with tapestry". (Ex: make bed, put away laundry, light a candle etc.)

1. ___________________ 2. ___________________ 3._____________________

• Peek into your closet. Find three to five outfits that portray how you wish to show yourself to the world. Make sure they look nice and fit well. Practice wearing your nice clothes even if you will be home all day. Your hubby wants to see you looking nice and your children will exclaim how "pretty mommy looks!"

• Peek into your mind and make a list of the attitudes that you want to wear each day, and of the attitudes that need to be thrown away.
Day 17: Supportive

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

Today’s Goals

- List 3 Ways you can support your husband this week.

  1. _____________________ 2. _____________________ 3. _____________________

- Prayer is one of the best ways you can support your husband. Commit to spending time in prayer for him each day, and ask God to reveal areas you can help support your husband.

  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________

- Lastly, ask your husband how you can help support him. You’d be surprised sometimes at the little things that can really help them feel your support.

  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________

Day 18: Industrious

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

Today’s Goals

- Think about the ways that you use your creativity to solve problems on a daily basis. Which areas of your life stretch you the most in this (hello parenting!!)?

  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
Where do problem solving and creating intersect well in your life? Do you enjoy fixing things? Arranging furniture to be more visually appealing? Do you write? Garden or arrange flowers?

___________________________________________________________

___________________________________________________________

___________________________________________________________

List three of your interests that have the potential to provide financial or material benefits for your family. (Take a look back at Day 11: Diligent for some ideas of your talents.)

1. ___________________________ 2. ___________________________ 3. ___________________________

What would you need to do to explore turning one of these interests into a profitable endeavor? What kind of training would you need? How would you manage your time?

___________________________________________________________

___________________________________________________________

___________________________________________________________

Day 19: Confident

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

- Make a list of things that are holding you back from being clothed in strength and dignity. What do other see when they look at you? Why? How can you become more Christ-like?

___________________________________________________________

___________________________________________________________

___________________________________________________________

- What do you worry about? Write out the things you worry about. Then follow Philippians 4:6. Give those things in prayer and petition (asking), *with thanksgiving*, to God. I know it’s hard to give thanks for some things, but the Bible calls us to give thanks in all circumstances. (1 Thessalonians 5:18) If we want to be able to laugh at the
days to come, then we will need the peace of God that transcends all understanding which comes from seeking God in prayer, petition, and thanksgiving.

• Memorize the following Scripture to help you when you need to clothe yourself in God’s strength:
  
  “Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”
  Deuteronomy 31:6

**Day 20: Wise**

“*She speaks with wisdom, and faithful instruction is on her tongue.*” Proverbs 31:26

Today’s Goals

• Think about your life, would others who know you consider you to be wise? Why or why not? If not, what is one thing you can change right now to work towards gaining wisdom?

• Who is someone in your life who exemplifies today’s verse? Call them up or write them a note and tell them thank you for being an example to you. If there is no one in your life who exemplifies this verse, ask God to help you identify someone.

• Think of some of the younger women in your life. Is there anyone who is going through a situation that you’ve had to navigate before in life? Invite them over for a cup of coffee (or tea) and pray for words of wisdom to speak into their lives.

Person: ___________________ Coffee Date: ___________________
Day 21: Week Three Review

- Knowing that we should be inspired instead of intimidated by her, how can you be more:
  - Prepared: ________________________________________________________________
  - Modest: ________________________________________________________________
  - Supportive: ______________________________________________________________
  - Industrious: ______________________________________________________________
  - Confident: ________________________________________________________________
  - Wise: ________________________________________________________________

- What consistencies have you seen throughout the study? Are there any recurring themes that are speaking to you?
  ________________________________________________________________
  ________________________________________________________________
  ________________________________________________________________

- Which of the traits this week do you feel like you most excel at and why?
  ________________________________________________________________
  ________________________________________________________________

Day 22: Productive

“She watches over the affairs of her household and does not eat the bread of idleness.”
Proverbs 31:27

Today’s Goals:

- What do you struggle with most when it comes to being productive? Is there something specific that is a distraction or is hindering you from being a good manager of your time?
  ________________________________________________________________
  ________________________________________________________________

• Look back at Day 8: Devoted and Day 9: Good Steward. Which of these areas are you improving in? Which ones still need some work? Pick 1 thing to work on specifically for the remainder of this study. Make it a habit and it’ll stick!

___________________________________________________________

___________________________________________________________

___________________________________________________________

**Day 23: Blessed**

“Her children arise and call her blessed; her husband also, and he praises her:” Proverbs 31:28

Today’s Goals:

• We want recognition from our family, but instead of looking to them for affirmation today, let's look to God. Write down 3 reasons that He is pleased with you.

