





WEEKLY GROUP GUIDE

	Scripture:	Proverbs 31:10–31
	Week of:	May 11, 2026
	Message Title:	An Excellent Wife; a Blessed Mother
	Speaker:	Ps. Lenard Tavernelli

1. ICEBREAKER (5–10 MINS)

Who is a woman in your life whose faith, sacrifice, wisdom, or care has deeply shaped you? What is one thing about her that you are thankful for today?

2. READ TOGETHER

Have someone from your group read aloud **PROVERBS 31:10–31**.

Ask: As you listen to this passage, what qualities or descriptions stand out most to you? What feels encouraging, challenging, or even uncomfortable about this picture of wisdom?

3. Group Discussion (30–40 mins)

DISCUSSION QUESTIONS: (Use the most helpful questions for your group.)

1. Pastor Lenard said many women hear Proverbs 31 and immediately feel overwhelmed, ashamed, or like they do not measure up. When you read this passage, do you mainly hear condemnation, encouragement, inspiration, pressure, or something else? What does your reaction reveal about how you currently view God, yourself, and grace?
2. Proverbs 31 describes a woman who fears the Lord before it describes anything she accomplishes. In your own life, what are you most tempted to build your identity on besides fearing God: appearance, productivity, success, family, ministry, approval, independence, or something else? How have those things failed to truly satisfy you?

- 3.** The sermon emphasized that this woman is not passive, lazy, or self-centered, but actively uses her life to bless others. Where are you currently tempted to live mainly for your own comfort, convenience, or recognition rather than sacrificially serving those God has placed around you?
- 4.** Verse 11 says, "The heart of her husband trusts in her," and Pastor Lenard emphasized being "for" one another. Whether in marriage, friendship, family, or church life, are you the kind of person who strengthens trust and brings life to others, or are you more often critical, distant, controlling, or discouraging? What would it look like to become more life-giving?
- 5.** Proverbs 31 repeatedly highlights hard work, wisdom, preparation, and diligence. Are there areas of your life right now where you have become spiritually, emotionally, relationally, or practically idle? What responsibilities or callings have you been neglecting, avoiding, or postponing?
- 6.** Verse 26 says, "The teaching of kindness is on her tongue." Think honestly about your words this past week. Have your words reflected wisdom, grace, patience, and kindness, or have they reflected frustration, gossip, sarcasm, harshness, or pride? What does your speech reveal about the condition of your heart?
- 7.** Pastor Lenard reminded us that dignity is not found in comparison, beauty, productivity, or public approval, but in belonging to Christ. Where are you most tempted to compare yourself to others or seek validation from people? How is that shaping your joy, peace, and contentment?
- 8.** Verse 30 says, "Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised." What does our culture most celebrate and reward in women today? In what ways have those cultural values subtly shaped your own thinking more than Scripture has?
- 9.** How does Proverbs 31:10–31 connect to our mission to "Proclaim the truth of Jesus and grow mature disciples for the glory of God"?

This passage points us beyond worldly definitions of success and toward godly wisdom and character that flow from fearing the Lord. We proclaim the truth of Jesus by showing that true worth, dignity, and purpose are not found in appearance, status, or achievement, but in belonging to Christ and living faithfully before Him. Mature disciples are formed as men and women increasingly reflect the wisdom, humility, service, and godly character that come from walking with God.
- 10.** How does Proverbs 31:10–31 shape and strengthen our core values as a church?

- **Worship:** This passage reminds us that true beauty and worth are ultimately rooted in fearing the Lord. Worship reorients our hearts away from self-glory and toward living for God's praise alone.
- **Bible Knowledge:** The excellent woman speaks wisdom because God's truth has shaped her heart. We value knowing Scripture because it transforms how we live, speak, serve, and relate to others.
- **Fellowship:** Proverbs 31 paints a picture of a life deeply invested in the good of others. Healthy Christian community is built when we encourage, support, honor, and strengthen one another sacrificially.
- **Prayer:** A woman cannot live this way through human effort alone. This passage reminds us of our deep dependence on God's grace, strength, wisdom, and sustaining help every day.
- **Service:** The excellent woman uses her gifts, strength, energy, and wisdom for the good of others rather than merely for herself. As Christians, we are called to serve selflessly in the same way Christ served us.
- **Giving:** Her open hand to the poor reflects God's generous heart. We value generosity because the gospel moves us to use our resources, time, and abilities to bless others faithfully.
- **Evangelism:** In a culture confused about identity, purpose, womanhood, manhood, and family, this passage displays the beauty of God's design and points people toward the transforming grace of Christ.
- **Missions:** Godly character and faithful discipleship are not merely private virtues but a witness to the world. As the church lives differently from the surrounding culture, we display the wisdom and beauty of God to the nations.

4. Prayer (10–15 mins)

Focus: Grace, godly character, and faithfulness

Prompt:

Father, thank You for the godly women You have placed in our lives and for the ways they reflect Your care, wisdom, strength, and faithfulness. Forgive us for the ways we fail to honor and encourage them well. Help us to fear You more than we fear the opinions and expectations of the world. Form in us hearts that are humble, wise, generous, diligent, and full of grace. Teach us to find our identity and worth in Christ alone, and help us as a church to reflect the beauty of Your kingdom in how we live and love. In Jesus' name, amen.