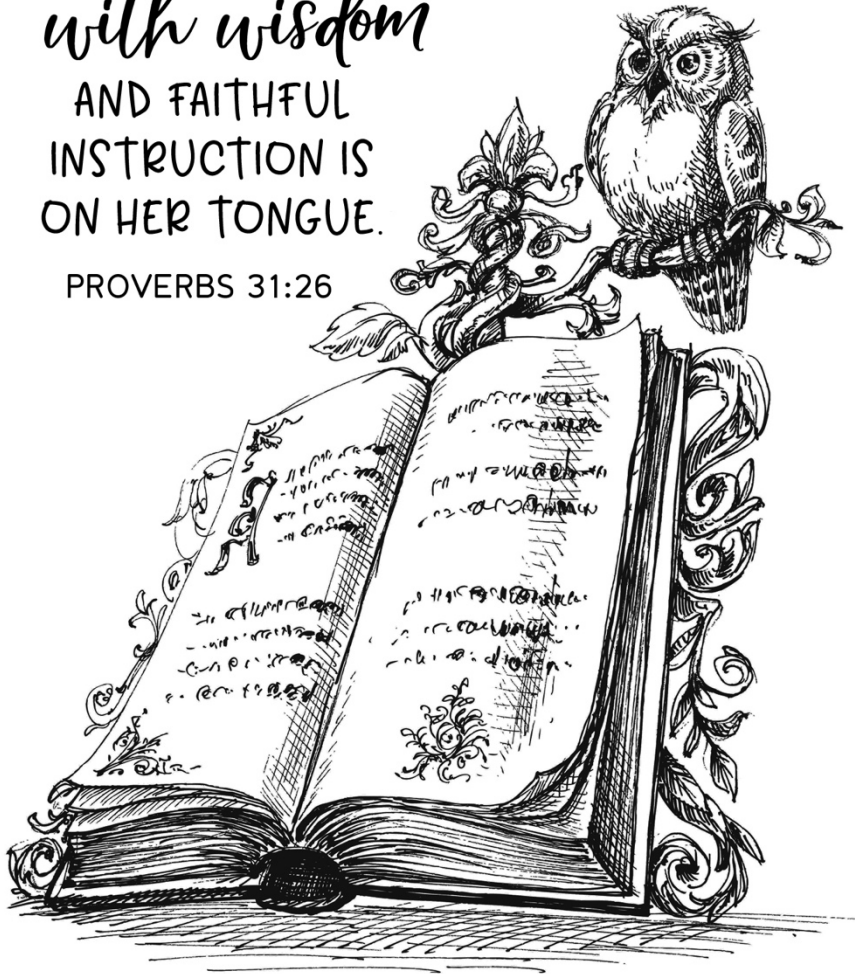


She Speaks
with wisdom


AND FAITHFUL
INSTRUCTION IS
ON HER TONGUE.

PROVERBS 31:26



CHAPTER 5

She is Wise



SCRIPTURE FOCUS: 1 SAMUEL 25, JAMES 3,

The book of Proverbs portrays wisdom as something that is to be sought after and treasured through diligent study and obedience to God's Word. Because wisdom is often personified as a woman, many Bible scholars believe that The P31 Woman is a personification of wisdom. For example, Proverbs 3:15 says, "She is more precious than rubies; nothing you desire can compare with her," and Proverbs 4:5-6 says, "Get wisdom, get understanding; forget it not; neither decline from the words of my mouth. Forsake her not, and she shall preserve thee: love her, and she shall keep thee."

Regardless of whether one interprets The P31 Woman as a symbol of wisdom or an ideal wife, there is no denying that she was guided by wisdom and driven by a deep commitment to serve God. Her diligent work ethic, resourcefulness, and compassionate care for her family and community reflect a life grounded in wisdom and a heart devoted to God's ways.

What the Proverb is saying here is that the first and most essential, step to gaining wisdom is seeking wisdom itself. The phrase "get wisdom" is a call to action, urging us to actively pursue it.

