

SATURDAY MORNING TEACHING

WHAT DOES SHE LOOK LIKE?

Morning Greetings/Review: Last night we learned that we can all become virtuous woman with the help of God! God created each of us, and when we give our lives over to Him, we are in Christ and Christ is in us, and we each have individual gifts that are to be used for His glory. We are equipped ladies to be all we can be!

- I. **INTRODUCTION:** Before we start studying and discovering the Proverbs 31 woman's virtues and **what she looks like**, let's examine a few interesting details that are noteworthy, and that would give us a better framework [Context] for this section of Scripture.
 1. Did you know that Proverbs 31:10-31 is a **22 lined acrostic poem**. Which means each verse in the scripture begins with a consecutive letter of the Hebrew alphabet. It was arranged this way to make it easier to memorize.
 2. Next the **target audience** for this poem is men. These are words are advice from a queen mother to her son who will be taking on the role of a king and who will be searching for a godly woman to share his life with.
 3. Proverbs 31:10-31 is a **chapter not of condemnation but of celebration**. It is called "**Eshet Chayil**" which translates in Hebrew as the "**woman of valor**". "Chayil" means valor and it is the same word used often in scripture to describe an army of men, prepared for battle. So, the Proverbs 31

woman is to be celebrated for she is a **woman of courage and strength shes a powerful valiant, warrior**. And to this day these verses are recited or sung in many Jewish homes on the eve of the Sabbath by the **husband or man** of the house. It is a custom done to express the value, and to praise and honor the woman in their lives, their wives, daughters, sisters, mothers, and friends.

4. Jewish women also cheer each other on with the blessing “Eshet Chayil” to encourage, motivate, and “lift each other up.” It’s kind of like saying “**You go girl.**” (Examples, achieve their goals, graduate, new job, birth of new baby etc.)

Those were some interesting facts I wanted to share.

Before we go into our main teaching on verses 10-31, I’m going to give you a little background verses 1-9.

A. WHO WROTE PROVERBS 31?

Verse 1-2 The sayings of **King Lemuel** contain this **message** which his **mother taught him**.2. O my son, O son of my womb, O son of my vows.

We see it was written by a man named King Lemuel who was recalling the message his mother had given him.

Not much is known about this man named Lemuel

Here are three (3) theories.

1. Some scholars believe it was **King Solomon**, and his nickname was Lemuel, and the mother who gave the advice was none other than Bathsheba.
2. Some believe it was **King Hezekiah**.
3. Some think that they may be **fictional characters** created by Solomon as a picture of an ideal king and queen.

Note: One fact we know for sure is the name Lemuel means “**devoted to God.**”

These words this mother spoke were a **revelation from God** which she was giving to her son Lemuel who was “**devoted to God.**”

B. WHY WAS IT WRITTEN?

Verses 3-9 states a bible commentator states this was written as a **Advice/ WARNING** to her son as he was approaching his reign as king.

Verse - 3 – “do not waste your strength on women “on those who ruin kings.

- **Note:** Simply put don’t have an unhealthy obsession with women. 1 Kings 11:1-10 (Solomon) 2 Samuel 11-12

Verse 4-5 – “it is not for kings, O Lemuel, to guzzle wine. Rulers should not crave alcohol. For if they drink, they may forget the law and not give justice to the oppressed.”

- **Note:** In this verse the warning is not to consume alcohol because it could interfere with his ability to know right from wrong and impair his discernment as king.

Verses 8-9 – “Speak up for those who cannot speak for themselves; ensure justice for those being crushed.” Yes, speak up for the poor and helpless, and see that they get justice.

- **Note:** Simply stated, do what is right. Help those who need help and protect those who are having trouble defending themselves.

In His commentary (Garrett)said:

- “It is noteworthy that this is her sole political concern.
- She does not say anything about building up the treasury, creating monuments to his reign, or establishing a dominant military power. For her the king’s throne is truly founded on **righteousness.**”

It is absolutely safe to say that these **WARNINGS** this **ADVICE** given by Lemuel’s mother were **words of wisdom**. She was reminding her son that **wisdom is more important than wealth**, and these verses are still applicable today.

Please open your bibles to Proverbs 31:10-27

I’ve titled this message:

II. “WHAT DOES SHE LOOK LIKE?” – STUDY BEGINS VERSES 10-27 (NLT).

PRAY:

Let’s find verse 10, Proverbs 31. [Begin Reading]

10 *Who can find a virtuous and capable wife?*

She is more precious than rubies.

11 *Her husband can trust her,*

and she will greatly enrich his life.

