

ANOTHER
7 virtues of a
PROVERBS 31 WOMAN

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Another 7 Virtues of a Proverbs 31 Woman

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7 virtues of a
PROVERBS 31 WOMAN

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NEW YORK TIMES BEST-SELLING AUTHOR

 Time-Warp Wife
MINISTRIES



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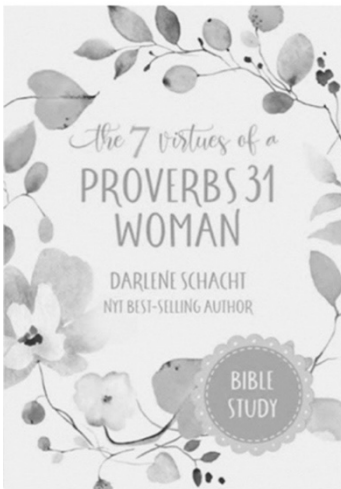
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by Darlene Schacht

These are just a few of my studies! I've written over 15 Bible studies to help women grow in faith and deepen their walk with God. You can find them all on Amazon or listed on my blog at TimeWarpWife.com.

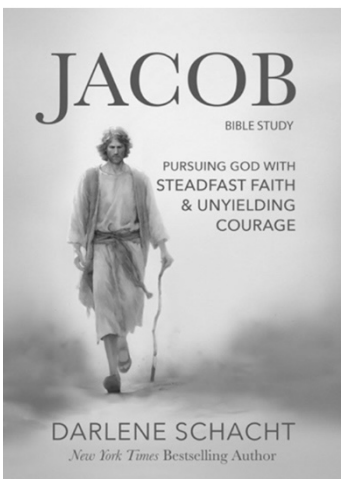
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The 7 Virtues of a Proverbs 31 Woman

If you're enjoying this study, be sure to check out the first book in the series. Same theme. Fresh virtues. More time in God's Word.

In this Bible study, we take a closer look at Proverbs 31 and focus on seven key virtues that shape a godly life. It's written for personal study or small groups, with Scripture-based teaching and practical application to help you live out God's Word in everyday moments.



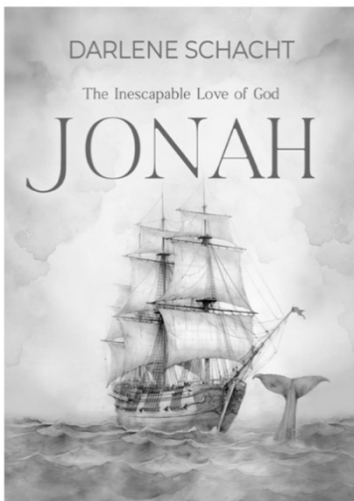
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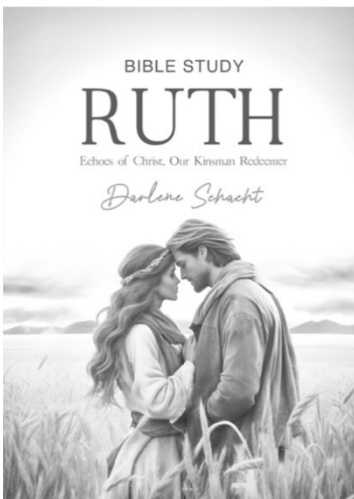
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Embark on a profound journey through the Book of Ruth with New York Times best-selling author Darlene Schacht. This insightful guide illuminates the remarkable parallels of love and redemption that span thousands of years, high-lighting how Christ is foreshadowed as our ultimate Kinsman Redeemer—a truth particularly evident in the developing relationship between Boaz and Ruth.

*This book is dedicated to
my granddaughter Julia, who asked me
to include this Bible verse for you:*

The Lord is good to those who
depend on Him.

Lamentations 3:25, NLT

But you are
A CHOSEN
people,
A ROYAL PRIESTHOOD,
A HOLY NATION,
God's SPECIAL POSSESSION,
that you may
DECLARE
the praises of him
WHO CALLED YOU
OUT OF DARKNESS
into his
Wonderful light

1 PETER 2:9

Introduction



SCRIPTURE FOCUS: PROVERBS 31

There's a quiet kind of strength that changes everything. It's not designed to grab attention or gain a sense of recognition. It's simply faithful. Rain or shine.

It's the kind of strength we see in the woman of Proverbs 31. Her life is marked by wisdom, shaped by devotion, and anchored in a deep reverence for God. The way she speaks, the way she loves, the way she serves—it all flows from a heart that's aligned with her Savior.

