

LAUREN CREWS

Strength
of a
Woman

WHY YOU ARE PROVERBS 31

ASCENDER
BOOKS
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Pause and Reflect—Discussion Questions

1. Before this study, what were your initial thoughts on the verses of Proverbs 31:10–31?

2. What would you like to learn about the Proverbs 31 Woman passage?

3. What you know of the Proverbs 31 Woman might not apply to your present life, and you might feel as though you are already starting with a loss counted against you. Romans 8:1 tell us, “There is now no condemnation for those who are in Christ Jesus.” Strong woman, are you willing to have an open mind and consider the next layer, a deeper understanding? How can God’s voice of truth encourage you through Proverbs 31?

Pause and Reflect—Discussion Questions

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1. Before beginning this study, what were your initial thoughts on the verses of Proverbs 31:10–31?

2. To whom or what are you primarily yoked to for strength and leadership?

3. How would you define your life of service?

4. In what ways do you sacrifice for others? Does it leave you feeling used, devalued, and resentful or satisfied and worthy?

5. What strength do you add to your family that God will proclaim *eshet chayil* over you? (This can be physical strength, spiritual strength, or strength of character, etc.)

6. What women in your life would you describe as a woman of strength? Why?

Pause and Reflect—Discussion Questions

1. How would you describe the tone of your home?

2. What have you done to make Jesus the heart of your home?

3. Because of your life circumstances is it hard to put your trust in others? If so, how has this affected your trust in God?

4. What is one change you can make in your home to help it reflect God?

- 5. How does knowing you are a strong woman affect your perception of whether you have the strength and ability to make the changes in your heart needed to create trust in your home?

Pause and Reflect—Discussion Questions

1. For whom do you have a spiritual burden? What burdens are you carrying that require the uplifting support of God?

2. At what times in your life have you seen the value of being on your knees before God?

3. What does God’s loving-kindness look like in your life?

4. Do you have perceived imperfections in your life that you feel keep you from serving others? How does knowing the different stages of ripening help?

5. What benefit do you offer your family?

Pause and Reflect—Discussion Questions

1. As you walk in this world, will you be identified as set apart or do you blend in?

2. Describe a time when you opened the door of your heart to someone quite unlike you.

3. When dealing with something big we often pray, “Lord, open or close a certain door,” but do you live in such a way that you will recognize the unlikely *dalets*? If not, how can this be changed?

- 4. How can you willingly live a life of holiness knowing it may drive a wedge into a relationship with a friend, family member, or coworker?

Pause and Reflect—Discussion Questions

1. Society’s definition of sin changes constantly. What behavior is accepted today that even just a few years ago would have been called what it is: sin?

2. How does society’s acceptance of this sin affect your family?

3. How do you filter what society has to offer before it enters your home?

4. When a doctor listens to our lungs with a stethoscope he asks us to take a deep breath. Do that now. Take a deep breath like you would for your doctor. Exhale. Did you hear it? Did you say YHWH? How does it feel to know the very breath that sustains your life also speaks the holy name of God? Every breath!

She Is Attached to Christ

Pause and Reflect—Discussion Questions

1. Who do you usually connect with when you need encouragement?

2. Consider all that you do. How well do you portion your time?

3. What curtains do you feel are draped over you and define you?

4. If you are comfortable, share when you nailed down your relationship with Christ and all doubt of your salvation was removed.

Pause and Reflect—Discussion Questions

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1. How would you describe the fruit you produce? Is it still growing or now mature? How has abiding in Christ helped you?

2. Jesus tells us He will prune branches that do not bear fruit. Describe a time in your life when you felt you were being pruned. How did it help you to be healthy and productive for Him?

- 3. Think of your activities, responsibilities, and relationships. Your soil is important. Is there anything in your life that needs to be uprooted or replanted?

- 4. Knowing Satan is actively against us might be unsettling. Can you recall a time of attack? What Bible verses are your defense?

- 5. Do you tend to overestimate or underestimate Satan's influence? How?

Pause and Reflect—Discussion Questions

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1. How do you see yourself as your family’s hedge of protection?

2. Where are the places in your family's hedge of protection that need fortified?

3. How do you feel about prayer? Is it hard for you to express your emotions of anger, confusion, or dissatisfaction toward God, or are they an honest part of your prayer life?

Pause and Reflect—Discussion Questions

1. If you had to make a judgment on the fruit you offer Christ, what do you think the quality of your merchandise would be?

