

SATURDAY EVENING TEACHING

HOW DOES SHE DO IT?

Greeting:

I. INTRODUCTION/REVIEW:

WHO can find the virtuous woman? We can, we see her in the mirror every morning.

WHAT does she look like? We looked at her qualities and discovered she's a woman of character, she's a hard worker, she's compassionate she's confident about the future and she's wise.

Tonight, I've titled the message, "HOW DOES SHE DO IT?
I believe the answer to this question is found in verse 30:
So please open your bibles to Proverbs 31:30.

PRAY:

Read Proverbs 31:30

**"CHARM IS DECEPTIVE, and beauty does not last.
but a woman who fears the Lord will be greatly praised"**

II. A WOMAN WHO FEARS THE LORD WILL BE GREATLY PRAISED

Charm is deceptive, and beauty does not last.

These 2 words **charm**, and **beauty** complement each other. Beauty is the physical appearance of someone, and charm is the way they present themselves. **Combined they become** the visible expression of a person. They are what we see and often what we judge others by.

- **Personal Example:** I have 7 grandchildren and boy oh boy when they want something or don't want to do something

they certainly know how to use their charm on their papa and grandma to get their way. And I'm not going to lie it usually works.

We know our society and our culture believes that a woman's BEST aspects are **charm and beauty**. And we as ladies know we can turn on that charm when we want to, and we can go to great efforts to enhance our appearance

- **True Example**, just look at how many products are available to us dealing with cosmetic makeup!! Did you know that there are a little over \$7.5 billion spent on advertising cosmetics. Honestly, I'm overwhelmed and so confused when I order Mary Kay that I just tell my consultant to please pick what she thinks would look best on me. I don't even want to hurt my brain anymore looking at all the different colors of lipsticks and eye shadow. After a while I think they all look the same anyway.
- And never mind all the clothes and shoes we buy and wear to add to making ourselves beautiful. All the time and energy we put into making that perfect outfit.
- Let me ask you all a question. How many of us on Sunday morning think we know what we are wearing to church and then end up changing our mind and frantically rummage through our closet until we finally find the right blouse, sweater, pants, or dress?
- And then we are left with that pile of clothes on our bed to put away when we get home from church. And then we

must wear the right shoe. Sometimes I put one shoe on one foot and another shoe on the other foot and ask my husband which one look better. And to no avail he often replies they both do. It can be exhausting just getting ready for church. I say all this to emphasize just how much effort we put into how we look. Am I right ladies?

- My point is not that we shouldn't wear makeup and not that we shouldn't go shopping or pick out that perfect outfit, but that these two things **charm**, and **beauty** will not and do not last forever. Our makeup fades and needs to be reapplied every day and our clothes wear out and go out of style.

Let's look deeper at how charm is deceptive!

A. Charm is Deceptive:

- **What does it mean that Charm is deceptive?** It's the power someone has over another person by using their attractiveness or persuasion on them. But it is insincere, it's deceitful. They may seem to have the best interest in mind for you, but they are really tricking you to get what they want.
- Most often charm can and is used for personal gain. The person who uses their charm to be deceptive is usually skilled at knowing how to **MANIPULATE OTHERS**.
- **Great Example:** In Genesis 3:1 **Satan was very charming and deceptive to Eve**. He enticed Eve by twisting the truth about what God had said. Then He contradicted God and Eve became self-focused and was drawn away from being God focused. And

because of Satan's charm Eve was deceived into hearing what she wanted to hear and that led to her sin.

- So, this verse is a **warning** from King Lemuel's mother to her son as he searches for that godly woman that he should be **AWARE OF A WOMAN** who displays this kind of OUTWARD **DECEPTIVE** charm.

Charm may be used for good or for evil. Some people have a natural character of being charming. It is not necessarily bad. BUT **IT'S PROPER USE** REQUIRES THE **FEAR OF THE LORD**.

Read Proverbs 31:30:

“Charm is deceptive, and **BEAUTY DOES NOT LAST**.
but a woman who fears the Lord will be greatly praised”

Let's look at how beauty does not last.