But let's be honest—strength like that doesn't happen overnight. It's built over time. It grows as we lean into Scripture, as we let God refine us, shape us, stretch us. That's the heart behind this book.

Another 7 Virtues of a Proverbs 31 Woman is the next step in a journey many of us began in *The 7 Virtues of a Proverbs 31 Woman*. Since the first book resonated with women all over the world, I felt that God wasn't finished writing this message on our hearts. There's more to learn. More to become. And the Proverbs 31 Woman? She still has more to teach us.

In these pages, we'll look at seven more virtues that reflect her character and faith—faithfulness, humility, discipline, compassion, courage, joy, and discernment—qualities that are just as important today as they were when

this passage was first written. With God's help, these traits can take root in our lives too:

1. She is faithful because she honors her commitments. She is loyal to her husband, devoted to her family, and consistent in her walk with God. Her trustworthiness brings peace to those around her (Proverbs 31:11–12).
2. She is humble because she doesn't seek the spotlight. She serves with grace, letting her life speak for itself. She doesn't boast about her good works, but points others to God (Proverbs 27:2).
3. She is disciplined because she lives with purpose. She takes care of her responsibilities and avoids laziness. Her days are marked by intention and stewardship (Proverbs 31:27).
4. She is compassionate because she sees the needs of others and responds with love. She gives generously and opens her arms to the poor, reflecting the heart of Christ (Proverbs 31:20).
5. She is courageous because she walks in faith, not fear. She faces challenges with strength and dignity, knowing the Lord is her helper (Proverbs 31:25).
6. She is joyful because her hope is in the Lord. Her joy isn't tied to her circumstances—it flows from a heart that trusts God's goodness (Proverbs 17:22).
7. She is discerning because she seeks wisdom before acting. She considers her steps and speaks with grace and understanding. Her decisions are shaped by the Word of God (Proverbs 31:16).

Each of these virtues is both meaningful and within reach—made possible through God's grace and the daily work of His Spirit in our lives.

IS THIS STUDY FOR ME?

Perhaps you've opened this book wondering if it's really for you. Maybe you're single. Maybe you don't have children. Or maybe you're in a quieter season, wondering how a passage about a wife and mother connects to where you are today. That's a fair question.

Proverbs 31 does describe a woman's life, but it's not confined to one role. It highlights virtues—trustworthiness, diligence, wisdom, generosity, strength, and reverence for the Lord—that God calls beautiful in any season. The setting may look familiar to home life, but the heart of the passage is character: what she values, how she speaks, how she works, and who she fears.

So whether you're building a home, serving at work, caring for others, mentoring, or waiting on God for what's next, this chapter gives us a clear picture of godliness lived out.

Note: In my previous book, I referred to the woman in Proverbs 31 as the P31 Woman. I'll continue using that term here for consistency and clarity. Whether you've studied with me before or this is your first time, this shorthand will help us keep things simple as we explore her story together.

A DIFFERENT KIND OF STRENGTH

While the world often celebrates outer beauty, quick success, and self-promotion, Proverbs 31 paints a different picture. It lifts up a woman who walks in reverence toward God—one who lives with purpose, grace, and quiet strength. These virtues stand out because they're rooted in surrender, not self-centered ambition. They prize service over status, faithfulness over fleeting fame, and inner beauty over outward approval.

And just in case we're tempted to see biblical womanhood as soft or weak, the language of Proverbs 31 tells us otherwise. It's full of imagery that sounds more like a battlefield than a living room. For example, when verse 11 says her husband "lacks nothing of value," the Hebrew word for "value"

can actually mean “plunder.” Her contribution is so rich, it’s like the spoils of victory—she brings strength, stability, and abundance to her home.

Verse 17 adds, “She sets about her work vigorously; her arms are strong for her tasks.” In the Hebrew, this phrase echoes the way soldiers prepare for battle—girding themselves with strength. Old Testament scholar Bruce Waltke even described the passage as “an ode to a champion.” In other words, the P31 Woman’s daily work is portrayed as nothing less than heroic.

HER STRENGTH IS NO SMALL THING

The P31 Woman reflects the heart of God when she shows up with strength, wisdom, and grace. Her support isn’t passive—it’s powerful. And her purpose isn’t measured by titles or tasks, but by the way she walks with God.

