ART OF
LIVING WELL

Lesson 12 - How to Praise a Woman

CONNECT

What is the most memorable praise you have received?

MESSAGE REVIEW – Tip: Bring your sermon notes to the Bible study.

Read Proverbs 31 again. Look back over the message notes from this weekend. What point or points really stood out for you? Why?

ENGAGE

Proverbs 31 is not about being a "SuperMom"; it's about men noticing how much women do and valuing the qualities in women that God values. How does society pressure Moms?

In what ways do you feel pressure from society's expectations?

Read Proverbs 3:5-6 and re-read Proverbs 31:30. How do these verses relate to the pressures on women today?

How can anyone, male or female, apply these verses to the peer pressures they may face?

Question for personal reflection:
Do you honor your parents? Try to make time this week to do something that "honors" them.

When are you most encouraged by others' words?

How can you use words to build someone up today? Be very specific – and then act on your plans!

PRAYER