

PRINTING INSTRUCTIONS FOR BECOMING A MODERN-DAY PROVERBS 31 WOMAN'S STUDY GUIDE

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*Becoming a
Modern-Day
Proverbs 31
Woman*

Study Guide

BY HILARY BERNSTEIN

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STUDY GUIDE FOR BECOMING A MODERN-DAY PROVERBS 31 WOMAN

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First edition

APPENDIX

1. If you're a single woman, what are some of your biggest challenges?
2. What do you appreciate about being single?
3. How can you build your home? How can you change your décor? What meals or crafts can you attempt? Who can you invite over?
4. How's your work ethic? Do you work hard at your job and away from your job?
5. Who are the people in your life that you're helping? Who could you invest your life in?
6. How's your character? Are you known for your dignity, wisdom, kindness, and fear of the Lord? If not, how can you begin to make changes?

CHAPTER 15

SUMMARIZING THE LIFE OF THE PROVERBS 31 WOMAN

1. Looking at your own life, what is the fruit of your hands?
2. If your works would “praise you in the gates,” what would those works be?
3. Are you content with the direction of your life? Are you content with what you’ve done – and what you’re doing? If so, what do you want to continue to do? If not, what needs to change?
4. What are three aspects of your life you’d like to improve upon?
5. What are some of the best triumphs in your life?

CHAPTER 1

TRYING TO BECOME AN EXCELLENT WIFE

1. An excellent wife does good to and for her husband. As she does this, her husband *knows* he can trust her. There’s no doubt that his life is better because of her. What good things do you do for your husband? What good things could you start?
2. There’s no need to doubt the trustworthy character of a Proverbs 31 wife. She is and will be faithful. She is and will be honest. How are you ensuring your character? Do you have an accountability partner or mentor to help you when you face temptation? If not, pray for one and actively seek one. If so, continue to meet regularly.
3. When it comes to your relationship with your husband, do you speak well of him – both in and out of his presence? If not, how can you start to change?
4. What ways do you care for your husband’s physical needs? Are there any ways you can improve?
5. In your marriage, how do you help the finances and food stretch? How could you be more careful with your spending?
6. Think about how much time you spend with your husband – just the two of you, without any distractions. Do you feel like this is one area you need to work on improving? If so, how could you make more time for each other? What do you need to do to make it happen?

7. Doing good mirrors the Golden Rule. By loving your husband as you love yourself and acting upon that love, you will strengthen your marriage. What are some ways you feel stretched to love your husband as yourself?

Why do you feel like it's a stretch to show him love in practical ways? Are you dealing with a respect issue? Would you rather get something in return? Are you stuck in a cycle of disagreement? Are you holding a grudge? Deep down, do you question if he deserves your love?

8. Even though it seems sacrificial, what are some practical ways to love your husband as you love yourself – even if and when you don't feel like it?

CHAPTER 14

LIVING A PRAISEWORTHY LIFE

1. Be completely honest with yourself ... do you fear the Lord? Your answer will reveal so much about your heart and character. And your answer is very important, because your entire quest to become like the Proverbs 31 woman hinges on this single aspect.

2. Do you feel appreciated in your home? Are you content with your answer? If so, keep on keeping on. If not, what can you possibly do to change your family's perceptions and feelings? If they're just naturally ungrateful, what are some ways you can start modeling gratitude?

3. If your mother is still living, take time today to thank her for what she's done for you – regardless of the current state of your relationship.

4. Charm is deceitful and beauty is vain, but women have such a tendency to focus on both charm and beauty. How can you start to focus more on creating a life that fears the Lord? How can you spend time in your day working on your inner beauty – instead of external appearances?

5. Regardless of whether your family thanks you for your efforts, the Lord sees and will reward you for your obedience and sacrifice. How are you working for your audience of One? What can you do in your daily life that will bring your Heavenly Father pleasure?

