

WEEK AT A GLANCE

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

TUESDAY

Watch this week's video - Visit 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 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.