

the 7 virtues of a
**PROVERBS 31
WOMAN**

DARLENE SCHACHT
NYT BEST-SELLING AUTHOR

TIME-WARP WIFE MINISTRIES



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52 Virtues of a Proverbs 31 Woman: A Year of Prayer and Reflection

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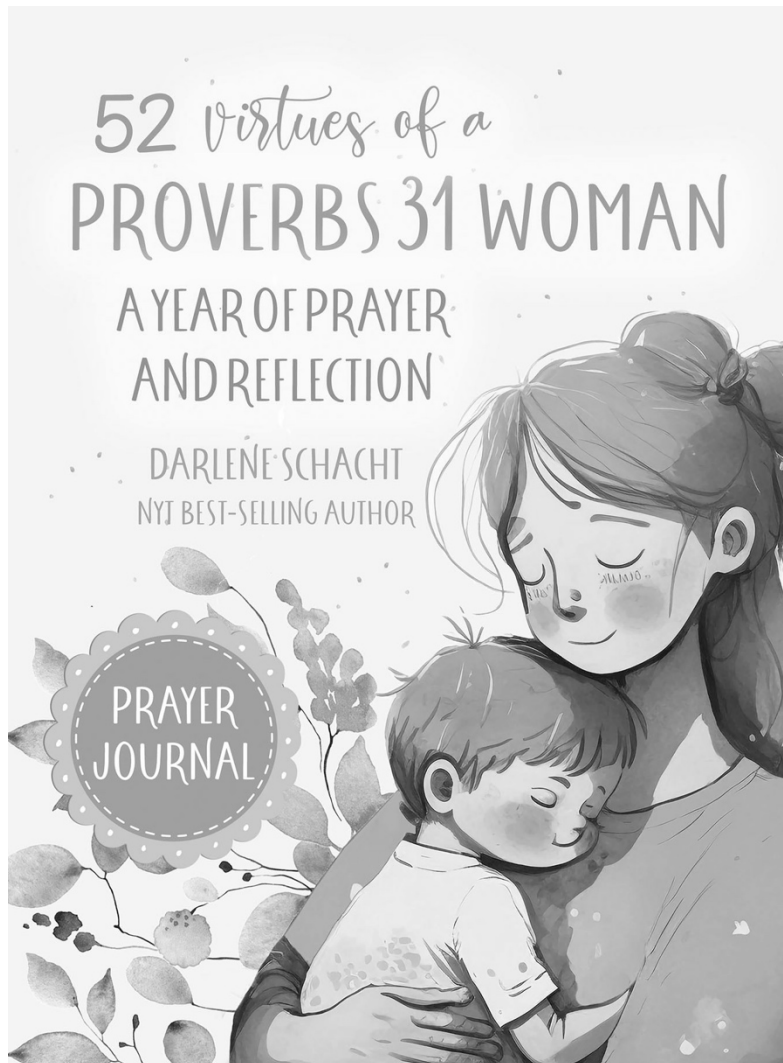
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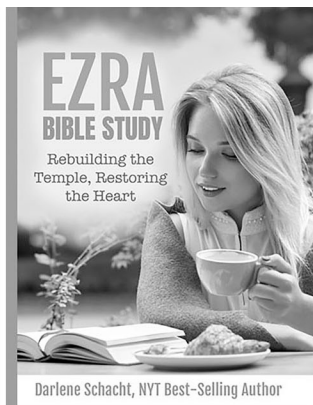
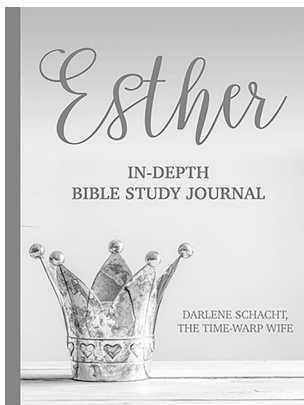
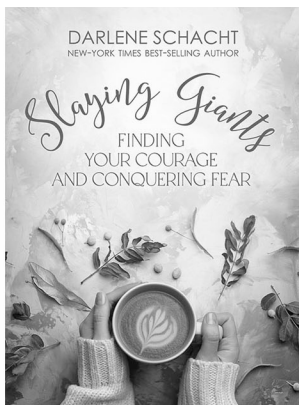
DARLENE SCHACHT is an award-winning and *NY Times* best-selling author. She is the founder of Time-Warp Wife Ministries, an online publication that encourages women to live Christ-centered lives. Her passion for scripture and hunger for truth is the driving force behind a unique ministry that offers Bible studies and daily marriage prayers.

