



The Woman Who Fears The LORD . . .

She Feeds On The Word Of God

(A Study on Proverbs 31)

Introduction

The societies of this world are moving at an accelerated pace. It seems as if man's days are just a blur. Women have more concerns and requirements on them than ever before. Many are pressured into diverse activities and occupations. Unfortunately because of life's demands the fast food industry is soaring at an incredible rate. Many studies have shown that because of the lack of healthy nutritious meals, there are devastating effects on the physical well being of our families. In Proverbs 31 we have an illustration of a godly woman who is dedicated and devoted in providing nourishing and tasty food for her family. She makes the time to search far and wide in pursuit of the best foods. *She is like the merchant ships¹, she brings her food from afar* (Proverbs 31:14). As this godly woman received wisdom from the Word of God, she was then able to provide life-giving instruction to her son. God has given us the Bread of Life². In it, we find the spiritual sustenance for our hearts and souls. In today's world, we women must search the Scriptures for in them we will 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.

² Bread of Life: Jesus Christ the Living Word.

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

- v. 11 _____
- v. 18 _____
- v. 19 _____
- v. 20 _____
- v. 24 _____
- v. 33 _____
- v. 48 _____
- v. 97 _____
- v. 101 _____
- v. 112 _____
- v. 123 _____
- 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 Lamp*⁶ *to my feet and a Light*⁷ *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.

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

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

III. SPIRITUAL FOOD

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

Psalm 103:5 *The LORD* . . . _____

Psalm 107:8, 9 _____

Proverbs 15:16, 17 _____

Jeremiah 15:16 _____

Matthew 4:4 Jesus said: _____

John 4:13, 14 _____⁹

⁸ Fear of the LORD: to stand in reverent awe of God, the beginning of wisdom, hatred for sin.

⁹ Water: Jesus is the Living Water.

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

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

PERSONAL

READ over the Scriptures that you have written. How do you want Jesus to satisfy the spiritual hunger and thirst in your heart?

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? _____

¹⁰ Word: logos; something said (including the thought); Christ the divine expression.

¹¹ life: life (lit. or fig.).

¹² light: to shine, make manifest, especially by rays, fire, Jesus is the light of the world.

CHALLENGE

1. The Bread of Life

READ John 6:35, 41-59.

What does Jesus call Himself (v. 35)? _____

Why? _____

Did the people understand what Jesus is saying (vv. 41, 42)? _____

Why? _____

The *fathers* who ate the manna,¹³ in the wilderness eventually died. What will happen to those who spiritually eat the Living Bread (vv. 48-51a)?

What did Jesus give for the life of the world (v. 51b)? _____

The crowd thought of cannibalism, what does it mean to spiritually eat Jesus' flesh and drink His blood (vv. 35, 52-59)?

Again, what is the blessing of eating of this bread (v. 58)? _____

2. The Powerful Word

READ Hebrews 4:12.

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

¹³ manna: the edible food sent from heaven to feed the children of Israel in the wilderness.

PERSONAL

The Proverbs 31 woman is extremely busy, her life is full, 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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Due to the holy nature of God, the first letter of all references to Him,
His holy name, and His Word have been capitalized.

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