1. ______________________________________________________

2. ______________________________________________________

3. ______________________________________________________

• Find a woman who is a blessing in your life. Send her a letter or make a phone call. Rise up, and call her blessed.

Woman: ____________________ Action: ____________________ Date: ________

**Day 24: Excellence**

“Many women do noble things, but you surpass them all.” Proverbs 31:29

Today’s Goals:

• Think of a time you have messed up. Everyone messes up, today show someone grace when they mess up. How did this make you feel?

___________________________________________________________

___________________________________________________________

___________________________________________________________

___________________________________________________________
• Look back at the list of skills that you wrote on Day 11: Diligent. God gave you these gifts and talents to bless his kingdom. How are using them?

“Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms. If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power forever and ever. Amen.” 1 Peter 4:10-11

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• What is one way you’ve exemplified excellence this week? (It may be something simple like praying with your children). If you can’t think of anything ask God to remind you how he sees you.

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Day 25: Fears the Lord

“Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.” Proverbs 31:30

Today’s Goals

• Evaluate your words today. Are you speaking truth in love or using meaningless words to gain the praise of others

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• Do you know what fear of the Lord looks like? Do you have a Biblical fear of Him or are you afraid of Him because you think He’ll harshly chastise you if you do wrong?

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Day 26: Praiseworthy               Date____________________

“Honor her for all that her hands have done, and let her works bring her praise at the city gate.” Proverbs 31:31

Today’s Goals

• Often times if we are humble we don’t know how to accept praise and honor from others in a godly, natural way. Think about how you can respond to others when they give you praise. How can you graciously accept the praise and honor of others for what the Lord has done in and through you

• Write a prayer praising God for all the blessing, gifts and talents he’s given you.

Day 27: Week Four Review               Date____________________

How do you embody these traits?

• Productive: ______________________________________________________________

• Blessed: ________________________________________________________________

• Excellence: ____________________________________________________________

• Fears the Lord: __________________________________________________________

• Praiseworthy: ____________________________________________________________
How can you specifically work in the coming days to be more like the virtuous woman in these areas?

- **Productive:** __________________________________________________________
- **Blessed:** ____________________________________________________________
- **Excellence:** __________________________________________________________
- **Fears the Lord:** ______________________________________________________
- **Praiseworthy:** ________________________________________________________

**Day 28: Conclusion**

Over the last 4 weeks we learned about the virtuous woman, and specifically these traits:
1. Noble
2. Trustworthy
3. Honorable
4. Willing
5. Resourceful
6. Devotion
7. Stewardship
8. Strength
9. Diligence
10. Skillfulness
11. Charity
12. Preparedness
13. Modesty
14. Supportive
15. Industrious
16. Confidence
17. Wisdom
18. Productivity
19. Excellence
20. Fear of the Lord
21. Productivity

Write out some reflections from the last four weeks. Which verses most challenged you? Which encouraged you? Where would you like to improve and where are you strong?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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Anjanette is a wife and mom of three living in Juneau, Alaska and loving the life God has blessed her with. Her days are filled with lots of silly antics and laughter, mountains of laundry, and more love than she could ever hope for or deserve.

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As a wife and recent new mom Crystal found that seeking wisdom in the information age can be downright confusing and challenging at best! At Wisdom Seeking Mommy, Crystal's goal is to seek God's wisdom for handling everyday life situations. God promised in James 1:5 He'd deliver if we asked, so join her in seeking wisdom at Wisdom Seeking Mommy.

Blog | Wisdom Seeking Mommy

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Sarah is passionate about God, family, real food, natural health, and living the abundant life God has for us as written in John 10:10. Her husband is a youth pastor and they have two young boys. Together they are navigating the ups and downs of life while trying to keep things simple and full of joy.

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Blog | More Than Four Walls

Kendra Stamy

At A Proverbs 31 Wife our goal is to inspire and encourage, the everyday wife and mother. Posts include Loving your Family, Natural Living, Being Frugal, Everyday Homemaking, Fun peeps at our family life and so much more. Stop by and be encouraged today!

Blog | A Proverbs 31 Wife
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Karli is passionate about natural health, home remedies, and responsible consumerism- she believes that each action we take is one that builds the Lord's Kingdom! Karli is a new mama as of January 2014 and, along with her husband, Matt, is excited to raise her daughter up in the way of the Lord.

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A Wife of Noble character who can find?  
She is worth far more than rubies.

Proverbs 31:10