- 12** *She brings him good, not harm,
all the days of her life.*
- 13** *She finds wool and flax
and busily spins it.*
- 14** *She is like a merchant's ship,
bringing her food from afar.*
- 15** *She gets up before dawn to prepare breakfast for her
household
and plan the day's work for her servant girls.*
- 16** *She goes to inspect a field and buys it;
with her earnings she plants a vineyard.*
- 17** *She is energetic and strong,
a hard worker.*
- 18** *She makes sure her dealings are profitable;
her lamp burns late into the night.*
- 19** *Her hands are busy spinning thread,
her fingers twisting fiber.*
- 20** *She extends a helping hand to the poor
and opens her arms to the needy.*
- 21** *She has no fear of winter for her household,
for everyone has warm[c] clothes.*
- 22** *She makes her own bedspreads.
She dresses in fine linen and purple gowns.*
- 23** *Her husband is well known at the city gates,
where he sits with the other civic leaders.*
- 24** *She makes belted linen garments
and sashes to sell to the merchants.*
- 25** *She is clothed with strength and dignity,
and she laughs without fear of the future.*
- 26** *When she speaks, her words are wise,
and she gives instructions with kindness.*

*27 She carefully watches everything in her household
and suffers nothing from laziness.*

I think it is appropriate from what we know now about the background of this poem that we no longer should roll our eyes, throw our hands up feeling hopeless but instead we can boldly say **“You go girl”** after reading these verses!

And remember this lady from last night the woman and wife pertains to a single a woman or a married woman and most importantly those women who fear the Lord.

A. **LET’S LOOK A LITTLE DEEPER INTO EACH OF HER QUALITIES.** I’ve grouped them into 5 categories.

1. Her Character
2. Her Work Ethic [She is a Hard worker]
3. Her Compassion
4. Her Confidence
5. Her Wisdom

Note: All these qualities make her “more precious than rubies.”

1. SHE IS A WOMAN OF CHARACTER: VS.10-12

10.Who can find a virtuous and capable wife?

She is more precious than rubies.

11.Her husband can trust her

And she will greatly enrich his life.

12. She brings him good, not harm,

All the days of her life.

Webster dictionary definition of Character:

One of the attributes or features that makes up and distinguishes an individual. A person's personality their nature.

I've heard it said, "Character is not made in a crisis; it is only exhibited." (Robert Freeman). Therefore, character is not something that comes ABOUT because of a crisis; it merely comes OUT in a crisis.

It has also been said "you **CAN'T** change the circumstance, but you **CAN** change the way you react to it".

In other words, a person's character will determine how they will respond in any given circumstances. [Example: shake two containers. I'm holding 2 cans one filled with water and the other with soda same "circumstance". Then I shake them, the same "crisis. Then I open them each "react" differently. The soda will explode after being shaken, and the water is unaffected.

Bible's definition of Character

is who we are because of our relationship with Christ. A good test of character is determined by the way we live our life.

True Christian's produce the fruit of the Spirit [love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control – **Galatians 5:22-23**]. This is what this Proverbs 31 woman produces all the days of her life.

Christian character involves a choice. Whenever we choose to respond to a situation in God's way instead of following

our own way, we develop character. As we are faced with life's challenges daily, we get to decide how to act, and our action become our habits and our habits become our character.

We see here that this virtuous woman's character was:

RARE AND VALUABLE: Her virtue, her worth, her character is more important than jewels. Just like we learned wisdom is more important than wealth.

TRUSTWORTHY: She's dependable, filled with integrity. She's someone that you have full confidence in she's reliable. You have no fear of betrayal from her.

GOOD: She desires to do good not evil. She is a continual blessing!

QUESTION: I

*If we asked people to describe our character, what do you think they would say about us?

*Do we measure up in the trustworthy department?

*Is goodness displayed throughout our everyday life?

2. SHE'S A WOMAN WHO ISN'T AFRAID OF HARD WORK. VS. 13-22, 24

We see she is described in verse 17 as a "Hard Worker."

Verses 13,19,22

**13 She finds wool and flax
and busily spins it.**

19 Her hands are busy spinning thread,
her fingers twisting fiber.

22 She makes her own bedspreads.

She dresses in fine linen and purple gowns.

Note: (**flax** is the plant that is processed to make linen)

19.NKJV She stretches out her hands to the **distaff**, and her hand holds the **spindle**. A stick onto which wool or flax is wound for spinning.

She spins her own wool and makes her own clothes including bedspreads. During this time every kind of drapery for the person the tent or the house was manufactured at home by the woman. And this isn't easy to do. I know.

Illustration My quest to make summer dresses for my daughters. Being on a budget I wanted to save money. I decided to make summer dresses for my 2 young daughters. Ended well but the process was difficult. I ended up on the curb of JoAnn's Fabrics crying because I spent more money on the ribbon than anything else.

Or how my seam ripper became my BFF in my quilting class.

She's not only a seamstress and interior designer. But she also cares about her appearance and how she dresses. But not in the sense of the way the world seems to think we should look but in a godly way.

