

# Better.

THE PROVERBS 31 WOMAN



A CRYSTAL KOMALA STUDY



# Who can find a virtuous woman?

HEY GIRL!

I am so glad you've decided to learn more about what it takes to be a Proverbs31 woman! I have read about this "famous" woman for quite some time and my eyes seem to glaze over when I approach the verses that speak of her working on the spindle, and clothing her family in scarlet. It's so easy to quickly read over these verses and assume that this doesn't apply to us today. But - I decided to take my assumption to the Lord, and He had quite a different answer for me. **"Its about service"** He replied, **"Search her heart"**. So, I did. Verse by verse the Lord began to drop practical wisdom into my heart that applied to our lives today.



On the pages to follow you will discover scripture references from the KJV, Amplified, NKJV and what I like to call the "CKV" for each verse, the "Crystal Komala Version". As I read the KJV I searched out nearly each word's original Hebrew or Greek meaning. I then used this knowledge to formulate a summary of the main idea I felt the Lord was trying to convey to me, and to you, for life as a Proverbs31 woman today. Now - don't get it twisted, am not taking from or adding to the scripture. I am simply sharing with you what I feel the Lord wants us to see from each verse. So, Grab your favorite hi lighter, pen and leather bound bible - here we go!

"Charm is deceptive,  
and beauty does  
not last; but a  
woman who  
Fears the Lord  
will be greatly  
praised."



Be Her.

# How to use this study

## First, let's pray!

*Lord, thank you for your son, Jesus. Who died on the cross so that I could live in right standing with you. Search me and know me. Sit beside me as I search your word, speak to my heart and unlock a deep revelation of your word within me. Mold me and shape me into who you've created me to be. - Amen*