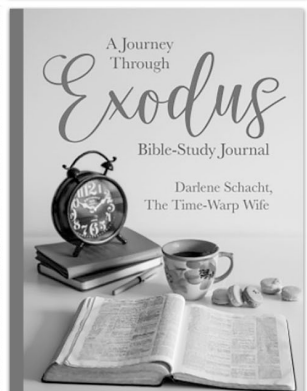
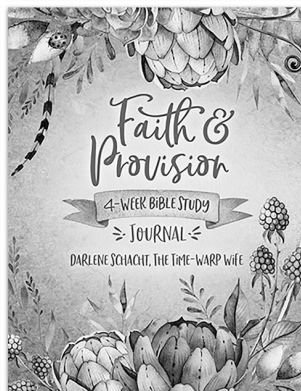
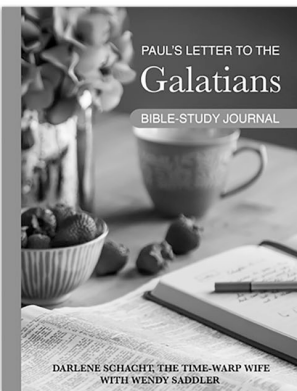
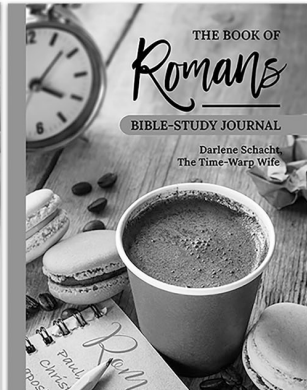
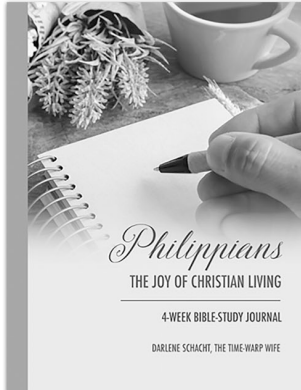
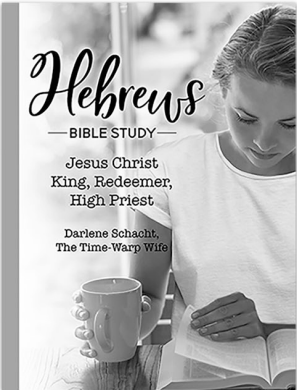
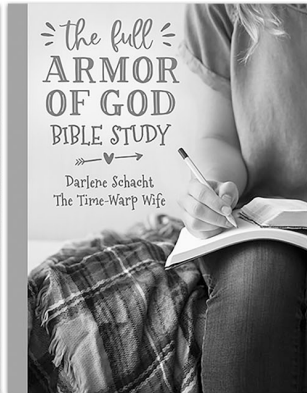
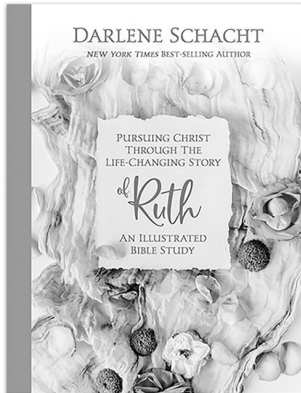
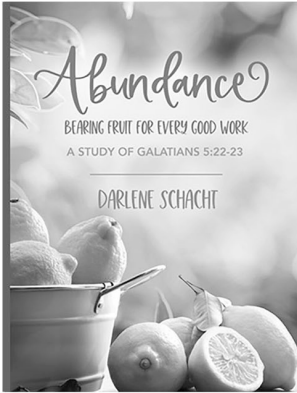
She began her publishing journey in 2011 working alongside actress/author Candace Cameron Bure to publish *Reshaping it All: Motivation for Spiritual and Physical Fitness*.

With a passion for Jesus, Darlene continues to write, sharing the gospel with countless women around the world.

Visit Darlene's blog at TimeWarpWife.com to find Bible studies, devotionals, and daily marriage prayers.