CHAPTER 13

KEEPING BUSY AT HOME

1. How good are your observation skills? What's going on in your home?
2. What are some things each family member in your home needs? How could you better help them?
3. Take five minutes and look at your kitchen pantry – take a pen and some paper with you. What do you need to stock up on?
4. Take another five minutes and look at your medicine cabinet. What toiletries and personal care products do you need?
5. What aspects of your day run smoothly? What leaves you frazzled? What routines do you need to start to make life a little easier for you and your family?
6. Create some time in your weekly schedule to tend to the basics in your home – quick cleaning, menu planning and meal preparation, grocery shopping, and bill paying.
7. As you think about everything that your busy home and family life includes, thank God for blessing you with a home. Thank God for blessing you with a family. Ask Him for guidance – and for help in multiplying your time and energy.

CHAPTER 2

WORKING WITH WILLINGNESS AND DELIGHT

1. How do you plan ahead for upcoming seasons? What preparations do you make in your home? How could you tweak your shopping habits?
2. Make a shopping list now for what you'll need next winter, next spring, next summer, and next fall. Keep it in your purse so you'll have it when you go shopping.
3. How are you feathering your nest? What can you do in the next couple weeks to add a special touch to your home?
4. Think about your seasonal decorating choices. Are you happy with them? Do you need to make any changes? If so, what comes to mind? (Stuck on ideas? Pinterest's always a good place to get inspiration!)
5. Do you struggle with having a willing spirit when it comes to your homemaking? Does finding joy in your homemaking come easily? What causes the most difficulty? What comes easily?
6. Are you staying active in your home? What chores can you make sure you do every day?
7. How are you building your house? How are you tearing it down?

CHAPTER 3

PROVIDING AND PREPARING FOOD

1. When it comes to meal planning, how are you doing? Do you have a good system in place, or could you use a little help?
2. What are your typical grocery shopping habits? Where do you shop? Are you pleased with the prices and selection of food? Is there anywhere you'd like to try to shop? What local stores would you like to explore? What online shopping and services might make your life a little easier? When can you try these new stores and sites?
3. Are you a morning person ... or a night owl? How much sleep do you typically need to feel well-rested? If you begin to get up before the rest of your family, how early do you need to go to bed at night to get enough sleep?
4. What chores would you ideally like to fit into your morning?
5. When do you typically make meals? Is there a better time to prepare breakfast, pack lunches, or plan ahead for dinner prep?

CHAPTER 12

USING WORDS WISELY

1. How do you use your words?
2. Do you typically think about what you say?
3. Since your words reveal what's in your heart, what do *your* words reveal about you?
4. Do you typically treat others with kindness? Or are you known for your snappy, blunt attitude?
5. If you struggle with what you say, one vital way to improve is to make sure your heart is right. How and when can you spend more daily time in the Word and in prayer? What Bible verses would you like to start meditating on and memorizing?
6. Are you pursuing friendships with women who choose genuine, wise words and teach with kindness? If it seems hard to find women like this, start praying for friendships to develop.
7. If you struggle with your words, here's a challenge: For one day, stop yourself and think about what you'll say before you let words fly out of your mouth. If you're having trouble thinking of kinder, gentler responses, pray before you speak.

CHAPTER 11

LAUGHING AT THE DAYS TO COME

1. Are you in control of your life? Or have you asked Jesus Christ to take control?
2. If you've asked Jesus Christ to be the Lord of your life, do you daily surrender control to Him?
3. Is your faith strong enough that you feel like you can laugh at the days to come? If so, how can you keep building on that faith? If not, what church or Bible study can you get involved with to grow in your faith?
4. Do you feel like you're prepared for the future? Is your family prepared for all kinds of situations? Is your home?
5. Do you plan ahead? Whether you do or not, how can you improve your planning and preparation?