Because at the heart of it all, Proverbs 31 isn’t about perfection—it’s about faith. It’s a celebration of what’s possible when a woman anchors her life in Christ. It’s an invitation to live with courage and conviction, to reflect His heart in every season, and to trust that strength built on godliness will never go unnoticed by the One who sees it all.

She
BRINGS HIM
GOOD, NOT HARM
ALL THE THE DAYS
of her life





CHAPTER 1

She is Faithful

SCRIPTURE FOCUS: RUTH 1

There's nothing quite like driving down the highway on a warm summer day. The sun's high in the sky, the wind is in your hair, and golden fields stretch out as far as you can see. Days like that take me back. Back to a time when Mom and Dad would pack a cooler, load us into the car, and hit the road for an afternoon drive. No GPS, no rush—just good conversation, a few backseat squabbles, and the kind of peace that comes from being together.

Life felt steady then. People followed through. Promises meant something. You could count on your neighbor—and they could count on you. Things are different now, aren't they? These days, commitment is treated more like a suggestion. People show up when it suits them. And faithfulness? It's seen as optional. But deep down, we know better. We still crave the kind of character that stands out from the crowd. The kind of faith that doesn't flinch when things get hard.

And let's be honest—this isn't always easy. There are days when showing up feels like the last thing you want to do. Days when obedience costs you something. But here's the truth: faithfulness isn't about how we feel—it's about who we trust. It's choosing to stay the course, even when the outcome isn't clear. It's leaning on the strength of God when ours runs out. And it's in that quiet perseverance that we reflect the heart of Christ.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

—Galatians 6:9

SHE IS STEADY AND STRONG

Those words are an invitation to hold on—to look forward when everything in you wants to look back. Faithfulness isn't proven on the easy days; it's proven on the days that feel long and uncertain. Sometimes God calls us forward without showing us what's ahead, asking us to simply trust that His path leads to purpose.

Each step of obedience becomes an act of worship; each mile a quiet declaration that we believe His promises are true.

It reminds us that even if we can't feel the purpose yet, even if we can't see the harvest yet—God is still at work. He sees the faith that keeps moving, the heart that refuses to give up, and the love that clings to hope when our situation feels hopeless.

That's the kind of faithfulness the P31 Woman reflects. She doesn't quit when things get hard. She doesn't back away when her commitment is tested. Instead, she shows up—day after day—with a quiet strength that says God is good.

In a world where people often walk away, her faithfulness becomes a reflection of His. And that's our calling too—to be steady, not because we're strong, but because He is.

We're choosing to trust that what God says, He will do.

SHE IS GODLINESS IN MOTION

Faithfulness is more than good manners—it's godliness in motion. It reflects the very heart of God who never wavers, never forgets, and never fails to keep His promises.

From generation to generation, He has proven Himself steady and true—holding firm in an ever shifting world. Every promise He makes, He fulfills. Every word He speaks, He keeps.



Faithfulness isn't just a good habit—it reflects the very character of God. And in a world where loyalty is fading and commitments are easily broken, a faithful life speaks louder than we realize.

When we choose faithfulness in our marriages, friendships, work, and worship, we put His steadiness on display. We remain firm when walking

away would be simpler. We keep our word when emotions shift. We love with patience, grace, and strength.

Our faithfulness may falter, but His never does.

If we are faithless, he remains faithful,
for he cannot disown himself.

—2 Timothy 2:13

SHE BREATHES LIFE INTO THE EVERYDAY

As much as we might like to think that unfaithfulness is only between us and God, it's not. Sin has a ripple effect that breaks families apart, damages trust, and leaves behind in its wake the kind of pain that takes years to heal. A harsh word, a broken promise, or a hidden compromise might seem small at first—but over time, those choices build walls where love once grew.

On the flipside, faithfulness breathes life into the everyday—into our homes, our work, and our walk with God. It strengthens families, holds friendships together, and builds trust.

And isn't it refreshing to be on the receiving end of that? To have a friend you can count on, rain or shine—someone who's proved her faithfulness by standing with you when life felt uncertain. To have a husband you can trust—a man who's proven his love through steady faithfulness over the years. A sister or neighbor who shows up again and again, without being asked. That kind of loyalty is rare—and when you see it, you recognize the heart of God in it.

It turns ordinary moments into sacred ones—acts of worship that honor God in ways our words never could. We may never see the full impact of our consistency this side of heaven, but every step of steady obedience matters. God uses it to shape us, grow us, and often, to bless someone else along the way.

And why does faithfulness matter? Because when we're faithful where God has placed us—within His will and His Word—we bring glory to Him.



