

## Notes on the Proverbs 31 Woman – video notes page 4-5

- Social Media and the challenge of presenting life in picture-perfect moments

We compare what we see on the outside of others to our inside self/life. We have to be careful seeing the “snap shot” of others lives and feeling that we are lacking in our own life because of it. We could be led down a path of depression or uselessness.

- Our reaction to the woman of Proverbs 31: usually one of two things

We say we quit because we can never measure up or we vow we want to be just like her. We start our to-do list to get there.

- Who was this woman of Proverbs 31

Some historians think that King Lemuel is another name for King Solomon. If this is the case then the woman referenced here could be King Solomon’s mother Bathsheba. Other historians believe the woman referenced was not an actual person but the ideal woman who contained all of these qualities. What we know for certain from the scripture is the Proverbs 31 woman is a hard worker, she takes care of her family and those who work for her (verses 13-19). She labors and is prosperous at what she puts her hand to. She also takes care of herself (verse 22). This scripture could be describing a day in the life of this woman or it could be describing the lifetime of work and dedication of this woman.

- Identify what is unique

We have to understand that each family is unique and not like everyone else’s. A Proverbs 31 woman recognizes this and understands that she is a valiant woman, strong and unafraid, but she is also able to see her own “flaws” or weaknesses.

- Don’t let comparison boss you around

Embrace your own strengths and abilities and be willing to applaud fellow women of God for their talents – no envy allowed. Also do not allow yourself to be defeated because you are not like everyone else. We have to celebrate each other - support and encourage. We must not tear down and discourage one another.

- Know your true audience

Remember you are working for an audience of one – Your Heavenly Father. We must remember that in all areas of our life we are serving God in all we do (Colossians 3:23-24). Remember your family may not always give you the praise you deserve but remember why you are doing the things you are doing – to give God glory in every area of your life.

- Have healthy fear

The only person the Proverbs 31 woman fears is God. The fear she has is not one of being scared but of holy reverence and deep respect for her heavenly Father. She recognizes God’s immense power and righteous judgement. She recognizes there are consequences for not living right in the eyes of the Lord.

- Remember the ruby

Verse 10 talks about having worth far more than rubies, have you ever wondered why a comparison to diamonds was not used? It is because rubies are a very rare, strong, and expensive - the key is rubies are a **RARE** find. Rubies also range in a variety of colors from purple to bright orange – this is like a Proverbs 31 woman – we will all have different talents and things that we excel at but we are still rubies to our heavenly Father. The key is we must always work diligently for the kingdom of God, serve others, and honor and respect our Lord.