CHAPTER 4

WOMAN'S WORK

1. In the tasks around your home, are you acting with authority?
2. Do you tend to make wise purchases?
3. Does your husband trust you to make big purchases? If you're running into issues, what could you do to build trust or show your husband that you're trustworthy?
4. How about business decisions ... do you look for good opportunities?
5. As you work, what could you do to help your efforts thrive? Would it include working harder? Working smarter? Networking?
6. Who could be blessed by your hard work?

CHAPTER 5

IMITATING THE STRENGTH OF THE PROVERBS 31 WOMAN

1. Do you mentally prepare yourself to take on each day?
2. How much time do you spend in the Word and in prayer? When do you set aside this time? If you want to increase your time spent with the Lord, what needs to change in your schedule to make it happen?
3. Do you get enough sleep to feel well-rested? If not, how much more do you need?
4. Are you making wise – and healthy – choices when it comes to eating and drinking? If not, what can you start cutting out? And what healthy foods could you start adding to your diet? Don't waste any more time with this decision – add the healthy food to your grocery list now.
5. How many times do you exercise each week? If you're not already doing so, how can you carve out 30 minutes in your day to get up and move? What kind of exercise do you like most?

CHAPTER 10

USING YOUR TALENTS

1. What do you love to do?
2. When is the last time you spent time doing what you love to do? How often do you set aside time for this hobby?
3. How can you carve out more time in your schedule to pursue your passion?
4. How can you learn more about your passion or hobby?
5. Is there any way you can bless others through your talent and enjoyment? If so, how?

CHAPTER 9

RESPECTING YOUR HUSBAND

1. In what ways do you find it's easy to respect your husband?
How and when is it difficult to respect him?

2. Are you feeling frustrated with your marriage? First, pray about your husband and your relationship with him. Ask the Lord to help you respect your husband. Journal your prayers, if at all possible, so you can see what you've prayed about ... and how God will change things.

3. Once you've started to pray for your husband, start respecting him with your words and actions. Even when it's difficult. Even if you have to wait to watch your prayers get answered.

CHAPTER 6

THE PROVERBS 31 WOMAN'S SUCCESS

1. Think about your work habits. Are you happy with a diligent work ethic? Do you need to work harder? Do you need to work smarter? If so, what's preventing you from doing it?

2. As you think about work, what are you doing that's profitable? What's not?

3. In your home, what necessities are expenses that need to be paid?

4. Once your necessities are paid, what luxuries – or simple pleasures – would you like to save up for?

CHAPTER 7

HELPING THE NEEDY

1. How have you helped the needy in the past? What have you enjoyed doing? What seemed to be appreciated the most?
2. Think of your current responsibilities and availability. How much time can you give to helping the needy? Based on your answer, what ministries in your community could you partner with?
3. What belongings do you need to get rid of? Who could you bless with them?
4. What charitable organizations do you partner with financially? Have you checked if they're reputable? If not, start by [checking the ECFA](#) (Evangelical Council for Fiscal Accountability).
5. Make a grocery list (now!) and add Blessing Bag items to your list. After you go shopping, create a few Blessing Bags and keep them in your car.

CHAPTER 8

MEETING YOUR FAMILY'S NEEDS

1. What clothing will you and your family need for the spring? The summer? The fall? The winter? Make a list and keep it in your purse as you're out shopping.
2. What are your family members' current clothing and shoe sizes? What are yours?
3. Time for a clothing check in your home. Do you have anything inappropriate, immodest ... or just plain worn out? How about your family members? Does everyone have appropriate clothes? If not, make whatever necessary changes you need to make.
4. While you're checking around your home, look at your furnishings. Is there anything you could spruce up? Any decorating touches you could move to another room for a little freshening up? How could you make your home more welcoming?
5. Have you and your sins been washed white as snow by Christ's scarlet blood? If not, what's keeping you from asking Him for forgiveness ... and to become Lord of your life?
6. If you are a believer, how are you pointing your family to Christ? How can you pray for them? How often do you speak the truth of the Word to them? How are you discipling them or shepherding them?