2. How well is your light fueled? Do you consistently have a time of prayer, meditation, and reading His Word? If not, how can you improve?

3. How easily do you recognize times when your light is likely to be snuffed out?

4. Do you ask God to search you? Why or why not?

Pause and Reflect—Discussion Questions

1. Do you knit or crochet? Did your mother or grandmother teach you? Share your experiences.

2. What type of family manager are you? Do you lead and direct or do you micromanage?

3. How would you define authority? Do you have authority because of your position in a family or because of your responsibility?

4. Do you remember a specific time when God's hand held you? How has He empowered you?

Pause and Reflect—Discussion Questions

1. Who has had an impact on your spiritual life and journey and how?

2. How do you serve others outside of your immediate family?

3. What part of Kathi's story do you relate to?

4. How did you recognize your poverty of spirit?

5. What poverty in character do you recognize in yourself? How does God's Word help you to see yourself as God sees you?

Pause and Reflect—Discussion Questions

1. Share a fond memory you have of learning something from your mom, grandmother, or another woman of influence in your life.

2. What was one thing you wish you had learned growing up?

3. Who are your spiritual mentors?

4. What goal would you like to set when it comes to learning or teaching?

5. How much time do you spend reading God's Word? How often do you challenge yourself to memorize it?

Pause and Reflect—Discussion Questions

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1. Prayerfully consider how you can respond to God’s calls to cleanse your life. What comes to mind?

2. Is there anything that prevents you from receiving God cleansing in your life?

Pause and Reflect—Discussion Questions

1. What is God’s image that you would like others to see in you? Do you present a façade, or do you offer an honest view that might include vulnerability? It might be beneficial to ask others how they perceive you.

2. How do you live before others? How do you bring God glory? We aren’t perfect. What areas in your relationship with Christ do you recognize as areas you should address?

3. What gives you rest in Jesus Christ? How do you find peace in your busy life?

Pause and Reflect—Discussion Questions

1. How do you feel about laying your hands on others in prayer?

2. What does being a member of the entire bride of Christ mean to you?

3. How do you feel about the character and integrity of the bride (the universal church) today?

4. Married or single, what does Christ as your Bridegroom mean to you?

5. How can His description of Bridegroom give you hope?

6. How do you act as a support for others?

7. What support do you feel you need from others? From God?

Pause and Reflect—Discussion Questions

1. Matthew 7:1–5 warns you to notice the log in your own eye before looking at the speck in your brother’s eye. How do you respond when God allows you to see areas of sin in your life? How do you respond when you see sin in others?

2. What changes do you need to make in your life that will allow you to look more confidently at God’s future for you?

3. What strength do others acknowledge in you?

Pause and Reflect—Discussion Questions

1. Describe an opportunity you feel you spoke for God.

2. What experiences in your life can you draw from to help you speak of God's grace and loving-kindness?

3. What words of Christ give you the most comfort?

4. How can you become a woman who speaks with wisdom and kindness?

Pause and Reflect—Discussion Questions

1. How would you describe the Holy Spirit’s pull on your life?

2. How do you respond when you become aware of Satan’s pull?

3. How would you describe idle faith?

Pause and Reflect—Discussion Questions

1. How are you a connection between God and others?

2. How is God's cycle of growth continuing in your life?

3. What words do you tend to remember that have been spoken over you?

4. Is it easy or difficult for you to receive praise? Why?

Pause and Reflect—Discussion Questions

1. Think through your responsibilities in life and prioritize your top five. Who or what have you placed as number one?

2. How easily do you place your needs before your family's? Do you recognize areas where, if you prioritized them higher, you would be in better physical, mental, or spiritual health?

3. How easily do you recognize when you need help? How easily do you accept help from others?

4. How can placing Christ first in your life help you to better honor other authorities in your life?

Pause and Reflect—Discussion Questions

1. How would you define fear of the Lord? How is it evident in your life?

2. Are there any impurities in your life requiring God's refining? How accepting are you of His refinement?

3. Our beauty is so much more than our fleeting physical appearance. What eternal beauty has God bestowed you? Ashes may be a result of destruction, mourning, and withering faith, but He trades beauty for ashes (Isaiah 61:3). What image do you need to trade for His beauty?

Pause and Reflect—Discussion Questions

1. What legacy would you like to leave?

2. How are you making this legacy happen in your life?