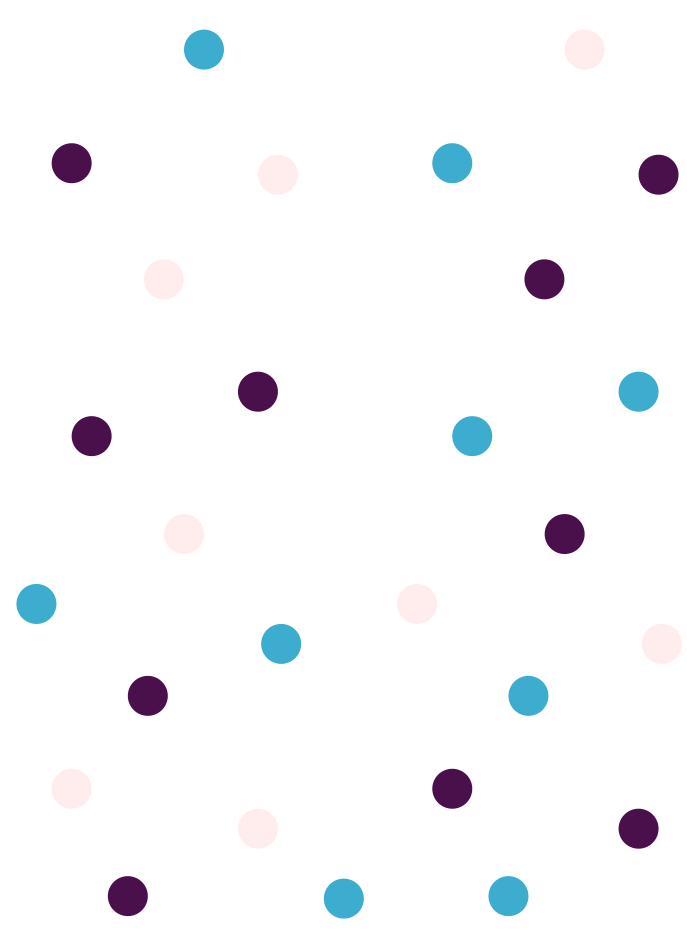
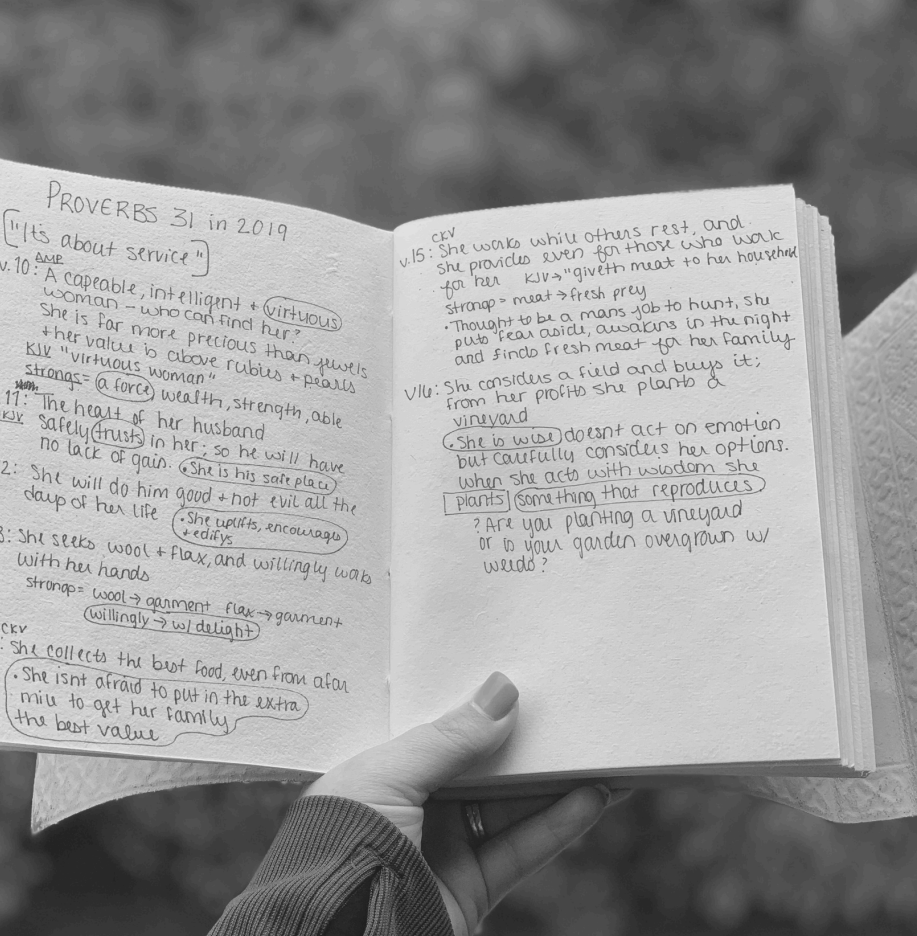
Now, grab your **Bible** and open to the book of **Proverbs, Chapter 31**

Read each verse in your Bible, then read this study for the corresponding verses.

That's it.

Ready?





# "It's about service"

v10: Who can find a capable, intelligent and virtuous woman? She is more precious than jewels and her value is far above rubies and pearls. Girl, I don't know if you have looked around lately, but women like this are hard to come by! Don't forget who you are, your body is a temple of the Holy Spirit and it's time we start carrying ourselves like we know whose we are. Strong's defines "Virtue" as a force, wealth, strength and able. Meaning that you are fully capable of doing whatever God has called you to do, this woman is strong and she is a force for heaven. She knows her God is mighty, and she knows He works through her.

v11: The heart of her husband safely trusts in her, so he will have no lack of gain. She is her husband's safe place. She is open arms after a long day's work. She listens and doesn't seek to "fix" his every problem when he just wants someone to listen. She welcomes him home with a smile, and makes him feel appreciated.

v12: She will do him good and not evil all the days of her life. This woman realizes that when you are married you are on the same team. And, when you are on the same team there is no need to keep score. She forgives quickly. She encourages him, uplifts and edifies him. Girl - this isn't always easy, but it is worth it. Is the enemy fighting your marriage today? Is everything he does "driving you crazy"? Go to your bathroom, turn the fan on and speak out loud. Tell the enemy to get behind you, and shut his lying mouth. Realize that the enemy HATES unity, and he really hates marriage. A Proverbs 31 woman isn't afraid to stop the enemy in his tracks so that she can be the wife God has called her to be.

v13- She seeks wool and flax and willingly works with her hands. Now, I don't know about you but I had to look up these words. Both wool and flax are garment items that you would make clothes with. I am not privy to

the sewing machine so all of my clothing items come from Marshalls and TJ Maxx. The purpose for this scripture isn't to shame us into handmaking our clothes, but it is showing us that this woman is not above getting her hands dirty. She willingly works with her hands. She serves her family and friends whenever needed. She realizes that sometimes you have to work hard, and she is okay with it.

v14- She collects the best food, even from afar. Girl, this Proverbs 31 woman travels to Walmart, Target and Kroger to use all the coupons possible to get her family the best food for the best price. Don't be afraid to put in the extra mile to get your family the best value.

