

POPULAR

PROVERBS

FOR WOMEN

Overview:

From learning how to really trust God to how to guard your heart and your mouth, the book of Proverbs offers practical advice for godly living.

Lessons:

1. An Introduction to the book of Proverbs
2. Trust God, Not Yourself
3. Your Heart Determines Your Course
4. Our Words Have Power
5. Traits of a Godly Woman



AN INTRODUCTION TO PROVERBS

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TALKING POINTS

The book of Proverbs instructs us in wise living. This true wisdom comes from understanding who God is and respecting his authority over our thoughts and feelings

- The book of Proverbs is a part of the wisdom literature along with Job, Ecclesiastes, Songs of Songs, and Psalms. Proverbs 1:1-4
- Solomon was David's son and was known as the wisest man in the world. 1 Kings 3:7-9
- The fear of the Lord isn't about being afraid of God. Rather, it's giving him the proper authority in our lives and letting his authority guide all our other decisions. Proverbs 1:7

DISCUSSION

1. *What's the best advice or wisdom you've ever received? Why was it so impactful for you?*
2. *In your own words, how would you define wisdom?*
3. *Read 1 Kings 3:7-9. In your opinion, what was Solomon's perspective at this point in his life? Based on his words, what do you think he recognized about himself and the task before him?*
4. *Read 1 Kings 3:10-13. God was pleased with Solomon's heart initially. Why do you think God would bless him with riches and fame anyway? How do you think those riches got in the way of Solomon's pursuit of God?*
5. *Read 1 Kings 11:4-10. How do you relate to Solomon's hot and cold relationship with God? What are some things that have pulled you away from him?*
6. *Read Proverbs 1:7 In your own words, define the fear of the Lord. Why does it matter how we view God and his opinion? What happens when we don't revere God's wisdom? How did that play out in Solomon's life? How has that played out in your own life?*

TRUST GOD, NOT YOURSELF

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TALKING POINTS

When faced with a crisis, the temptation is to cut out God and trust in our own abilities. God warns against this.

- We have to start from the place where we choose to trust in the Lord. He is infinite, all-powerful, all-wise, and all-loving. Romans 11:33, Proverbs 3:5-6
- We can't lean on our own understanding because we are flawed and limited in our ability to see what God can clearly see. Jeremiah 17:9
- When we seek God's will through prayer, scripture meditation and godly counsel, he will show us which path to take. Isaiah 55:8-9

DISCUSSION

1. *When faced with a hard or scary situation, what's your first reaction? How are those reactions helpful/unhelpful?*
2. *Read Proverbs 3:5. What do you think it means to trust in the Lord with ALL of your heart? What would that look like practically?*
3. *Read Romans 11:33. Identify all that this verse says about God. Why does understanding the character of God help us to trust him?*
4. *How does reflecting on God's past provisions in your life help you as you confront something currently?*
5. *In the second part of Proverbs 3:5 it talks about NOT leaning on our own understanding. In what ways are our thoughts not sufficient to really help us? If we know that our understanding is flawed, why is it so easy to trust in ourselves over God?*
6. *Read Jeremiah 17:9. What are some examples of things that tend to deceive our hearts? How do those deceptions affect us?*
7. *Read Proverbs 3:6. How can we seek God's will for our lives? How does knowing that God has a plan for you change the way you view a difficult situation?*

YOUR HEART DETERMINES YOUR COURSE

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TALKING POINTS

Be careful with what you allow to penetrate your heart as it will affect the way you think and what you value.

- The heart is our central command because everything we think, say, and do comes from what's in our hearts. Proverbs 4:23-26
- An unguarded heart is restless and hardened toward God. Temptation can start out as something innocent, but anything that pulls us away from God is sin. James 1:14-15
- Guarding your heart requires intentionality and doing so will keep you safe. Spending time in God's word, in prayer, and in praise is a way to open ourselves to a closer connection with him.