B. Beauty does not last

How true is this statement? Well, the Bible confirms it...

- Paul says in **2 Corinthians 4:16 (NLT)**
“Though our bodies are dying, our spirits are being renewed every day.
- This scripture confirms that our **outward appearance is and will continue to fade** away but ladies we as women who fear the Lord can be reassured by the promise that the Holy Spirit that lives in us is renewing our inner spirit daily.
 - So, should we care about our physical appearance?
Absolutely YES. We see that the Proverbs 31 woman was

dressed in fine linen and purple. Her beauty flowed from inside her to the outside through her life well lived. And God blessed her and renewed her daily.

- It doesn't mean we can't wear the latest styles, or we shouldn't wear makeup or get our hair dyed. I have heard it said that there is no such thing as an ugly woman, just a lazy one. So, I'm going to keep putting on my makeup ladies.
- I also believe God did place value on our appearances. Otherwise, we would have all looked the same.
- Therefore, physical appearance is important to God since we reflect Him. True beauty doesn't come from what we look like or how we dress or how we smile and how we act.

True beauty looks like Jesus for He is the source of true beauty.

POEM ABOUT Beauty Tips:

I would like to read to you a poem written by Sam Levenson. Sam was an American humorist, writer, teacher, television host, and journalist. He wrote this poem for his grandchild. But famous people such as Audrey Hepburn who was a famous actress and fashion icon and was inducted into the international Best Dressed List Hall of Fame read this poem often to keep herself grounded on what real beauty looks like. It is believed to have been read at her funeral when she died in 1993.

It is called

"Time Tested Beauty Tips"

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands: one for helping yourself, and the other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman must be seen from in her eyes because that is the doorway to her heart, the place where love resides.

The beauty of a woman is not in a facial mole, but true beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows, and the beauty of a woman with passing years only grows!"

What great beauty tips!

As woman, I think we all struggle trying to be the women God **WANTS US TO BE** and trying to be that Christian woman that others **EXPECT US TO BE** The truth is we need to ***“live in a way that pleases God”*** (1 Thessalonians 4:1 NLT)

- **Personal Example:** We know God created each of us as unique individuals, and in His image. I say this to my oldest granddaughter [Abigail] who just turned 14 a lot. She struggles daily with many issues the world is throwing at her. I think back to my younger teenage years, and I can truly relate to some of the same issues she faces.
- And, I remind her she does not have to live up to other people's standards or be someone she's not. I tell her, "*[Abigail] you were created in God's image, which means you resemble and represent God on earth. Not only that, but Christ lives in you.*" **Think about that, ladies, when we accept Christ as our Savior Christ lives in us, and how often do we forget that?**

To the world, our outward appearance is what really matters. BUT THE OPPOSITE IS TRUE.

- **Example:** Ask Cinderella's stepsisters. Remember, Cinderella's evil stepsisters had the beautiful dress, and acted charming in front of the prince but everyone knew they were being deceitful. On the other hand, Cinderella did not have a dress, she had soot on her face, but her kindness and beauty flowed from the inside of her out, and we all know how the story ends

Now let's look at:

C. What GOD'S WORD SAYS about the outward appearance:

Please just jot down the verses and later you can meditate on them.

- 1 Peter 3-4** "***DON'T BE CONCERNED about the OUTWARD BEAUTY of fancy hairstyles, expensive jewelry, or beautiful clothes.*** **4** You

*should clothe yourselves instead with the **beauty that comes from within**, the unfading beauty of a gentle and quiet spirit, which is so **precious to God.***

b.1 Timothy 2:9 Paul says “*And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves by the way they fix their hair or by wearing gold or pearls or expensive clothes. **10 For women who claim to be devoted to God should make themselves attractive by the good things they do.***”

c. The Lord said to Samuel 1 Samuel 16:7, “Don’t judge by his appearance or height, for I have rejected him. The **Lord doesn’t see things the way you see them**. People judge by outward appearance, but **the Lord looks at the heart**.”