# "I will be her."

v15: She works while others rest, and she provides even for those who work for her. Women are amazing creatures, we don't require nearly as much sleep as our male counterparts, and it's a good thing! This virtuous woman didn't clock out of her duties when her household went to sleep. She stays awake and works as long as it takes, and she isn't stingy. A Proverbs 31 woman always thinks of others, and seeks to bless and serve those surrounding her.

v16: She considers a field and buys it; from her profits she plants a vineyard. Easy girl, don't rush out to get your real estate license just yet- The Lord is showing us that this woman is smart in business, and she is wise. The fact that she considers before she buys indicates that she doesn't act on emotion, and she uses wisdom. Take careful note to what she plants- a vineyard. The scripture often refers to a vineyard, as Christ himself refers to one when He says "I am the vine and you are the branches". A vineyard produces life. Look at your garden friend, are you producing new wine, or is your vineyard choked out with weeds?

v17: One word sis, **strength**. She is strong, and so are you.

v18: She perceives that her merchandise is good, and her lamp does not go out by night. A Proverbs 31 woman is confident, she is sure of her giftings and ceases to compare herself to other kingdom women. The lamp spoken of in scripture here is telling us that in order to be a woman of virtue, we must always keep our vessel full of the Holy Spirit. This is the spiritual light that guides us through the dark places of life, it is essential.

v19: She uses her hands to work. She may totally love her manicures, but she uses her hands to work, however she is needed. She bandages the cuts of her children, she lays her hands on her husband in prayer, she cooks meals for her friends when they are in need and she does it with a cheerful heart.

v20-21: She uses her hands to help the needy, the circumstances surrounding her (snow) do not move her. She's already covered and clothed her family in scarlet. Scarlet here represents the blood of the lamb. She spiritually covers her family, in prayer, and applies the blood of Christ to their life. She is helpful to all and is confident in her place in the kingdom.

v22: She makes a tapestry for herself; Her clothing is fine linen and purple. She dresses herself in royal garments. This woman knows who she is, she recognizes that she is the daughter of the King. So get it girl - You are royalty, throw those shoulders back.

v23: Her husband is known in the gates, when he sits among the elders of the land. This verse is HUGE my friend. Huge. The Proverbs 31 woman knows to keep her lips zipped when all she wants to do is complain, and to speak good, edifying, uplifting and positive things about her spouse. This chapter goes on and on about all the things the Proverbs 31 woman does, but never mentions the tasks of her husband and yet it still makes it a point to tell us that SHE LIFTS her husband up continually, in such a way that he is known in the towns, and known for lacking nothing. Not married? No problem - this still applies to you. Always choose to see the good and lift people up. Resist the urge to gossip, tear down and complain about God's kids.

v25: Strength and honor are her clothing. In the strong's bible dictionary "Strength" here means "boldness, power", and "Honor" means "splendor and excellence". WOW, that is a mighty outfit! But when we walk in the things this Chapter outlines we will be bold and full of power from on high, we will know whose we are and the Holy Spirit will be able to flow through us. The Proverbs 31 woman is clothes in splendor because she is wearing royal spiritual clothes. Never forget friend, we must daily dress for spiritual battle - the Proverbs 31 woman never forgets that.

v26: She opens her mouth with wisdom, on her tongue is the law of kindness. This woman doesn't waste her breath with gossip or negativity, she knows that her words are powerful and she speaks life.

v27: She looketh well to the ways of her household and does not eat the bread of idleness. She looks ahead to meet the needs of her family. She is not lazy. This woman of God realizes that she is responsible for the spiritual well being of her children and she isn't afraid to discipline her children. She realizes that love sometimes hurts, and she prays to lead her family down the right path to heaven.