DISCUSSION

1. *Share a time you let your heart lead you and it got you into trouble. (Bad relationship, anger, unforgiveness, etc.)*
2. *Read Proverbs 4:23,25-26. How has what's in your heart shaped the person you are today?*
3. *Read James 1:14-15. Identify the steps listed in this passage that lead toward sinful acts. What are some examples of enticements that we allow to penetrate our hearts that can lead us to make bad decisions?*
4. *Why is it so important to have good spiritual habits like reading the Bible and praying? How do these things impact our hearts and our course in life? Why is it so hard to choose to do them?*
5. *Read 2 Corinthians 10:5. Why is it important to be aware of our thoughts? How has wrong thinking affected your life? What are some practical things you can do to capture bad thoughts? How have good thoughts impacted your life?*
6. *How can you be more intentional about guarding your heart? What are some daily steps you can take to help you submit your thoughts to God?*

OUR WORDS HAVE POWER

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TALKING POINTS

Our words are powerful and they have the ability to either bring healing or destruction to our relationships.

- Our words have power. They can either bring healing or destruction to our relationships. Proverbs 16:23-24,28
- Don't react, think before you speak. Our first reactions are often misguided and lead us to make regrettable choices. James 3:8-10
- We can choose to be productive, not destructive with our words. Choosing our words wisely will actually add value to our relationships. Remember the acronym THINK. Is it true? Is it Helpful? Is it Inspiring? Is it Necessary? Is it Kind?

DISCUSSION

1. *Share a time someone's words really encouraged you. Share a time someone's words really hurt you.*
2. *Read Proverbs 16:23-24, 28. Identify everything this passage says about words. Why do you think the writer chose to use honey for kind words? What do you think of when you hear the word "scoundrel"?*
3. *Read James 3:8-10. How have you seen negativity or harsh words ruin relationships like a destructive blaze?*
4. *Why is it important to think before we react? Share a time you reacted in a moment and later regretted your words and actions. What would have been a better way to handle it?*
5. *Read Psalm 19:14. How does remembering that God knows everything you think and feel serve as a protective measure for you?*
6. *Take a few minutes to discuss the THINK acronym and how it can help to prepare you for your next difficult conversation.*
7. *Read Ephesians 4:29. How does this verse challenge you? How will you apply this to your life?*

TRAITS OF A GODLY WOMAN

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TALKING POINTS

We ourselves can never live up to the high standards of a godly woman, but allowing Jesus into our lives and letting him work through us, gives us the ability to reach those standards.

- #1 Devoted. A godly woman makes God her top priority in life. Proverbs 31:30
- #2 Trustworthy. Her husband can trust that she is running the family in an honorable way. Proverbs 31:11-12
- #3 Courageous. She doesn't fear the future and she isn't afraid to stand for her convictions. Proverbs 31:25
- #4 Encouraging. Her words bring life, not death. She is loving and kind. Proverbs 31:26
- #5 Hard-working. A godly woman isn't lazy and idle. She is diligent in all she does. Proverbs 31:27

DISCUSSION

1. *Share about a godly woman in your life. What do you admire and what do you notice about her life?*
2. *Read Proverbs 31:10-12, 15,17,25-30. What is your initial reaction to this passage? What do you think it requires to exhibit these kinds of traits in your life?*
3. *Read Proverbs 31:15, 30. Why is planning for the day key to a godly life? What typically happens in your day if you don't have a plan or you get off track?*
4. *Read Proverbs 31:11-12. If you were to ask your husband, what do you think he would say about your trustworthiness as it relates to family matters? Explain.*
5. *Read Proverbs 31:25. What are some of your biggest fears as a woman, mom, or wife? What are some things you need to do to replace fear with courage?*
6. *Read Proverbs 31:26. On a scale of 1-10, how encouraging are you to your spouse? Your kids?*
7. *How could mentoring conversations from the pursueGOD resources help you relate to your kids in more positive ways?*