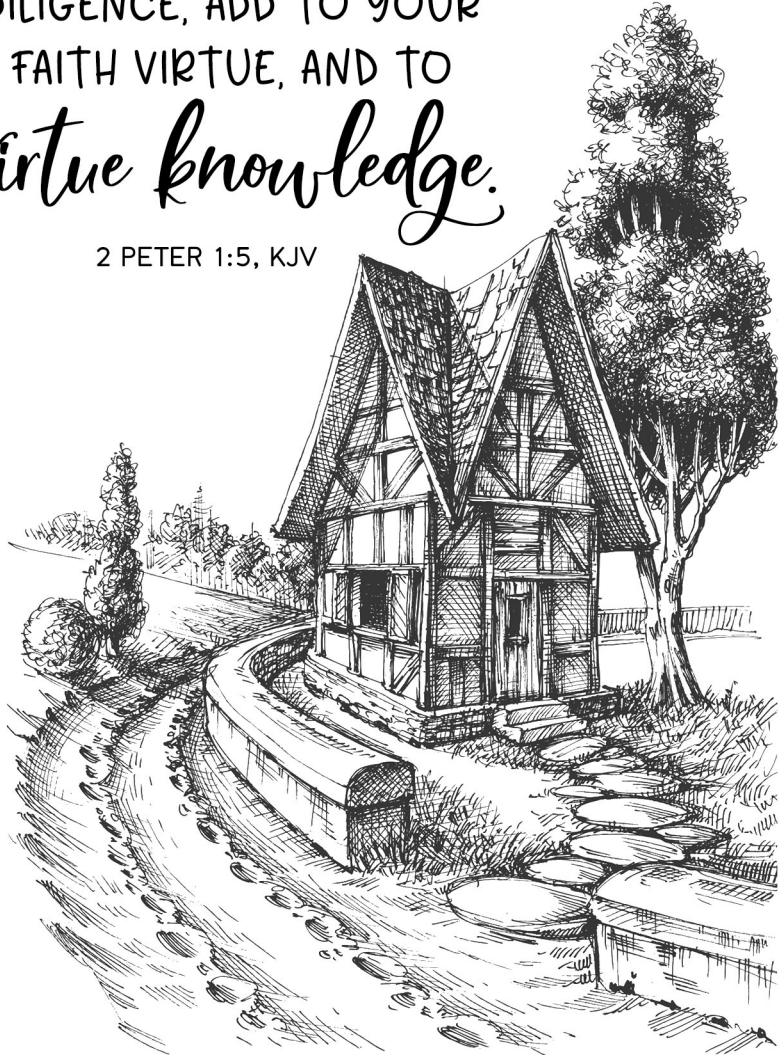
Other Bible Studies by Darlene Schacht:





AND BESIDE THIS, GIVING ALL
DILIGENCE, ADD TO YOUR
FAITH VIRTUE, AND TO
virtue knowledge.

2 PETER 1:5, KJV



Introduction



SCRIPTURE FOCUS: PROVERBS 31

Have you ever wondered what it means to be a godly woman in today's world? Have you ever felt overwhelmed by the expectations and pressures of society or even by your own expectations? Have you ever wanted a role model who could inspire you to live out your faith with joy and purpose? If you answered "yes" to any of these questions, then this book is for you. As we study the scriptures, I'll introduce you to the 7 virtues of a Proverbs 31 Woman: Inner Beauty, Selflessness, Kindness, Resilience, Wisdom, Diligence, and Godliness:

1. She is beautiful because she has noble character and moral excellence. She is faithful to her husband and loyal to her family. She is respected by her community and praised by her children (Proverbs 31:10-12,28-29).
2. She is selfless because she puts others before herself. She cares for the poor and needy. She provides for her household and serves them with love (Proverbs 31:15, 20, 27).

3. She is kind because she treats everyone with compassion and generosity. She shares her resources, talents, and love with others without expecting anything in return. She is hospitable and welcoming to strangers (Proverbs 31:20, 26).
4. She is resilient because she does not fear bad news or trouble. She trusts in God and faces challenges with strength and dignity (Proverbs 31:25).
5. She is wise because she seeks God's wisdom above all else. She studies His Word and applies it to her life. She speaks with kindness and truth. She teaches and mentors others with grace and humility (Proverbs 31:26, 30).
6. She is diligent because she works hard and does not waste time or resources. She plans ahead and manages her affairs wisely. She rises early and stays up late to accomplish her tasks (Proverbs 31:13-19, 27).
7. She is godly because she fears the Lord and honors Him with her life. She worships Him and praises Him for His goodness and faithfulness (Proverbs 31:30).

These virtues are not only timeless and relevant; they are also practical and attainable with God's help.

ESHET HAYIL

The focus of our study is Proverbs 31:10-31, a section of scripture known as Eshet Hayil, a beautiful Hebrew term that translates to "woman of valor" or "woman of virtue." We'll be exploring the depths of this powerful concept and discovering its relevance to our lives today.

It's interesting to note that this portion of scripture is an exquisite example of an acrostic poem in the original Hebrew

language. This poetic form follows a strict pattern where each verse begins with a successive letter of the alphabet. Alef (verse 10) is the first letter, and Tav (verse 31) is the last letter, so the acrostic pattern of Proverbs 31:10-31 covers the entire alphabet from beginning to end. This was a common feature of acrostic poetry in Hebrew literature, as it was seen as a way to demonstrate completeness and perfection. This unique structure emphasizes the completeness and perfection of the virtuous woman described in the passage, while also making the poem more memorable and easier to recite or sing in the original language. Although the acrostic pattern is challenging to replicate in translation, the beauty of the original Hebrew text still shines through in this incredible poem.