v28: Her children rise up and call her blessed. Her husband also, He praises her. Pour love in to get love out, Lead my example, take time to be patient, kind, loving and compassionate. When we walk in these ways, we WILL be blessed.

v30: Favor is deceitful and beauty is vain (fleeting), but a woman who fears the Lord shall be praised. Boom. Could our Heavenly Father have said this anymore perfectly? All the things we can see with our eyes are temporary, but the things that last are the things that matter. When you fear the Lord it don't matter if you've had a bad-hair day for 2 solid weeks, you will be praised spiritually because your focused on what is important. Set your mind on things above girl, Sow time into spiritual things, leave the material worries behind.

v31: Give her the fruit of her hands, and let her own works praise her in the gates. A proverbs 31 woman will get all that is due to her. She doesn't give up on God because he doesn't give up on her. When we place spiritual things first, when we love and serve just as this chapter has laid out beautifully for us - we will get our reward. Your work will never be in vain.

...and they call her Blessed.

# Proverbs 31, AMP

10 An excellent woman [one who is spiritual, capable, intelligent, and virtuous], who is he who can find her? Her value is more precious than jewels and her worth is far above rubies or pearls.

11 The heart of her husband trusts in her [with secure confidence],

And he will have no lack of gain.

12 She comforts, encourages, and does him only good and not evil

All the days of her life.

13 She looks for wool and flax

And works with willing hands in delight.

14 She is like the merchant ships [abounding with treasure];

She brings her [household's] food from far away.

15 She rises also while it is still night

And gives food to her household

And assigns tasks to her maids.

16 She considers a field before she buys or accepts it [expanding her business prudently];

With her profits she plants fruitful vines in her vineyard.

17 She equips herself with strength [spiritual, mental, and physical fitness for her God-given task]

And makes her arms strong.

18 She sees that her gain is good;

Her lamp does not go out, but it burns continually through the night [she is prepared for whatever lies ahead].

19 She stretches out her hands to the [e]distaff,

And her hands hold the spindle [as she spins wool into thread for clothing].

20 She opens and extends her hand to the poor,

And she reaches out her filled hands to the needy.

I will Be Her.

# Proverbs 31, AMPe

21 She does not fear the snow for her household,  
For all in her household are clothed in [expensive]  
scarlet [wool].

22 She makes for herself coverlets, cushions, and rugs  
of tapestry.

Her clothing is linen, pure and fine, and purple [wool].

23 Her husband is known in the [city's] gates,  
When he sits among the elders of the land.

24 She makes [fine] linen garments and sells them;  
And supplies sashes to the merchants.

25 Strength and dignity are her clothing and her position  
is strong and secure;

And she smiles at the future [knowing that she and her  
family are prepared].

26 She opens her mouth in [skillful and godly] wisdom,  
And the teaching of kindness is on her tongue [giving  
counsel and instruction].

27 She looks well to how things go in her household,  
And does not eat the bread of idleness.

28 Her children rise up and call her blessed (happy,  
prosperous, to be admired);

Her husband also, and he praises her, saying,

29 "Many daughters have done nobly, and well [with the  
strength of character that is steadfast in goodness],  
[f]But you excel them all."

30 Charm and grace are deceptive, and [superficial]  
beauty is vain,

But a woman who fears the Lord [reverently worshiping,  
obeying, serving, and trusting Him with awe-filled  
respect], she shall be praised.

31 Give her of the product of her hands,  
And let her own works praise her in the gates [of the  
city].

Virtuous / Strong / Kind

# Here's to you, Beautiful!

Eek! You did it! We dove into each verse of the scripture describing the Proverbs 31 woman together. We searched for application knowledge and hopefully you even shared some laughs with me along the way.

You can be a Proverbs 31 woman. Why? Because you have what it takes, and because the world needs more virtuous women. In fact - it's flat out *begging* for more women of virtue and strength.

I can't thank you enough for coming on this journey with me! I hope you will take the time to say "Hello" on social media and let me know what you think of this teaching.

Until Next time,  
Crystal Komala  
*your partner in (spiritual) battle*

*PS- Do you love podcasts? Find me on Spotify by searching "The Spiritual Midwife" or "Crystal Komala"*



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