

Living the life
God called you for
A study on Proverbs 31

*fearless
women*

Sister,

Before we begin this journey through Proverbs 31, I want to remind you of something important: you were never created to live someone else's calling. **God has uniquely designed you, equipped you, and placed you in the exact season you are in for a purpose.**

When many of us hear the words "Proverbs 31 woman," we can easily feel overwhelmed. We may see a list of qualities and wonder, "How could I ever become all of these things?" **Proverbs 31 is a beautiful picture of a woman who faithfully walks with God through the many seasons of life...not perfection.**

The Proverbs 31 woman is not defined by what she accomplishes, how much she does, or how well she measures up to others. She is defined by her fear of the Lord, her faithfulness, her strength, and her willingness to surrender her life to God's purposes.

As you walk through this study, I pray you release the pressure to be everything for everyone and instead discover the freedom of becoming exactly who God has called you to be. **Whether you are a mother, a wife, a daughter, a friend, a leader, a student, or walking through a season of waiting, God has a purpose for your life right now.**

Our prayer is that these pages would remind you that your calling is not found in comparison, striving, or perfection. **Your calling is found in abiding with Christ and allowing Him to shape your heart, your character, and your steps.**

May you grow deeper in your understanding of who God created you to be, embrace the season you are in, walk boldly, courageously, and faithfully in the calling God has placed before you. **You are chosen. You are loved. You are called.**

With love,
Ashley Dolan, Pastor Gina Kulikowski
and Fearless Women's Team

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Living the life God called you for

WEEK ONE

Becoming a woman of true *virtue*,
strength, and *dignity*.

Read Proverbs 31:1-10. Write down what stands
out to you.

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Proverbs 31 is "The words of King Lemuel. An
oracle that his mother taught him." Lemuel means
"devoted to God." How can you live a life devoted
to God? What does that look like in your life today?

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WEEK ONE

Becoming a woman of true *virtue*,
strength, and *dignity*.

Think back over your life experiences and walk with God. King Lemuel shares wisdom from his mother. Who has spoken godly wisdom into your life, and how has it shaped you?

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Verse 3 warns against giving away your strength.

What are some things that can drain your emotional, spiritual, or physical strength today?

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Look up Psalm 28:7 and write it below:

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In Psalm 28:7, King David shared how the Lord was His strength. This can apply to your life today. True strength can only come from Him. How do we protect our time with God and how can we protect the strength we gain from time spent with Him?

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What does it mean to protect your strength?

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Proverbs 4:23 shares,

"Above all else, guard your heart, for everything you do flows from it." (NIV) Another translation says, "Keep your heart with all vigilance, for from it flow the springs of life." (ESV)

Protecting your strength can also mean to guard your heart. What are you consuming? Who do you hang around? What music do you listen to? Are your conversations cultivated by gossip? Are you vigilant with your habits? Do they spring life?

HONESTY HOUR

Some days we spend time in the morning with God and then leave him in *our perfectly curated and aesthetically pleasing "me time."* Throughout the day, we pick up old habits, losing the strength we gained from that time devoted to Him.

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How can you devote more of your life to God today? What is one area you struggle with the most? Write it below.

Look up Proverbs 5:2 and write it below:

Look up Proverbs 21:5 and write it below:

*Do Proverbs 5:2 and Proverbs 21:5 go hand-in-hand?
Share how below:*

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TAKE HEART

When we first read Proverbs 31, it can feel overwhelming to live out every single action she displays. The good news? **We weren't created to live the life God called us to by ourselves, but with a community of believers!** Our hope is that you don't become hard on yourself in the areas you need growth. Acknowledge how far you've come and faithfully wait to see how God will move in and through you!

Proverbs 8:33 shares: "Heed (pay attention to) instruction and be wise, And do not ignore or neglect it."

The book of Proverbs is advice for our everyday lives. Within our community, it's wise to open up to one another about the areas you're seeking to grow in and to seek a confidant who has overcome these hurdles.

Remember, God doesn't call us to compare our mile 1 to another person's mile 26. ***Comparison is the thief of joy, but we can look at our sisters' mile 26 as motivation, hope, and inspiration.*** Remember, your mentors should be at a place in their life, that you hope to be at one day be too.

Over the next four weeks, we will look further into Proverbs 31 to find the wisdom and tools God wants to activate in our lives.

What are the questions you have for God? What are the questions you have for others as you begin to work towards being the woman HE called you to be? Write them below and pray over them:

Live the life *God called you for*

Becoming a woman of true *virtue*,
strength, and *dignity*.

Week TWO | The value of a virtuous woman.

Read Proverbs 31:10. Write down what stands out to you.

Look up the definition of virtuous and write it below.
How do you exhibit virtue in your life?

We believe in the power of cross-referencing, and writing out God's truth. Look up 2 Peter 1:5 and write it here.

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How do you believe 2 Peter 1:5 and Proverbs 31:10 go hand-in-hand?

What does it mean for a woman to be of noble character? Keep in mind the qualities that make one valuable beyond material wealth.

What are tangible ways that 2 Peter 1:5 can equip you to live out Proverbs 31:10 in your own life today? Where can you grow?

