

THE PROVERBS 31 W O M A N

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INNER FREEDOM MINISTRIES

THE PROVERBS 31 WOMAN

A VIRTUOUS WOMAN

This devotional will guide you through a 21 day journey of exploring the wisdom found in Proverbs 31 and how it can apply to your life as a woman today. Each day, we will dive into a verse or section of Proverbs 31, reflect on its relevance, and provide journal prompts to help you internalize and apply these timeless principles to your life.

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Date

A VIRTUOUS WOMAN

Day 1: Proverbs 31:10 (KJV) "Who can find a virtuous woman? for her price is far above rubies."

In today's world, where worth is often measured by external standards and material possessions, this verse reminds us of the enduring and priceless value of a virtuous woman. The word "virtuous" in this context encompasses qualities such as moral integrity, wisdom, kindness, and faith. In a culture that frequently celebrates superficial beauty or fleeting accomplishments, the Proverbs 31 woman challenges us to recognize the true worth of a virtuous woman. A woman who strives to live with moral excellence, wisdom, compassion, and faithfulness holds a value that transcends any material possession. She is extremely valuable.

Write down three qualities or attributes that make a woman virtuous according to
Scripture. How can you cultivate these qualities in your life?

Date

A VIRTUOUS WOMAN

Day 2: Proverbs 31:11 (KJV) "The heart of her husband doth safely trust in her so that he shall have no need of spoil."

Regardless if you are married or not, explore what it means to be a trustworthy friend. How can trust strengthen relationships in your life? The virtuous woman also greatly enriches the lives of others. She is an asset.

Reflect on a relationship where trust is essential. How can you work on being more
trustworthy in that relationship? In way ways can you be more of an asset in others'
lives?

Date

A VIRTUOUS WOMAN

Day 3: Proverbs 31:12 (KJV) "She will do him good and not evil all the days of her life."

Consider how your actions impact the people in your life. How can you consistently bring goodness into their lives?

Think of one person you want to bless with your actions today. Write down a specific plan to do them good.

Date

A VIRTUOUS WOMAN

Day 4: Proverbs 31:13 (KJV) "She seeketh wool, and flax, and worketh willingly with her hands."

This verse paints a picture of a woman who embodies the virtues of diligence and a willingness to work with her hands. It offers valuable insights into the importance of industriousness and the attitude we should have towards our work. Explore the idea of diligence and a willingness to work with your hands. How committed are you to seeking out the things you need?

Write about a pro	ject or task you've	been putting of	f. Why do you thi	nk you've beer
putting it	off? Commit to star	rting it today, ev	en if it's just a sm	nall step.

Date

A VIRTUOUS WOMAN

Day 5: Proverbs 31:14 (KJV) "She is like the merchants' ships; she bringeth her food from afar."

The 'merchants' ships' is a metaphor that illustrates her resourcefulness and the lengths to which she goes to provide for her household. Essentially, this verse emphasizes the woman's willingness to seek out and acquire the best resources, even if they come from distant places, to meet the needs of her family. Consider the importance of resourcefulness and seeking what's best for your family. How can you improve your resourcefulness in daily life?

Make a list of practical ways you can make better purchases, save or budget better
to provide for your family's needs. Reflect on a time when you didn't go the extra
mile and how that affected your family.
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Date

A VIRTUOUS WOMAN

Day 6: Proverbs 31:15 (KJV) "She riseth also while it is yet night, and giveth meat to her household and a portion to her maidens."

Explore the concept of rising early to care for your household. How can you make the most of your mornings? What can you do differently?

Set your alarm 30 minutes earlier than usual tomorrow and spend that time in
reflection, prayer, and planning for your day.

Date

A VIRTUOUS WOMAN

Day 7: Proverbs 31:16 (KJV) "She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard."

This verse highlights the prudent or virtuous woman's ability to make sound financial decisions and engage in productive, income-generating activities for her household. Consider the idea of wise investments. How can you make thoughtful decisions with your resources?

Think about a long-term goal or project you'd like to start. Write down a plan for ho
you can begin investing in it.

Date

A VIRTUOUS WOMAN

Day 8: Proverbs 31:17 (KJV) "She girdeth her loins with strength and strengtheneth her arms."

Reflect on the importance of physical and emotional strength. How can you strengthen yourself for the challenges ahead?

List three ways you can incorporate regular exercise or self-care practices into your
routine to build physical and emotional strength.

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Day 9: Proverbs 31:18 (KJV) "She perceiveth that her merchandise is good: her candle goeth not out by night."

This verse conveys that the woman recognizes the quality of her merchandise, and she is dedicated to her work to the extent that she burns the midnight oil, implying her unwavering commitment to her trade or business. Consider the idea of quality and perseverance in your work. How can you maintain excellence in your endeavors?

Reflect on a project or task where you've been tempted to give up. Write down
reasons why it's worth persevering.

