

Study No. 1

Exploring Proverbs 31

1. Read carefully through Proverbs 31:10-31. With a red colored pencil mark each word that **describes an action**, or something the virtuous woman **does**.

Example: Proverbs 31:15 "She **riseth** also while it is yet night, and **giveth meat** to her household, and a portion to her maidens."

2. Next, in front of each verse in your Bible, or in the space below, write a word or two that **summarizes** each verse. Summarize each verse in Proverbs 31, starting at verse 10.

10 _____ 21 _____

11 _____ 22 _____

12 _____ 23 _____

13 _____ 24 _____

14 _____ 25 _____

15 _____ 26 _____

16 _____ 27 _____

17 _____ 28 _____

18 _____ 29 _____

19 _____ 30 _____

20 _____ 31 _____

(See examples on next page.)

Examples:

Proverbs 31:11 says, "The heart of her husband doth safely trust in her, so that he shall have no need of spoil." A good summary word might be **trustworthy**.

Proverbs 31:27 says, "She looketh well to the ways of her household, and eateth not the bread of idleness." This verse could be summarized with the word **diligent**.

3. The chart on page 5 has been divided into 6 columns, one for each of the following headings: **Thoughts, Food, Clothing, Business, Speech, Outreach**.

Go back through all the verses, noticing your red markings of action words. As you read through the verses, write down what the virtuous woman does in each of these areas. Also write the verse reference for each listing.

Example:

Thoughts	Food	Clothing	Business	Speech	Outreach
Senses gain is good (v.18)	From afar (v. 14)	Hand to distaff (v.19)	Buys field (v. 16)	Opens mouth in wisdom (v. 26)	Extends hand to poor (v.20)

When you are done you will have a good summary description of what the virtuous woman and wife does in these areas of life. This will make a good list of areas to work on in your own life!

4. Read verses 10 through 31 again. This time note in the space below everything the passage says about what the virtuous woman **does not** do.

5. Review the lists you have made and read verses 10 through 31 again. Make a list of words that **describe the character** of the virtuous woman.

Example:

Valuable

Cheerful

6. Let's make one more list! This time read through the verses and write down all the things this passage tells us about how the virtuous woman **treats others**.

What can you learn from her example? Make a list of specific areas in which you need to improve in your treatment of others.