Think about the comparison of a virtuous woman to rubies. What does this comparison suggest about her value?

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Look up Genesis 1:27. Write it below:

Consider the societal pressures and standards placed on women today. How does the concept of a virtuous woman and Genesis 1:27 challenge you to redefine these standards?

TAKE HEART

As you read Genesis, the beginning of time, God chose you and saw your worth and value. He created you in His PERFECT image. **It's time you walk in the freedom of being His...loved, seen, heard and chosen.**

Throughout Proverbs 31, we will unpack how to walk in the noble character HE calls for us and how that impacts our future. As you continue in this study, you will face fear and lies about who the world or the enemy says you are. John 10:10 shares that the enemy comes to kill, steal, and destroy. That starts with whispering lies into your mind about who God created you to be. If he will try to do his best to destroy you...**that must mean you are worthy for the great plans God has for you.**

PLACE TRUTH INTO ACTION: Write the lies you have been believing in a journal and rebuke them in the name of Jesus this week. Then, replace these lies with welcoming in God's sound mind HE has given you (2 Timothy 1:7)

Example prayer that you can make your own:

Lord, I thank you for the authority you have given me in Jesus' powerful name. In Jesus' name, I rebuke the spirit of lies, madness and confusion. I command it to leave in Jesus' name. Holy Spirit, I welcome in your sound mind that God has given me. One of power, and love. Help me believe and walk in this truth today. Amen.

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Becoming a woman of true *virtue, strength, and dignity.*

Week THREE | Learning how to trust God.

Read Proverbs 31:11 and write it below.

While the importance of this passage is in response to a marriage, we believe God is also calling those who are single or in a relationship to trust where trust is needed. How is trust built and maintained in relationships?

Look up the definition of “trust” and write it below:

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What actions and attitudes contribute to earning someone's trust? Their confidence? How can you display this in your relationships?

Reflect on times when trust has been broken in your relationships. How can forgiveness and reconciliation help restore trust? How does God's forgiveness lead us to live a life of trustworthiness? (John 3:16)

Whether you are married, in a relationship or are single
- **we all have the same command to trust God.**
Look up Proverbs 3:5-6 and write it below:

Reflecting on Proverbs 3:5-6, where do you feel you're lacking trust in God?

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Think about the mutual benefit of trust in relationships.
How does having trust in one another enrich **both** people?

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Let's think about this and break it down...

If trust can impact your relationships here on earth,
imagine the power of your trust can have in your
relationship with God. Think about both your trust in Him,
and His trust in you. ***Trust is built with faithfulness.***

Where in your life is God calling you to build trust in your
relationship with Him? How can you be faithful to God with
where you're at?

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TAKE HEART

God knows we are human, and battle with sin. That means, we will
fail...but true character is one with integrity. We are called to make our
yes, yes and our no, no. (Matthew 5:37) That comes with self-control and
discipline! **When we say yes to God, we are saying yes to true joy,
peace, love and freedom which will flow into our earthly
relationships.**

Pray over this week with your daily decisions. Ask Him to direct your
steps so you can be faithful in your relationships here on earth, and
faithful with God.

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Becoming a woman of *virtue, strength,*
and *dignity.*

Week FOUR | Living in God's fierce calling

Read Proverbs 31:10-31 and write down what
stands out to you.

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HONESTY HOUR

Throughout Proverbs 31:10-31, we read what it means to be a woman that fears the Lord. This fear isn't out of anxiety, performance, or being afraid of God. It's out of adoration that flows into our daily actions. In order to truly believe and adore something or someone, we have to first recognize what we don't believe or adore.

Remember, the Proverbs 31 woman represents multiple seasons of life. Rather than comparing yourself to every part of Proverbs 31, consider your current season. Where is God calling you to greater faithfulness, and what is holding you back? What don't you believe or adore about this passage?

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Reflecting back on Proverbs 31:10-31, how are the **virtuous woman's actions guided by wisdom? Where can your actions be guided by wisdom before impulse?**

Look up the definition of wisdom and write it below:

As you can tell in the definition, wisdom comes from **having experience, knowledge**, and **good judgment**. ALL things that can be "gained". How does the impact of your community play a part in gaining wisdom?

Does your community help you gain wisdom that leads to a life of God's peace? Or has it hurt your decisions? Do you need to find a new community, or become more disciplined in the way you live according to the Bible?

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TAKE HEART

Maybe you feel like you've had the experience, knowledge and yet your judgement is often off in relationships, daily decisions or big decisions. That's not a sign of ignorance. It's a sign of needing intimacy with the Father.

In the beginning of this devotional, we talked about not leaving our devotion to God in our time reading or singing praises. We must invite the Holy Spirit into our lives every day to help us with judgement and live out John 15:5.

When we read the Bible, it can't only be words we read. It must be our food and water to live.

John 15:5 shares that He is the vine, and we are the branches. When we abide in Him, we are to remain, stay, dwell, continue, or make your home in Him. We can do that when we surround ourselves with sisters who have the same goal in mind...to get closer with the Father, walk like we're called and chosen by Him.

After reading Proverbs 31, share an honest prayer below of what you are surrendering to Him, and where you need His help:

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**YOUR QUESTIONS,
PRAYERS AND
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