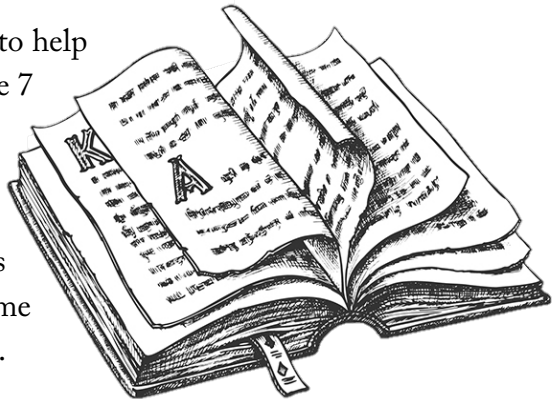
IS SHE FOR REAL?

The Proverbs 31 Woman (henceforth referred to as The P31 Woman) is described as an ideal wife and mother. She is praised for her skills and accomplishments, her noble character, and her devotion to God. She's often held up as an example of biblical womanhood that we should all strive to emulate, but before you feel intimidated or discouraged by this seemingly perfect woman, let me tell you a secret: she's not real. The description of the virtuous woman appears to be a continuation of thoughts inspired by the teachings of King Lemuel's mother.

"The sayings of King Lemuel—an inspired utterance his mother taught him." (Proverbs 31:1)

She taught him lessons about the dangers of drinking and the importance of speaking up for those who can't speak for themselves, as well as giving him a pattern of what the ideal woman should look like. While this portion of scripture doesn't point to a specific woman, it offers us a portrait of the various qualities that God values in women. It emphasizes that the fear of the Lord is a key component of virtuous living, while providing inspiration and guidance for women who seek to live their lives according to His will.

That's why I wrote this book: to help you discover how you can apply the 7 virtues of a P31 Woman to your life. Whether you're single or married, young or old, working inside or outside the home, this book will show you how to become the woman God created you to be.



EXPLORING GOD'S WORD

While there is only one chapter in the Bible that is specifically devoted to The P31 Woman, many scriptures discuss the virtues and traits attributed to her. These passages provide a broader context for understanding the significance and relevance of her qualities.

For example, the Bible contains numerous passages that discuss the importance of hard work and diligence, such as Colossians 3:23, which says, "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." This passage echoes The P31 Woman's dedication to providing for her family and managing her household affairs.

Other passages discuss the importance of kindness and compassion, such as Galatians 5:22-23, which says, "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law." This passage echoes her caring and empathetic nature and her willingness to help those in need. And so, we'll broaden our perspective by exploring the biblical context of her virtues. We'll see how her character and actions reflect the wisdom and will of God, and how they align with other teachings and examples throughout the Bible.



Through an in-depth examination of the 7 virtues, we'll gain a deeper understanding of The P31 Woman and her enduring legacy. We'll also learn how we can apply these behaviors to our own lives as we strive to become women who embody the values we hold.

Rather than asking too many "What do you think?" or "How do you feel?" types of questions, you'll find that my general focus is on exploring what God says and thinks about particular topics, as revealed in scripture. While I include one or two discussion

questions per chapter to encourage group participation, my aim is to encourage a deep dive into the text itself for answers so that readers are motivated to dig into scripture and study the Word.

AN INVITATION

While The P31 Woman may be seen as the epitome of virtuous living, we have to keep in mind that we're all uniquely created and given our own paths to walk.

Nevertheless, this book is an invitation to embark on a journey of discovery and growth as we explore the 7 virtues of The P31 Woman. It's an opportunity to deepen our relationship with God as we learn how to trust Him more fully in all aspects of our lives. It's an invitation to nurture the qualities of humility, obedience, and perseverance that are essential for a strong and unshakeable faith. Lastly, it's an opportunity to experience the joy and peace that come from living a Christ-centered life.

As we study the scriptures, may we seek to become women of noble character, worthy of praise, and deserving of honor. May we be challenged and encouraged by this woman's example and strive to live according to the wisdom and guidance that God has provided us through His Word. Lastly, may we discover the depth of wisdom and insight that lies within the chapter of Proverbs 31 as we invite the Holy Spirit to transform our lives.

The P31 Challenge

As you read through Proverbs Chapter 31, stop to consider any area of your life where you may be struggling with the flesh. Write down one thing you would like to see changed.

Commit to making small changes this week that will help you improve in this area of your life. Don't worry about taking on too much at once (unless you have obvious sin you need to turn away from), as we'll be going through a similar exercise at the end of each chapter. Write down any ideas or strategies below.