As we seek wisdom, it's important to understand that it's not just an intellectual pursuit, but a heart issue. In Proverbs 4:23, we read, "Above all else, guard your heart, for everything you do flows from it." Our thoughts, words, and actions are all shaped by the state of our hearts, and so it's important to cultivate a heart that is open to God's leading and receptive to His wisdom.

One way we can cultivate a wise heart is by spending time in prayer and reading the Bible. In Psalm 119:105, we read, "Your word is a lamp for my feet, a light on my path." The Bible is full of wisdom and guidance that can help us navigate life's challenges, and so we must make it a priority to read and study it regularly.

Another way to grow in wisdom is by seeking out wise counsel. Proverbs 15:22 tells us, "Plans fail for lack of counsel, but with many advisers they succeed." Whether it's a trusted friend, a pastor, or a professional counselor, it's important to surround ourselves with people who can offer wise advice and guidance. When we do glean wisdom from others around us, however, it's important that we measure what we hear against the truth of God's Word, for all wisdom comes from Him.



SHE WISELY BLESSES HER FAMILY

In Proverbs 2:6-7, we read, "For the Lord gives wisdom; from his mouth come knowledge and understanding. He holds success in store for the upright, he is a shield to those whose walk is blameless."

While there are many benefits to gaining wisdom, here are just a few ways that a wise and prudent woman might bless her family:

1. She provides emotional support by helping her family feel loved, understood, and cared for. Not just by her, but also by God.
2. By modeling good behavior and making wise choices, she promotes Christian values and healthy relationships.
3. Her wise approach to difficulties teaches her children how to navigate the ups and downs of everyday life.
4. Exercising wisdom and prudence, she can help to manage the practical and financial aspects of family life.
5. By instilling a love of learning, a strong work ethic, and a sense of responsibility, she can help her children to thrive and succeed.

What is the definition of wisdom according to Meriam Webster's Dictionary?

SHE HAS THE WISDOM OF ABIGAIL

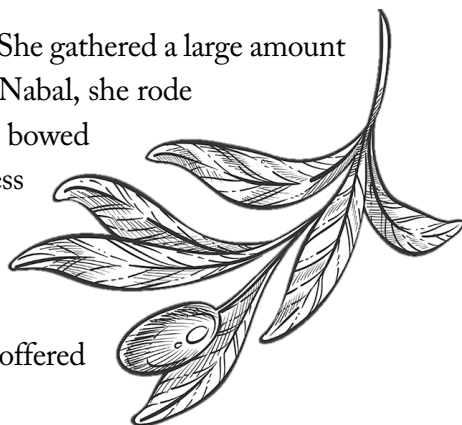
In 1 Samuel Chapter 25, we're introduced to a woman named Abigail, the wife of a wealthy but foolish man, Nabal. The story begins when David and his men are living in the wilderness. They come to Nabal's land to ask for food and provisions, but instead of helping them, Nabal insults and mistreats David and his men.

The Bible tells us,

"David's men turned around and went back. When they arrived, they reported every word. David said to his men, 'Each of you strap on your sword!' So they did, and David strapped his on as well. About four hundred men went up with David, while two hundred stayed with the supplies.

