

# Strength & Dignity (Week 1)

May 10<sup>th</sup>, 2026

## SERMON NOTES:

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## FOR SMALL GROUP DISCUSSION:

### 1. Head – Renewing how we think about womanhood and value.

**Proverbs 31** and the sermon challenged our culture’s definitions of success, identity, and feminism.

- Where have you personally absorbed the world’s messages about what makes a woman (*or even a man*) “valuable” (*appearance, salary, status, independence, etc.*)?
- What specific truths from **Proverbs 31** or the sermon need to reshape how you think about value, identity, and gender roles?

### 2. Heart – Fearing the Lord and being “other-centered.”

**Verse 30** says, “*a woman who fears the Lord is to be praised,*” and the sermon emphasized being “other-centered” over a lifetime.

- In what ways is your heart more self-focused than “other-centered” right now (*in marriage, friendships, church, or singleness*)?
- What would it look like, in your heart attitudes, to “**fear the Lord**” first and let that drive how you love and serve others?

### 3. Hands – Serving in the church like the **Proverbs 31** woman.

Pastor Brad celebrated godly women in the church who “*fill in the gaps,*” spiritually mother others, and build up rather than tear down.

- Where do you see a gap or a need in our church family that someone like the **Proverbs 31** woman would naturally step into?
- What is one concrete way you could use your hands (*time, skills, encouragement, hospitality, prayer, discipleship*) to serve the body of Christ in the next month?

### 4. Feet – Living it out at home, work, and in our hobbies.

The woman in **Proverbs 31** is wise, diligent, careful, and uses her words to build up, not tear down—wherever she is.

- Think about your “*everyday spaces*” (*home, workplace, school, or hobbies*). Where are you most tempted to be careless with your time, attitude, or words?
- What is one specific change you will make this week to walk differently there—more careful, more encouraging, more consistent with fearing the Lord?

### 5. Community – Shaping a godly culture together.

The sermon challenged men and the whole church to honor godly women and to resist the world’s definitions.

- How can we, as a group, practically “*praise*” and support the godly women in our lives (*mothers, wives, single women, spiritual mothers*) so they know they are seen and valued for their character, not just their productivity or appearance?
- What is one step our group could take together (*this month*) to bless women in our church or community—an act of encouragement, service, or support that reflects **Proverbs 31** values?