Date

A VIRTUOUS WOMAN

Day 10: Proverbs 31:19 (KJV) "She layeth her hands to the spindle, and her hands hold the distaff."

Explore the concept of craftsmanship and creativity. How can you use your creative talents to bless others?
List three creative projects or hobbies you'd like to explore. Choose one to start working on today.

Date

A VIRTUOUS WOMAN

Day 11: Proverbs 31:20 (KJV) "She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy."

Consider the importance of compassion and generosity. How can you reach out to those in need in your community?

Think of a way you can help s	someone in need this week. out this act of kindness.	Write down a plan to carry

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Day 12: Proverbs 31:21 (KJV) "She is not afraid of the snow for her household: for all her household are clothed with scarlet."

Reflect on the idea of preparedness and taking care of your loved ones. How can you better provide for your family's needs?

Make a list of esse	ential items your family may need in case of an emergency. Create a
	plan to ensure you have these supplies on hand.

Date

A VIRTUOUS WOMAN

Day 13: Proverbs 31:22 (KJV) "She maketh herself coverings of tapestry; her clothing is silk and purple."

Consider the idea of personal dignity and self-care. How can you take care of your appearance and self-esteem?

Think about a self-care routine that makes you feel confident. Write down the	steps
to incorporate it into your weekly schedule.	

Date

A VIRTUOUS WOMAN

Day 14: Proverbs 31:23 (KJV) "Her husband is known in the gates when he sitteth among the elders of the land."

Explore the role of a supportive spouse and the impact it can have on your partner's life. How can you support your loved ones in their endeavors?

Write a letter of encouragement to your spouse or a close loved one, expressing	you
support for their goals and ambitions.	

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Day 15: Proverbs 31:24 (KJV) "She maketh fine linen and selleth it, and delivereth girdles unto the merchant."

Consider the idea of entrepreneurship and financial wisdom. How can you improve your financial literacy and create additional income streams?

List three ways you can diversify your income or invest wisely for your future finance		
security.		

Date

A VIRTUOUS WOMAN

Day 16: Proverbs 31:25 (KJV) "Strength and honour are her clothing, and she shall rejoice in time to come."

Reflect on the qualities of strength and honor. How can you cultivate these virtues in your life?
Write down three areas in your life where you'd like to exhibit more strength and honor. Make a plan to work on them.

Date

A VIRTUOUS WOMAN

Day 17: Proverbs 31:26 (KJV) "She openeth her mouth with wisdom, and in her tongue is the law of kindness."

Consider the power of words and kindness in your interactions with others. How car you improve your communication and show kindness to those around you?
Think about a recent conversation where you wish you had spoken with more wisdom or kindness. Write down how you can approach similar situations differently in the future.

Date

A VIRTUOUS WOMAN

Day 18: Proverbs 31:27 (KJV) "She looketh well to the ways of her household and eateth not the bread of idleness."

Explore the importance of responsibility and diligence in managing your household.

How can you become more diligent in your daily tasks?

List three household tasks you've been avoiding or neglecting. Commit to	
completing one of them today.	

Date

A VIRTUOUS WOMAN

Day 19: Proverbs 31:28 (KJV) "Her children arise up and call her blessed; her husband also, and he praiseth her."

Consider the impact of a loving and nurturing presence in your family. How can you
foster a more loving and appreciative environment at home?
Write a letter to your children (or future children) expressing your hopes and dreams
for their lives. Share your love and appreciation for them.

Date

A VIRTUOUS WOMAN

Day 20: Proverbs 31:29 (KJV) "Many daughters have done virtuously, but thou excellest them all."

Reflect on the idea of excellence and the pursuit of virtue. How can you strive for excellence in your daily life?

Write down three areas in your life where you want to excel and be known for your
virtue. Develop a plan to work towards excellence in each of these areas.

Date

A VIRTUOUS WOMAN

Day 21: Proverbs 31:30 (KJV) "Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised."

Consider the value of fearing the Lord and living a life grounded in faith. How can you deepen your spiritual connection?

Write about a time when your faith has guided you through a challenging situation. Reflect on how you can strengthen your faith further.	on.

Date

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BONUS: Day 22: Proverbs 31:31 (KJV) "Give her of the fruit of her hands, and let her own works praise her in the gates."

Explore the idea of the legacy you leave behind. How can you ensure your actions and deeds reflect your values and virtues?

Write down the legacy you hope to leave for future generations. What steps can yo
take now to align your actions with that legacy?

Date

Reflection on the 21 Day Journey

Take a moment to reflect on the insights and lessons you've gained from the 21 Day Virtuous Woman devotional. How has your understanding of the Proverbs 31 woman evolved? How have you applied these principles to your life?

Write about your most significant takeaways from this devotional journey. How have		
these reflections impacted your daily life?		

DEVOTIONAL JOURNAL

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