1 Peter 3:3-4 Peter said: Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. 4. You should clothe yourselves instead

with **beauty that comes from within**, the **unfading beauty of a gentle and quiet spirit which is so precious to God.**
(repeat it 2 times)

Ladies Its our inner beauty which is precious to God.

Verse 16

16 She goes to inspect a field and buys it;
with her earnings she plants a vineyard.

Note: She's into real estate, she's an investor. But notice what kind of investor. She inspects it she doesn't just see it and buy it. She puts thought into her investment and she's thrifty about it. Not just purchasing the first thing available, in other words she's not an impulse buyer. And then with her profit she doesn't blow it foolishly she makes another purchase and grows it wisely.

Questions:

- *How many of us love to shop?
- *How much thought do we put into a purchase before we buy it? Okay ladies, be honest.
- *Are we financially thrifty?

Verse 17

17 *"She is energetic and strong,
a hard worker"*

Note: She stays in shape; she strengthens her body. Being a woman of valor she not only strong in the Lord but also

physically strong. And she prepares herself mentally for any difficulties that lie ahead of her. Ladies it takes discipline to manage our physical activities and our mental energy.

Questions:

*Are you and I both taking care of ourselves both physically and mentally?

*And what can we do to improve these disciplines?

*How would disciplining ourselves in both areas affect our daily life

Verses 14, 18, 24

14 *“She is like a merchant’s ship,
bringing her food from afar.”*

Merchant ship deliver products from around the world, and they work and operate with regularity. Like this merchant ship she also works with regularity she has a routine and finds bargains to provide food for her family. She’s a woman who strengthens her mind to stay on task.

Example:

- **On task:**
 - Melissa, 3 kids, routine shopping from store to store...Kroger, HEB, Costco and Sam’s.
- **Trying to stay on task**
 - And then there is this woman who said:
 - I needed to do the laundry, but then I realized I was out of detergent, so I went to write a shopping list and realized how unorganized the junk drawer was and started checking pens for ink. When I went to toss all the junk, I saw that

the trash was full but before I took it out, I wanted to get rid of old food in the fridge. That's when I realized a juice jug had leaked so I needed to clean it up but when I went to grab a rag, I saw that the pantry closet was a nightmare, so I started organizing it. And that's how I ended up on the floor looking at my old photo albums from the 1990's and not doing laundry.

Both are examples of attempted daily tasks we set for ourselves. But along with all the tasks we need to accomplish let's remember the importance of focusing on spiritual tasks much like Mary the sister of Martha did. Remembering it is first and of the utmost importance to seek and hear Jesus than to be so busy you neglect the most important thing you can do spending time with Jesus.

QUESTION:

*Am I a woman who includes my time with the Lord a priority?

*If not, what steps can I take to become like Mary and keep my appointment time with Jesus?

○ **Verse 15,18**

15 She gets up before dawn to prepare breakfast for her household and plan the day's work for her servant girls.

18 She makes sure her dealings are profitable; her lamp burns late into the night.

When does she sleep? She seems like she's never idle. She always attentive to what is needed in her home and even for

her servants. I liked this verse because it revealed to me, she probably had help from her servants. But even if she did, she doesn't waste a minute of time. She rises early to plan for the day.

We all know without a plan the important things that need to get done won't get done.

Example: This beautiful retreat would not be happening today without a grand plan. With women diligently thinking and planning every minute of this weekend. All of course with the help and guidance of the Holy Spirit.

- **24** She makes belted linen garments and sashes to sell to the merchants.
- **27** She carefully watches everything in her household and suffers nothing from laziness.

From prior verses we see she was very good at sewing. And here we see she seems to like it so much she uses her **creativity** to makes quality products and enough so they could be sold to help her family. She always got an eye out for seeing what the needs of her household are and she's avoids being lazy.

QUESTIONS:

*Are we using all our creativity that God has given us?

*If not, why not?

*Are we using our time wisely to plan and organize our daily activities?

3. SHE'S A HELPFUL AND COMPASSIONATE PERSON

20 She extends a helping hand to the poor
and opens her arms to the needy.

Note: She's compassionate she has a kind and generous nature. She doesn't just see the needs of the poor, but she extends her hand to fulfill the need to the poor. She opens her arms as if she reaches out to draw the needy close to her. She gives all she can and by any means that she can.

Question:

*Are we extending our hands this way to the poor and needy?

*Is there a ministry you can use your hands in at church or your community?

23 Her husband is well known at the city gates,
Where he sits with the other civic leaders.

She helpful in making her husband succeed. She's a great influence on him in the community. Because of her selfless heart in taking care of the home, family, and herself her husband can devote his time on the affairs of work and community.

But any godly woman who wants to help someone succeed in life can do so praying for them, teaching them, encouraging them.