Let's dig a bit deeper.

Look up the following verses and reflect on what they teach us about the kind of faithfulness that honors God and reflects His heart.

1 Corinthians 4:2

This verse tells us that "those who have been given a trust must prove faithful." What are some things you've been entrusted with?

Colossians 3:23-24

Who are we serving when we are faithful, and where does our reward come from?

Proverbs 3:3-4

What happens when love and faithfulness guide the way we live?

Lamentations 3:22-23

What do these verses reveal about God's faithfulness and why we can depend on Him?

SHE DOESN'T FOLLOW THE CROWD

When it comes to those who are faithful, a P31 Woman stands out from the crowd. She's trustworthy, steady, and grounded in truth. Her life reflects a deep devotion to God and a quiet resolve to follow His lead—even when the road ahead feels uncertain.

Throughout Scripture, we find examples of people who chose faithfulness when turning back would have been easier. One of the clearest pictures of this is found in the story of Ruth.

When Naomi set out for Bethlehem, she was a broken woman. Grief had taken her husband and her sons, and she had nothing left to offer her daughters-in-law. Both Ruth and Orpah began the journey with her—both resolved to go. But when Naomi urged them to return home, the road of faithfulness became clear. Orpah kissed her mother-in-law goodbye, turning back toward what was familiar. Ruth, however, clung to Naomi and said,

“Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God”
—Ruth 1:16

Ruth's faithfulness shows us what perseverance looks like when love takes the lead. She stayed when it was easier to leave. She walked forward when there were no guarantees. She trusted that Naomi's God would make a way, even when she couldn't see it.

Stories like that remind us that faithfulness isn't forged in comfort; it's formed by conviction. It doesn't wait for circumstances to change or for life to feel easy again—it keeps going. It chooses to love, to serve, and to trust in the middle of the unknown.

And here's where the ripple effect comes in. Ruth's devotion didn't end with Naomi; it carried forward into God's redemptive plan. Through Ruth

came Obed, the grandfather of David, and through that line came Christ Himself. What began as a quiet act of love became a legacy that changed history.

When I read that story, I'm reminded of the parable of the sower in Mark chapter 4. There's a seed that springs up quickly—full of life, emotion, and even promise. But when the road ahead is costly and uncertain, the “sun” of hardship reveals the depth of its roots. It's not that Orpah did anything wrong, necessarily—it's just that her commitment wasn't rooted in conviction. Ruth, on the other hand, is the picture of good soil. Her faith takes root in conviction, not convenience. She clings to Naomi—and to God—when there is nothing left to gain, only trust to give.

SHE WALKS CLOSELY WITH GOD

Faithfulness, like Ruth's, is an inside job, where love for God shapes the way we live. It begins by yielding to the Spirit as He's refining our desires, and teaching us to trust the Word of God.

The Bible reminds us,

For it is God who works in you to will and to act
in order to fulfill his good purpose.

—Philippians 2:13

Faithfulness deepens as we walk closely with God—listening to His Word, trusting His timing, and relying on His strength. And when we're tested? That faithfulness grows. When life is uncertain, we learn to depend on the certainty of God—His unchanging character, His unfailing promises. And when obedience comes with a cost, we discover that a strength doesn't come from ourselves. Every act of obedience, every step of trust—though it might seem small or insignificant—is shaping the way that we live.

In practical terms, faithfulness might look like:

- Choosing patience when frustration rises
- Keeping a promise even when it costs something
- Making space for prayer when the schedule feels too full
- Speaking gently when criticism would come easier
- Staying the course when your heart is tired but your trust remains

And so it's important to immerse ourselves in God's Word, for it's there—at the Potter's wheel—that truth is pressed, character is formed, and faithfulness is fashioned in the likeness of Christ.



SHE RESTS IN GOD'S PRESENCE

Now, here's a sobering thought. According to the 2021 *State of the Bible* report by the American Bible Society, only 11% of American Christians read the Bible each day. Meanwhile, the average adult checks their phone more than 140 times a day.

Let that sink in.

We're saturated with information, yet starving for truth. Distracted, yet desperate for peace. And it begs the question—if we're not in the Word, what or who is shaping our thoughts? Whose wheel are we spinning on?

Faithfulness calls us to something different. Something quieter. Something deeper.

Whether you're wearing a crown or an apron, faithfulness looks the same: a life surrendered to God. You choose what matters most, even when it's hard. Even when it costs something. Even when no one else is watching.

