

# WEEK AT A GLANCE

## ANOTHER 7 VIRTUES OF A PROVERBS 31 WOMAN - CHAPTER 3 -

### TUESDAY

**Watch this week's video** - Visit [timewarpwife.com](http://timewarpwife.com) or check your inbox to find a link to this week's video.

**Read Luke 10:38-42** - Read it twice. Notice what distracted Martha and what Mary chose.

**Read Chapter 3 in the Study Guide** - Focus on the difference between busyness and discipline.

**Begin the Study Guide Questions** - Start with the Scripture questions and the reflection section.

**Community Check-In** - Share one area where distractions tend to steal your focus.

### WEDNESDAY

**Wisdom for Daily Discipline** - Read Proverbs 6:6-8 (the ant) and Proverbs 31:21 (prepared living).

**One Small "5-Minute" Step** - Choose one simple task you've been putting off and do it today.

**Share Your Insight** - Post one practical takeaway: What helps you "live today with tomorrow in mind"?

### THURSDAY

**Spirit-Led Self-Control** - Read 2 Peter 1:5-6 and 2 Timothy 1:7.

**Revisit the Chapter Questions** - Focus on how knowledge, self-control, and perseverance connect.

**Choose What's Better** - Write down one "Mary choice" you can make today (even a small one).

**Quiet Prayer** - Ask the Lord to shape your desires so discipline grows from the heart.

### FRIDAY

**Read Darlene's Closing Thoughts** - Visit [timewarpwife.com](http://timewarpwife.com) or check your inbox for the weekly devotional wrap-up.

**Community Engagement** - What stood out most: the "5 minutes," the ant, or Mary and Martha? Share why.

### SATURDAY

**Quiet Time or Catch-Up** - Finish questions, reread Luke 10:38-42, and review your notes.

**Simple Reset** - Pick one distraction to limit for the day (Phone, TV, scrolling) and replace it with one intentional habit.

### SUNDAY

**Rest and Worship** - No assignments today. Let your soul breathe and let the Word settle in.

### MONDAY

**Wrap-Up Reflection** - What changed in your thinking about discipline this week?

**Final Community Post** - Share one "better choice" you want to carry into next week - and one way you'll protect time at Jesus' feet.