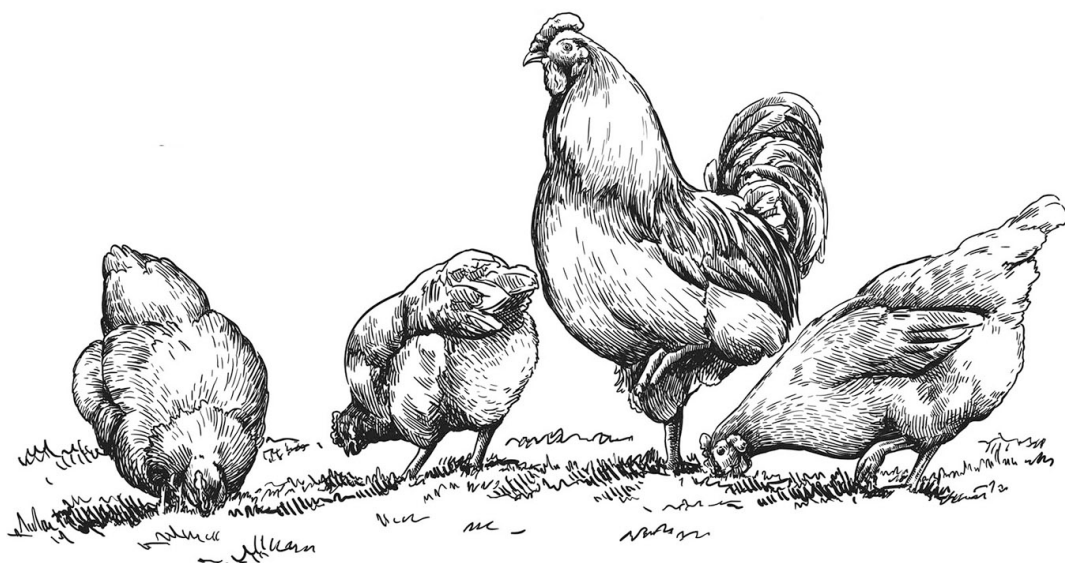
One of the servants told Abigail, Nabal's wife, 'David sent messengers from the wilderness to give our master his greetings, but he hurled insults at them. Yet these men were very good to us. They did not mistreat us, and the whole time we were out in the fields near them nothing was missing.'" (1 Samuel 25:12-15)

Upon hearing this, Abigail acted quickly. She gathered a large amount of food and supplies and, without telling Nabal, she rode out to meet David and his men. She bowed before David and begged for his forgiveness on behalf of her husband, who was "surly and mean in his dealings" (1 Samuel 25:3). She told David that Nabal was not worth avenging, and she offered him the food and supplies as a gift.



David was impressed by Abigail's wisdom and generosity, and he accepted her gift. He also forgave Nabal and his household, sparing them from the harm he had planned to inflict. In the end, Abigail's actions prevented a violent conflict and restored peace between David and Nabal.

Abigail's wisdom went beyond mere intelligence. She had a deep understanding of human nature, a strong moral compass, and a willingness to take risks for what she believed was right. These qualities made her a true P31 Woman, and her example is one that we can all learn from. Her actions teach us that wisdom isn't about *what* we know — it's how we *use* what we know. How we take everything we've learned about God and from God to make the best choice in a difficult situation. The contrast between Abigail's response to David and Nabal's foolishness teaches us how important wisdom can be.



James 1:5 tells us what to do if we are lacking in wisdom. What is it?

I want to encourage you to take a few minutes to reflect on that verse from James 1:5, if not right now, then as you go about your day today. Ask yourself if there are any areas of your life where you feel uncertain or lacking in wisdom. Take these concerns to God in prayer and ask Him to provide you with the insight and discernment you need. Ask for His wisdom to guide your thoughts, actions, and decisions. Trust that as you seek His wisdom with a humble and open heart, He'll answer your prayers and provide you with the clarity and guidance you need.

SHE SPEAKS WITH WISDOM AND KINDNESS

Another thing we learn about The P31 Woman is that "faithful instruction is on her tongue." This can also be translated as "the law of kindness is on her tongue."

