

PROVERBS: Wisdom for Living

Study 18: Heroic Femininity

READ Proverbs 31:10-31 and 1 Pet 3:1-7 and **LISTEN** to Pastor Craig Baxter's [sermon](#).

What does heroic femininity look like? If we look to the world we may conclude that it is to be independent, self-sufficient, and career-driven. This study of the Proverbs 31 woman provides a clear and refreshing picture of what is most important and most praiseworthy about heroic femininity. The study not only acts as a guide for women to aspire towards, but provides the key characteristics of what a young man should look for in a future wife.

Main lesson: A woman worthy of praise is one who fears God and walks in the steps of Christ; blessed is the man, child, and community who find this heroine.

Questions:

1. How do you think the world defines what a heroic or valiant woman is, both now and in the past?
2. Why do you think “an excellent wife” is hard to find and why might she be thought of as precious (Prov 31:10)?
3. From vv. 11-12, how do she and her husband treat each other and why is this important? Practically speaking, what might this look like? Consider Prov 12:4.
4. Read vv. 13-20, 27. What positive characteristics does she display and why do you think she works so hard? Whose interests does she have in mind?

5. A. How do you face present difficulties and potential troubles in the future? Do you grow fearful, anxious, angry etc? Explain.

B. How does the Proverbs 31 woman face present difficulties (v. 21) and future challenges (v. 25)? What do you think is the secret of her fearless attitude and how might you learn from her? See 1 Peter 3:5-6; Psalm 131:1-2.
6. From v. 30, why is “charm deceitful and beauty in vain”? Furthermore, how does her fear of the Lord act as the foundation of heroic femininity?
7. How can wives, mothers, and single women guard against being discouraged by the “ideal woman” of Proverbs 31?
8. What is it exactly about the “excellent woman” that is worthy of praise (vv. 28-31)? Why is it important to praise such a one? When will you do this?
9. How does the gospel of Jesus Christ empower us to live faithfully in the roles to which God has called us? What has been your greatest lesson from this study?

STOP AND PRAY:

Praise: God for designing male and female in their unique and complementary roles

Thank: the Lord for the God-fearing, Proverbs 31 women who have blessed our lives

Pray: that the women of HBC would grow in the fear for God and in service to others