d. God also warns us in **Jeremiah 17:9-10** (NLT) says “*The human **heart** is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?*”**10: But I the Lord, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve.**

e. Paul says in Romans 2:29, “*a true Jew **[a true believer]** is one whose heart is right with God. And **true circumcision** is not merely obeying the letter of the law **[obeying outwardly/superficially]**; rather, it is a **change of heart produced by the Spirit**. And a person with a **changed heart** seeks praise from God, not from people..*

We see from these scriptures that **the Lord** is much **more concerned** about **our hearts** than He is about our outward charm or beauty.

f. Therefore, ladies **our focus should be on the HEART**. Not just our outward appearance.

One commentator said, “While there’s nothing wrong with wanting to look pretty, we need to make sure it’s in balance. God would rather see us work on becoming drop-dead gorgeous on the inside. You know, the kind of girl who talks to Him on a regular basis (prayer) and reads her Bible.”

Read Proverbs 31:30:

“Charm is deceptive, and beauty does not last.

but a WOMAN WHO FEARS THE LORD WILL BE GREATLY PRAISED”

Let’s look at the key to how she is a virtuous woman and how we can become the virtuous woman!

D. A woman WHO FEARS THE LORD will be greatly praised

- a. **What is the Definition of Fear** – an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

I think we have all experienced some form of fear at one time or another in our life.

A reasonable sense of fear is considered normal.

- **Funny Example:** 5-year-old Johnny was in the kitchen as his mother made supper. She asked him to go into the pantry and get her a can of tomato soup, but he didn't want to go in alone. "It's dark in there and I'm scared." She asked again, and he persisted. Finally, she said, "It's OK--Jesus will be in there with you." Johnny walked hesitantly to the door and slowly opened it. He peeked inside, saw it was dark, and started to leave when all at once an idea came, and he said:

"Jesus, if you're in there, would you hand me that can of tomato soup?"

- **Personal Example:** I experienced an overwhelming amount of fear when I decided to ride the zipline at the "Inn of the mountain gods" with my friend for her birthday.
 - Let me mention that I am very, very, very, afraid of heights.
 - Starting Elevation is 7,185 feet
 - The distance of the ride is 2,668 ft over Lake Mesclero
 - And the top speed is up to 55 mph (I know I went much faster!)
 - I made that poor guy that buckled me in check my straps about 100 times and I even made him pray with me before he sent me on my journey.
 - This to me was the true definition of fear to me.

b. What is the Definition of the Fear of the Lord

c. Fearing God means having a respect for Him that greatly influences the way we live our lives. It is to honor Him, exalt Him, worship Him, obey Him, and hold Him in the highest esteem. We are to be in awe (amazed) with God.

A woman who fears the Lord like the Proverbs 31 woman is not to be afraid of the Lord, but her heart's desire is to please Him and obey Him.

Example: Think of the fear a child has when they have done something wrong, and they are about to be disciplined. I see this often with my own grandchildren when they do something wrong the fear, they have is not the punishment they are going to get but it is the disappointment they may cause their parents. Because

they don't want to displease their parents whom they love and respect. That is the same way we should be towards God.

AS believers we have His promise that *“nothing can separate us from His love”* (Romans 8:38-39). AND *“He will never leave us or forsake us”* (Hebrews 13:5).

We are His children; God is our Father. He loves us!

d. Did you know God's Word commands us to “fear the Lord”?

Deuteronomy 13:4 says, *“Serve only the Lord your God and **fear him alone.**”*

Psalm 33:8 says, *“Let the whole world **fear the Lord** and let everyone stand in awe of him.”*

Reverence and honor to God, that is the true fear of the Lord. It is not growing away from the Lord but drawing closer to the Lord.

In **OTHER VERSES IN PROVERBS**, we find some of the similar scriptures to Proverbs 31:30. These verses help us understand what the Fear of the Lord is.

