



How to Praise a Woman

MAY 11 & 12, 2013 • RENÉ SCHLAEPFER
PROVERBS 31:10-31

Proverbs 31 is...

- Written by a mother to her son: "The words of King Lemuel, an oracle that his mother taught him." (v. 1)
- An acrostic poem, each line starting with a letter of the Hebrew alphabet
- Not a list of tasks for women to do, but a list of qualities for men to praise

How to Praise a Woman

1. Notice

A wife of noble character who can find?
She is worth far more than rubies.
Her husband has full confidence in her
and lacks nothing of value. *v. 10-11*

2. Notice

She gets up while it is still night;
she provides food for her family
and portions for her female servants.
She considers a field and buys it;
out of her earnings she plants a vineyard.
She sets about her work vigorously;
her arms are strong for her tasks.
She sees that her trading is profitable... *v. 15-18a*

She makes linen garments and sells them,
and supplies the merchants with sashes. *v. 24*

3. Notice

She **opens her arms to the poor**
and extends her hands to **the needy**.
When it snows, she has no fear for **her household**;
for all of them are clothed in scarlet. *v. 20-21*



4. Notice

She is clothed with **strength** and **dignity**;
she can **laugh** at the days to come.
She speaks with **wisdom**,
and **faithful instruction** is on her tongue. *v. 25–26*

5. Notice !

Her children arise and call her blessed;
her husband also, and he praises her:
“Many women do noble things,
but you surpass them all.”
Charm is deceptive, and beauty is fleeting;
but a woman who fears the Lord is to be praised.
Honor her for all that her hands have done,
and let her works bring her praise at the city gate. *v. 28–31*

Daily Meditations

During this series, we will read through the entire book of Proverbs in our daily meditation time!
These devotions will be simple — just a chance for you to discover Proverbs relevant to your life!

Monday

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

Think of women in your life. Be specific in your praise of them this week!

Thank God today for His love for you, and ask Him to help you express praise to women in your life!

Tuesday

If you are a mother, refuse to be pressured to be a “SuperMom”. Proverbs 31 is not about being a SuperMom, it’s about men noticing how much women do, and valuing the qualities in women God values. How does society pressure Moms?

How can you help other Moms feel less pressure?

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

Read Proverbs 3:5–6 and reread 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?

Ask God to help you relax and feel peace, not pressure.

Wednesday

This past weekend was a day set aside for honoring mothers. Read Ephesians 6:1–3. Paul is quoting one of the Ten Commandments. As he points out, it comes with a promise: You will prosper! Why would someone who honors his mother or father tend to prosper?

In what small ways can a child be dishonoring to his or her parents?

Do you honor your parents? Try to make time this week to do something that “honors” your parents.

Thank God for your parents. Thank Him that He is the perfect parent who will make up for what you lacked from your own parents. Ask Him to show you how to honor your parents. Then do it!

Thursday

One important emphasis of the message this weekend was about giving appreciation to others — especially Moms, but the principle applies to everyone. Read Ephesians 4:29–32. Is verse 29 easy or hard for you? How does this verse relate to this past weekend’s topic?

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!

Ask God to show you how to build others up with words of appreciation today!

Friday

This past weekend we talked about treasuring parents, but we also need to treasure children. Read Ecclesiastes 3:1–8. What do these verses teach about the seasons of life?

How does this help you appreciate each season more?

How does this help you gain perspective when feeling swamped?

Thank God today very specifically for five things about the season of life you are in right now!

Saturday

Please pray for our services this weekend! Thanks!



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and beauty is fleeting;
but a woman who fears the Lord
is to be praised. *Proverbs 31:30*