Psalm 131:2 gives us a picture of that kind of faithfulness.

But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.

— Psalm 131:2

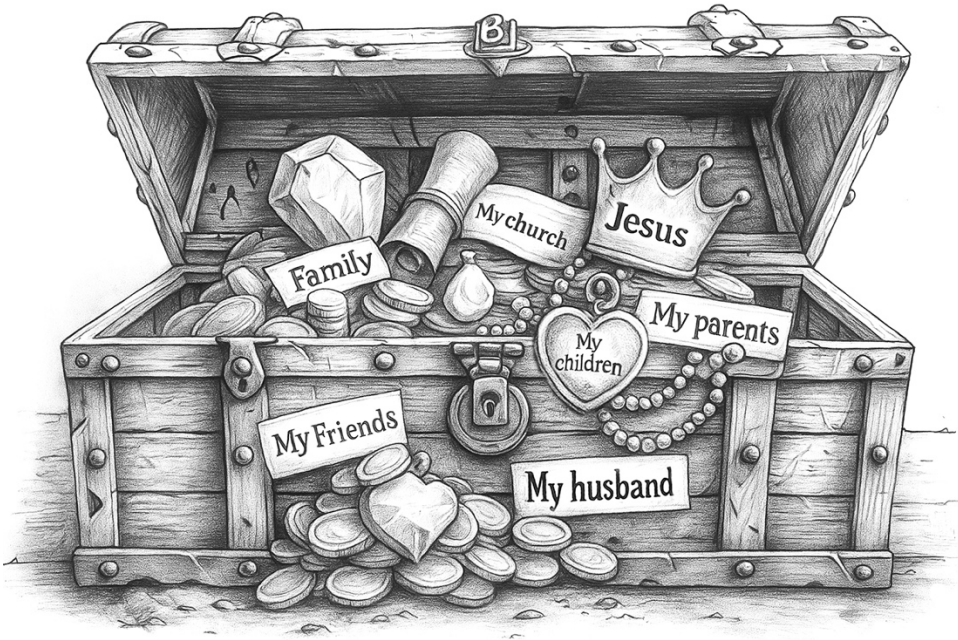
It's a quiet anthem of surrender. A choice dwell in the presence of God, and rest in His strength.

SHE TREASURES THE LORD

That's not passivity. That's maturity. A P31 Woman knows when to lean in and when to be still. She lays aside the noise, the anxiety, and the endless pull of distraction—and chooses to sit at His feet. One look at her life and you can see what she treasures: her home, her family, and a heart grounded in the fear of the Lord.

For where your treasure is, there your heart will be also.

— Matthew 6:21



SHE IS TRUSTWORTHY

Her husband has full confidence in her
and lacks nothing of value.

— Proverbs 31:11

“Full confidence”—that kind of trust isn’t built overnight. It grows over time. It’s the fruit of a faithful heart. A fruit of the Spirit, in fact. Because faithfulness that lasts—that holds up under pressure and stands beside you when there’s nothing in it for them—transcends the flesh, and points to the Spirit at work within us. Because true faithfulness—lasting, trustworthy, Spirit-led faithfulness—doesn’t come from trying harder, it’s formed in the sacred space where self-reliance gives way to surrender. It grows as we walk

with Him, abide in His Word, and invite the Holy Spirit to shape who we are from the inside out.

And what might that look like in the life of a P31 Woman?

- She chooses prayer over panic, even when her plans fall apart.
- She speaks words of life when it would be easier to stay silent.
- She shows up—for her family, her friends, her church—even when she feels unseen.
- She honours her commitments long after the feelings have faded.
- She offers forgiveness that isn't always reciprocated.
- She trusts God in seasons of waiting, lack, or loss.
- She remains faithful in her work—at home, in the office, or wherever God has called her.
- She pursues purity in a world that applauds compromise.
- She holds fast to truth when culture pulls in every other direction.
- And when no one's watching, she still chooses to live in a way that honours God.

Because real faithfulness isn't loud.

It's steady.

It's daily.

It's a quiet strength that reflects the One who is faithful to us.

The P31 Challenge

Like Ruth, the Proverbs 31 woman shows steady faithfulness through her choices. In what ways might their example challenge you to greater faithfulness in your home, your relationships, and your walk with God?



Choose one place this week where faithfulness feels small or unnoticed—and commit to showing up there with consistency.

Whether it's keeping your word, making time for prayer, or offering steady kindness to someone in your life, do it as an act of trust in God, not because it's easy, but because He is faithful.