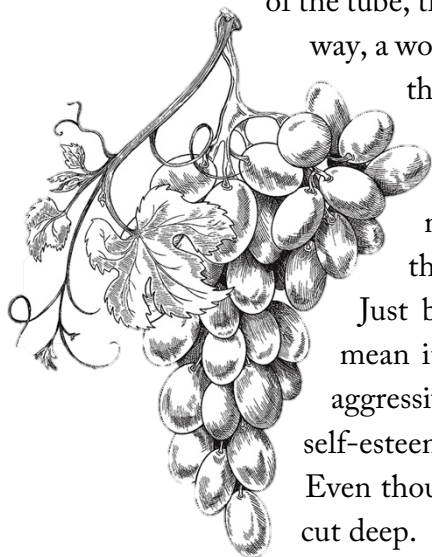
What does that mean? It means that she's not only wise in what she says, she also speaks in a way that is gentle, compassionate, and gracious. She uses her words to encourage and guide others in a way that is both truthful and compassionate.

I've said this once, and I'll say it a thousand times more. We're not here to live self-centered lives, we're here to live Christ-centered lives. We're here to encourage each other, but more importantly, to strengthen the faith of others.

Friendships and mentors give us the opportunity to have deep discussions, where we listen and learn from each other, while at the same time share the truth of God's word. Virtuous women aren't the ones who pander to us, they're the ones who sharpen us, and yet somehow, they do it without a sharp tongue.

The Bible tells us that harsh words stir up anger and that a soft answer turns away wrath. It's hard to remember this when I'm frustrated and angry. Some days it feels like the harsh words just roll off my tongue all on their own.

But then I wonder... do they really? Is it really that hard to remember to be kind and compassionate, or could it be that during those moments when I'm tested and tried, I'm failing the test by the choices I make? Words are like toothpaste; once the paste comes out of the tube, there's no way it's going back in. In the same way, a word spoken can't be taken back. Once it's out there—it's out.



The popular saying, "sticks and stones may break my bones, but names will never hurt me," sounds nice in theory, but the reality is that words can pack a punch too.

Just because you can't see the damage doesn't mean it isn't there. Insults, teasing, and passive-aggressive comments can take a toll on a person's self-esteem and mental health. The tongue is sharp. Even though it doesn't leave a mark, it can certainly cut deep.

In the same chapter that James talks about wisdom, he talks about the danger of our words, and how the tongue must be tamed. He talks about the power this one little part of our body has, and the potential danger it holds.

"When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark." (James 3:3-5)

Like a wild horse that's brought to submission by a wise and gentle master, we must learn to bridle and tame our tongue. Quick to listen and slow to anger, because listening helps us understand another perspective and slowing down allows us to respond thoughtfully and considerately.

SHE HAS A RARE AND PRECIOUS GIFT

Speaking with kindness is a rare and precious gift. It can heal wounds, strengthen relationships, and bring joy to those around us. In a world where harsh words and criticism tends to be the norm, a gentle and compassionate voice is a ray of sunshine on a cloudy day.

Have you ever had a friend who knew just what to say? The kind of friend who could lift your spirit and pick you up when you were down? If you have, you know the powerful impact of a word fitly spoken.

The way we choose to speak to others can have a profound effect on their well-being, and on the quality of our relationships. Having

the wisdom to know what to say and when to say it can make all the difference in the world.

When we speak with kindness, we open the door for understanding, forgiveness, and growth. It's not always easy to choose our words carefully, especially when we're feeling frustrated or angry. But when we train ourselves to speak with wisdom, compassion, and kindness we make a difference in the world around us.

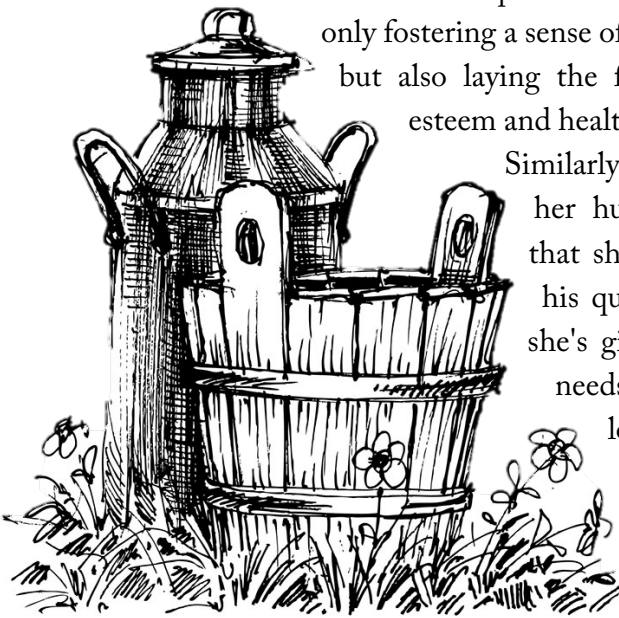
When we approach difficult people with a gentle and compassionate attitude, we disarm their defenses and create the possibility for constructive communication.