Proverbs 1:7 (NLT) *“the **fear of the Lord** is the foundation of knowledge [a solid foundation is important when building a solid structure], but fools despise wisdom and discipline.”*

Proverbs 9:10 (NLT) *“The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding.”*

In these **Proverbs** we see the fear of the Lord requires both **KNOWLEDGE** and **WISDOM**.

KNOWLEDGE is “information gained through experience, and awareness.”

WISDOM is “the ability to know how to apply **knowledge** effectively. So, a lot of people can be knowledgeable about many things and hold many degrees and elite positions but still not have wisdom.

TRUE KNOWLEDGE is understanding who God is; and all of God’s attributes.

TRUE WISDOM is applying all we know about God to living a life according to God’s Word.

True fear of the Lord comes from our genuine desire to please Him.

WARNING: if WE do not fear God, then WE are ignorant about the most important thing **in life**, and that is **our relationship to God** and **knowing who He** is.

E. How do we gain true knowledge and true wisdom?

- 1. We read His Word! Only from God’s Word will we know God and gain true wisdom.**

We need to start with the right view of God and the Holiness of God and recognize Him for who He is. Only by reading His Word will we find this.

Jesus wants His followers to be set apart from the world, making godly choices and living godly lives. This can only happen by spending time in His WORD. When you stay in God's Word and meditate on His Word you get to know him more deeply and personally.

2 Timothy 3:16-17¹⁶ All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong and right. ¹⁷ **God uses it to prepare and equip his people to do every good work.**

Reading the bible will give you **knowledge** and putting it into your heart and mind and obeying it will give you the **godly wisdom** you need to make a powerful difference in your life. Remember it's not just what's in our mind it's what in our heart as well. Remember it's one's heart that is important to God.

2. We can ask God for Help!

James wrote in Chapter 1:5-7 wrote⁵ If you need wisdom, **ask our generous God**, and he will give it to you. He will not rebuke you for asking. ⁶ But when you ask him, **be sure that your faith is in God alone**. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. ⁷ Such people should not expect to receive anything from the Lord.

Proverbs 2:3–6 says: “Indeed, if you call out for insight

and cry aloud for understanding, and if you look for it as for silver
and search for it as for hidden treasure, [Look for it, search for it – we must want it]
then you will understand the fear of the Lord [Promise fulfilled]
and find the knowledge of God. [Promise fulfilled]
For the Lord gives wisdom; [Promise fulfilled]
from his mouth come knowledge and understanding”
[Promise fulfilled]

3. We can also gain wisdom from others.

When we watch our godly mentors and teachers and ask them questions, we can receive wisdom from them. It is also important that we get plugged into a bible-based church, and joining a bible study or coming retreat.

III. CONCLUSION

WHO can find the virtuous woman? We can, we see her in the mirror every morning.

WHAT does she look like? She’s a woman of character, a hard-worker, compassionated, confident and she’s wise.

HOW DOES SHE DO IT?

We see this Proverb 31 woman has lived a life **with the Fear of the Lord** doing all she does for all she can for all she loves, and she **will be praised**.

Verse 28 *“Her children stand and bless her. Her husband praises her.”*

Verse 29 *“There are many virtuous and capable women in the world, but you surpass them all!”*

Verse 31 *“for she shall be praised!”*

She shall be praised by her children, her husband, and her community.

But we know she doesn't do all this just to be praised.

Praise cannot and should not be the sole motivation or even a part of a woman's motivation wanting to be a Proverbs 31 woman. It should and can only come from a desire from the **heart** to follow God and obey Him.

Time of meditation:

Questions: [Be honest with yourself]

Do you possess the “Fear the Lord”?

Do you have a firm foundation of who God is?

Do you possess Godly wisdom?

If not, will you set it as a priority in your life today to ask God for it?

Do you have a Proverbs 31 woman to mentor you?

Look around find one and pray God will provide a sweet relationship with one.

And last but certainly not least actually it's the most important question.

Are you faithfully in God's Word daily?

God has made sure that wisdom is readily available to all. It is right in the Bible—your Bible—available to you day by day.

Pray that the Holy Spirit will help you reflect the life of Jesus.

PRAY

End of Session 3