

The Virtuous Woman

1- Objectives

- ❖ Who is a virtuous woman?
- ❖ How can a woman be a virtuous woman?

2- References

- ❖ Holy Bible: <http://www.kingjamesbibleonline.org/Bible-Verses-About-The-Virtuous-Woman/>
- ❖ <http://www.sharefaith.com/guide/christian-principles/virtues-of-godly-women/examples-of-virtue-from-the-bible.html>

3- Scriptural Verse

- ❖ “Who can find a virtuous wife? For her worth is far above rubies” (Proverbs 31: 10)

4- Lesson Guidelines

- ❖ Proverbs 31: 10-31 talks about the virtuous woman in a very beautiful way; it is written as an alphabetic acrostic (a number of lines of a poem, in which a combination of letters from each line spells a word or phrase), to make it easy for people to memorize.
- ❖ King Lemuel either was a king of an Ishmaelite tribe called Massa or was another name for Solomon himself.

Characteristics of the virtuous woman

- ❖ Worthy of her husband’s trust and does good to him (Proverbs 31: 11-12). He can entrust her with all matters (Haman entrusted his wife with his secret but she was not virtuous that’s why she gave him a destructive advice (Esther 5: 12-14) and the same also happened to Ahab and his wife Jezebel (1 Kings 21).
- ❖ So a virtuous woman keeps her husband’s secrets and gives good advices when needed like the Shunammite woman who requested an upper room for Elijah to have some rest when passing by (2 Kings 4:10).
- ❖ She protects her husband and her house from troubles like did Abigail the wife of Nabal (1 Samuel 25).
- ❖ She is a productive woman – not given to gossip, idle talk, spending money needlessly but is wise with her finances (Proverbs 31: 13-16), like the women, who while building the Tabernacle “whose hearts stirred with wisdom spun yarn of goats’ hair” (Exodus 35:26). And also like Ruth who worked to provide for her mother in Law (Ruth 2:2 and 17) and Priscilla who was working with her husband Aquila as tent makers (Acts 18:3).
- ❖ She is strong and does not grow weary (Proverbs 31: 17-18) because she walks with God, “Those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint” (Isaiah 40:31). A good example is Deborah the judge who went to war against the army of Sisera (Judges 4: 4-15) and Abigail the wise lady (1 Samuel 25) and all those who are like the five wise virgins whose lamps do not go out by night.

- ❖ She is merciful, generous and hospitable (Proverbs 31: 20) like Rebecca (Genesis 24:1-28). Abraham’s servant led by God’s guidance chose Rebecca not for her beauty but for her generosity and hospitality in that she gave more than what he had asked for.
- ❖ She cares for the needs of her family (And all the women, Proverbs 31: 21) like the poor widow who was providing for her son and still accepted to give the man of God although she had nothing much just a handful of flour and a little oil (1 Kings 17). Also the widow who gave the two mites and was praised by the Lord (Mark 12:41-43).
- ❖ She cares for her physical appearance but is modest (Proverbs 31: 22). St. Paul said, “In like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing, but, which is proper for women professing godliness, with good works (1 Timothy 2:9-10). St. Peter also says, “Do not let your adornment be merely outward arranging the hair, wearing gold, or putting on fine apparel, rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God” (1 Peter 3: 3-4).
- ❖ She honors her husband and never speaks ill of him (Proverbs 31: 23) like Sarah who obeyed Abraham calling him “lord” (1 Peter 3:6). When we marry, the church teaches us that now it is time to submit our little church to Him. In this way, we don’t worry about making all the important decisions, but trust that God will lead us to the right decisions. We, as husbands and wives, can easily make unwise decisions, but God will not lead but also bless our decisions and bring His goodness to our little church. This makes us love and trust God more.
- ❖ She has no anxiety (Proverbs 31: 25). Women by their very nature worry about things, probably more so than men. One of the qualities of the virtuous woman is that she is free of anxiety and is not weary. This is only achieved when our hearts are anchored in God through prayer; take example of the Shunammite when dealt with the death of her only son (2 Kings 4).
- ❖ Her words edify and build up through kindness (Proverbs 31: 26) see the greeting of Elizabeth to St. Mary and the reply of St. Mary (Luke 1), and the prayers of Hanna, Samuel’s mother (1 Samuel 2).
- ❖ She is loved by her family (Proverbs 31: 28). See how Naomi was a nice lady loved by her daughters in Law and because of her sweetness they didn’t want to abandon her and Ruth became a real daughter to her (Ruth 1: 13-17 and 4: 6-18).

How can a woman be a virtuous woman?

- ❖ It certainly seems like a long list of hard to attain virtues but it is clear that no woman will be all these things all at once to a noticeable degree but this is something that all women and men should attain and it will likely take the rest of our lives to achieve.
- ❖ The answer to reaching this goal is in verse 30 “But a woman who fears the Lord, she shall be praised.” It is having a relationship with God and allowing God to change our life. It also requires some self-examination to know where we are from these virtues.
- ❖ Generosity is a reflection of one’s heart. The more generous we are the less selfish we tend to be and the kinder we are, to all people. This is really important for women because ultimately women will influence their children. If the mother is kind, then her children will grow up to be kind and generous and vice versa.

- ❖ Men may feel it's difficult to find a bride who has all these qualities and will be all these things? If we look at Isaac and Rebecca, we see that their marriage was successful, even though a lot of odds were stacked up against them, they had never seen each other or spoke to each other prior to marriage, the servant picked the bride, and she had to leave her family and home, the two families never connected. But, the marriage was a good one because God was the matchmaker.

5- Conclusion

- ❖ A Christian man or woman should be a virtuous person; we cannot attain this Character unless we abide in the Lord Jesus Christ, Who is the source of all virtues. He will help us to struggle and to achieve; just never give up. Go in your way, depending on His help and mercies and say with Nehemiah, "The God of heaven Himself will prosper us; therefore we His servants will arise and build" (Nehemiah 2:20).

6- Activities / Discussion Points

- ❖ St. Mary was chosen by God among all women of all generations because she was the most virtuous of all "Many daughters have done well, but you excel them all" (Proverbs 31: 29). And the Angel Gabriel greeted her as the highly favored one (Luke 1:28). The church teaches every bride in her wedding day to do like St. Mary by singing the Hymn of Ti shoori (the golden censer) in the prayers' ceremony. Let's see some of her virtues:

- Submission to the will of God (Luke 1:38 and John 19:27).
- Humbleness and willingness to serve (Luke 1:39).
- Peace maker (Luke 1:41).
- Works secretly, away from the vainglory (Luke 1:56).
- Spiritual and Bible reader (Luke 1:46-55).
- Strong Character and endures fatigue (Luke 2:7).
- Her heart is elevated to God in silence (Luke 2:19 and 2:33 and 2:51).
- Obedient to the word of God (Luke 2:22 and 2:41).
- Cares about her family and present Joseph before her (Luke 2:46-48).
- Kind, merciful, intercedes for others and helpful without being asked (Luke 1:39-40; 1: 56 and John 2:1-5).
- She was seeking to see the Lord (Matthew 12:47; Mark 3:32; Luke 8:20).
- Endures Pain and suffering (John 19:26-27).
- Waiting for the promise of the Lord and filling her lamp with oil (Acts 1:14).