A mother who speaks kindly to her children is likely to see them grow up with a healthy self-image and a positive outlook on life. A wife who speaks kindly to her husband helps him feel valued and appreciated.

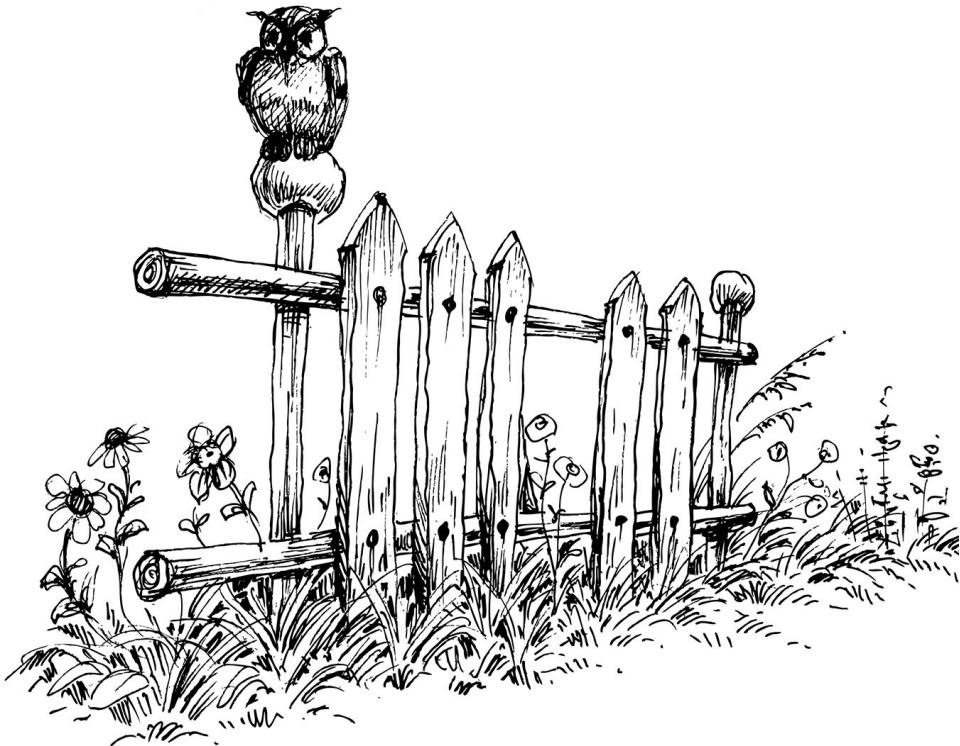
Words play a crucial role in shaping the dynamics of our family.

When a mother speaks kindly to her children, she is not only fostering a sense of emotional security and trust, but also laying the foundation for positive self-esteem and healthy relationships in the future.

Similarly, when a wife speaks kindly to her husband, she's acknowledging that she appreciates his efforts and his qualities. By encouraging him, she's giving him the confidence he needs to be the supportive and loving partner that God created him to be.



1 Peter 2:23 tells us that Jesus didn't retaliate when He was insulted. What did He do instead?



The P31 Challenge

What steps can you take, that you're not already doing, to develop greater wisdom and discernment in your life?

What steps can you take to become a better listener, encourager, and supporter to those around you?