Example: I remember my first meet and greet talk with my husband's 1SGT in his early years of recruiting duty in the Army. His new assignment was considered a very hard job. This 1SGT was politely saying you can encourage him and make this part of his career good or discourage him and

make it miserable. I knew encouraging him was the best solution for both of us. At first, I thought she was very bold and harsh but as I look back, I see the lesson in it. If you want to help someone succeed in life you can. But it will take dying to self and prayer.

QUESTION:

What can you do to influence your spouse, family members or friends?

4. SHE'S CONFIDENT ABOUT THE FUTURE

Verse 21, 25

21 She has no fear of winter for her household,
for everyone has warm clothes.

25 She is clothed with **strength** and **dignity**,
and she laughs without fear of the future.

This woman has no fear of the future.

Example: When a storm was approaching when I was little my mother would always tell us to fill up the bathtub with water. And today we still do that when we know a storm of some sort is coming.

I remember when Covid hit, and both my girls were in Houston at the time. They called me saying mom we are trying to get some groceries and there is no food on the shelves at the stores. They were a bit panicked, and I truly

had no idea how bad things would get. But I remember calmly saying just get what you can girls it will be fine God's got this. Little did any of us know the chaos that ensued during the next few years.

Being prepared is a great quality of a godly woman. But this woman does it showing **no fear** of the future because she knows who will provide and who holds the future in their hands.

Though she makes fine linens and sells them (vs24) she clothes herself in **strength** and **dignity**. This strength is the strength which stems from her faith in God. And from this strength dignity will flow from her. Both qualities can be seen in someone who walks with God.

QUESTION:

*Are we prepared to face the future. No matter what comes our way?

*Or are we full of fear, anxiety, and worry of the unknown?

Note: As Corrie Ten Boom said, "Never be afraid to trust an unknown future to a known God."

5. SHE'S WISE

Verse 26, "When she speaks, her words are wise, and she gives instructions with kindness."

- When she speaks, she considers and takes special care to speak with wisdom. Her speech and words are chock full of knowledge and good judgment. And out of her wisdom flows instructions of kindness.

We all know words have power. They can build someone up and, in a minute, they can tear them down.

Proverbs 18:21 says

- *“The tongue has the power of life and death, and those who love it will eat its fruit”.*

Proverbs 10:11

- *“The words of the godly are a life-giving fountain; the words of the wicked conceal violent intentions.”*

EXAMPLE - Story: A GROUP OF FROGS were travelling through the woods, and two of them fell into a deep pit.

All the other frogs gathered around the pit. When they saw how deep the pit was, they told the unfortunate frogs they would never get out. The two frogs ignored the comments and tried to jump up out of the pit.

The other frogs kept telling them to stop, that they were as good as dead. Finally, one of the frogs took heed to what the other frogs were saying and simply gave up. He fell down and died.

The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and suffering and just die. He jumped even harder and finally made it out.

When he got out, the other frogs asked him, “Why did you continue jumping. Didn’t you hear us?”

The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

THIS STORY HOLDS TWO LESSONS:

1. There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.
2. A destructive word to someone who is down can be what it takes to kill them. Be careful of what you say. Speak life to those who cross your path.

Paul says in **Ephesians 4:29** *“Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”*

Jesus says in **Matthew 12:34-35** *“For whatever is in your heart determines what you say.”* Our words we speak are the overflow of our hearts.

- As Christian woman our hearts are changed by the power of God and that includes our words

QUESTION:

- *When we speak do our words lift someone up or tear them down?
- *Do they give a person life, or do they give them death?
- *Is what I’m saying crude or rude or something Jesus would approve of?

Do we take time to think before the words come out of our mouth? Once the toothpaste is out of the tube you can't put it back in the tube.

Please remember these verses in Proverbs 31 are not **A CHECKLIST OR A TO DO LIST**. They are not to make you feel bad about any shortcomings we may have as a woman. I believe that this poem is essentially showing us through the description of her qualities what a woman with godly **wisdom** looks like in action.

She is a woman we should learn and grow from a woman worthy to mirror our lives with.

QUESTION:

- *What characteristics or qualities stood out to you?
- *Are there any characteristics you would like to possess?

III. IN CLOSING:

My title of this teaching was: **WHAT DOES SHE LOOK LIKE?**

We saw she's a woman of **CHARACTER**, she's a **HARD WORKER**, she's **HELPFUL AND COMPASSIONATED** she's **CONFIDENT about the future** and she's **WISE**.

Please know She did not accomplish all these tasks in one day, one month or maybe even one year. She clothes herself in **strength** and **courage** and she used **godly wisdom** and purposed herself to move forward to accomplish these tasks. After reading and reviewing these verses it makes me think that maybe they are here and set in this book of wisdom so that we will forever be learning and growing from them no matter what age we are.

I'd like to end this session with a quote that we can all think about throughout the day.

Read Quote: “When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me.’” — Erma Bombeck

PRAY

END SESSION TWO