

A Woman Who Fears The LORD . . .

(A Study on Proverbs 31)



Feeds On The Word

INTRODUCTION

Women, in today's society, have more concerns and responsibilities than ever before. Many are pressured into diverse activities and occupations. Unfortunately, because of life's demands, the fast food industry continues to soar at an incredible rate and we are experiencing devastating effects on the physical well being of our families. This is in stark contrast to the Proverbs 31 woman who is dedicated and devoted to providing nourishing and tasty food for her family. *She is like the merchant ships,¹ she brings her food from afar* (Proverbs 31:14). Even more importantly, the godly woman receives wisdom from the Word of God, to provide life-giving instruction to her family. God has given us the Bread of Life². In it, we find the spiritual sustenance for our hearts and souls. Women must search the Scriptures in order to find spiritual nourishment for each day and reap the benefits of eternal life.

THEME SCRIPTURE

She is like the merchant ships, she brings her food from afar (Proverbs 31:14).

MEMORY VERSE

Do not labor³ for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you, because God the Father has set His seal⁴ on Him (John 6:27).

¹ *merchant ships*: to travel, go about, occupy with trade; trade ships.

² Bread of Life: Jesus Christ the Living Word (John 6:35, 48).

³ *labor*: to toil at a task or occupation, trade, work.

⁴ *seal*: to stamp with a signet denoting ownership.

I. FOOD FROM AFAR

READ and MEDITATE on Proverbs 31.

FIND other verses in this chapter that imply the fact that the virtuous⁵ woman nourishes her families physically and spiritually.

II. SEARCHING THE SCRIPTURES

READ the following verses from Psalm 119. How does each verse spiritually nourish you concerning the Word of God?

v. 2

v. 10

v. 11

v. 15

v. 16

v. 18

v. 24

⁵ virtuous: woman of valor, worth, excellence, noble character, and strength.

- v. 33 _____
- v. 48 _____
- _____
- v. 67 _____
- v. 97 _____
- v. 101 _____
- v. 112 _____
- v. 127 _____
- v. 129 _____
- v. 133 _____
- _____
- v. 140 _____
- v. 167 _____

PERSONAL

As one searches the Scriptures, they in turn will illuminate the road of life. *Your Word is a Lamp⁶ to my feet and a Light⁷ to my path* (Psalm 119:105). REFLECT on a time in your life when God's Word became a lamp to your feet and a light to your path.

III. SPIRITUAL FOOD

1. The virtuous woman walks in the *Fear of the LORD*.⁸ She obtains wisdom from the Word of God which satisfies her spiritual thirst and hunger which is essential in her every day life. WRITE out the following Scriptures and quench your spiritual thirst and hunger.

Psalm 107:8, 9 _____

⁶ *Lamp*: to glisten; a lamp (lit. or fig.) candle, light.

⁷ *Light*: illumination, lighting, happiness, bright, clear, morning, sun.

⁸ *Fear of the LORD*: to stand in reverent awe of God (Psalm 33:8); the beginning of wisdom (Proverbs 9:10); hatred for sin (Proverbs 8:13).

Job 23:12 _____

Jeremiah 15:16 _____

Matthew 4:4 _____

Matthew 5:6 _____

John 4:13, 14 _____⁹

I Peter 2:2 _____

2. READ Isaiah 55:1-3a. What steps must you take in order to satisfy your spiritual thirst and hunger?

What will be the result (v. 3b)? _____

⁹ water: Jesus is the Living Water (John 4:10; 7:37, 38).

PERSONAL

What did the LORD reveal to you that will satisfy your spiritual hunger and thirst?

IV. CHRIST THE WORD

READ John 1:1-5, 14.

What facts does John declare to be true of the Word¹⁰ (vv. 1-5)? _____

11 12

PERSONAL

Which of these facts helps you the most to understand who Jesus is? _____

CHALLENGE

1. TRUE BREAD¹³ FROM HEAVEN

READ John 6:31-40.

Who did Jesus say has given man the true Bread from heaven (v. 32)? _____

Who is the Bread of God (v. 33)? _____

¹⁰ Word: logos; something said (including the thought); Christ the exact expression and wisdom of God.

¹¹ life: life in Himself and communicating to others; the absolute fullness of life.

¹² light: to shine, make manifest, especially by rays, fire; Jesus is the light of the world (John 9:5, 12:46).

¹³ BREAD: manna, the edible food sent from heaven to feed the children in the wilderness.

What was the peoples' response (v. 34)? _____

What did Jesus say about Himself (v. 35)? _____

What did Jesus know about the people (vv. 36, 37)? _____

What did Jesus promise them? _____

What did Jesus say about His will (vv. 38-40)? _____

What is His Father's will (vv. 39, 40)? _____

2. THE LIVING AND POWERFUL WORD

READ Hebrews 4:12.

What are the characteristics that describe the Word of God? _____

PERSONAL

The Proverbs 31 woman is industrious and productive, yet she makes the time to pursue God through His Word. Prayerfully WRITE a letter to God and tell Him how you will make time to feed on His Word.

*She also rises while it is yet night,
and provides food for her household,
and a portion for her maidservants.*

Proverbs 31:15

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