



Proverbs 31
WOMEN
of the
BIBLE

FIVE WEEK STUDY

THIS BOOK BELONGS TO



*a strong woman
made by God*

WORTHY

CHOSEN

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Thank You

I want to take a moment
to express my heartfelt
thanks for choosing this
study book.

Your support means so
much to me and my small
business, and I am
genuinely grateful for
you.

Thank you,
Alexis Joy Wamble

ALEXISJOYWAMBLE.COM

Prayer For Your Study

*Dear Lord,
I pray over these sweet
ladies who grabbed this
book to dig deeper into
Your Word. I pray this book
is a great resource and a
great study tool to each of
these ladies.*

*I pray these pages bring
glory and honor to You,
Lord.*

*I pray this study produces
growth and a better
relationship with You as
our Father in heaven.*

*In Jesus' name,
Amen.*

Proverbs 31

Woman

Proverbs is a great place to start before getting into the women we will talk about in this book.

Proverbs 31 creates a great foundation of who, we as women, should be.

As you read through this study, I hope this guides you to better habits and helps you examine your life as a child of God.

**DAY
01**

**TAKE TIME TODAY TO READ
THROUGH PROVERBS 31.**

While reading this chapter, ask God to open your mind to what you read.

Were there any words, phrases, or verses that stood out to you while reading this chapter?

Do you have any questions after reading this chapter?

Write a prayer to God asking Him to provide you wisdom as you study through this chapter. Ask God to open your heart and mind to His Words.

**DAY
02**

UNDERSTANDING PROVERBS

Read Proverbs to answer the following questions about the book and the background.

Who wrote Proverbs?

What do you think the purpose of this book is?

Who was this book written to?

When was this book was written?



UNDERSTANDING PROVERBS 31

Read Proverbs 31 again and answer the following questions.

Who wrote Proverbs 31?

Who was this written to?

What is this chapter about?

Why was this written?

DAY
04

DIGGING DEEPER INTO
PROVERBS 31

To help understand this chapter more, we must know how women were treated during this time. Use what you already know about this time in the Bible to answer the following questions.

What was the role of women during this time?

How does this compare to us now?

Does society still tell us some of these things?

**DAY
05**

READ PROVERBS 31:10-31

Look back on Day 3 and the lies women were told about who and how they should be. Today we will read through Proverbs 31:10-31 and debunk those lies.

How did the Proverbs 31 woman defeat all of the lies we listed in the previous session?

**DAY
06**

REFLECTION

Today we will reflect on all that we have read, learned, and talked about. We will discuss how we can be more like the women described in this chapter.

What characteristics do we read in this chapter about the Proverbs 31 woman?

Look over these characteristics and then compare them to you and your life. Can these characteristics also be used to describe you?

REFLECTION

Which of these characteristics do you need to look at and add to your life? What can you do to become more like the Proverbs 31 woman?

REFLECTION

Write a prayer to God asking for help and guidance to become more like the woman in Proverbs 31. Let him know what you need help with and what you need wisdom on. Ask God to work in you. Also, thank Him for what He has already done for you.

Esther

Esther is a strong woman
of faith who did not let
her past define her.

She fought battles with
the help of God through
fasting and prayer.

*Write a prayer to God asking Him to provide you wisdom
as you study through this book. Ask God to open your
heart and mind to His Words.*

**DAY
01**

READ ESTHER 1-2

While reading these chapters, ask God to open your mind to what you read.

Were there any words, phrases, or verses that stood out to you while reading these chapters?

Do you have any questions after reading these chapters?

READ ESTHER 1-2

*How were women portrayed during this time?
Compare that to what we studied in Proverbs 31.*

How did God have His hand in making Esther queen?

**DAY
02**

READ ESTHER 3-5:8

While reading these chapters, ask God to open your mind to what you read.

Were there any words, phrases, or verses that stood out to you while reading these chapters?

Do you have any questions after reading these chapters?

READ ESTHER 3-5:8

How did Esther's worry change in Chapter 4?

Read Esther 4:14.

What does this verse mean to you?

DAY
03

READ ESTHER 5:9-CHAPTER 7

While reading these chapters, ask God to open your mind to what you read.

Were there any words, phrases, or verses that stood out to you while reading this chapter?

Do you have any questions after reading this chapter?

READ ESTHER 5.9-CHAPTER 7

Why does Haman want to hang Mordecai?

*We know God's timing is always perfect.
Discuss how that is true in these chapters.*

*Discuss how God used things meant for evil for good.
How has God done this in your life?*

DAY
04

READ ESTHER 8-10

While reading these chapters, ask God to open your mind to what you read.

Were there any words, phrases, or verses that stood out to you while reading these chapters?

Do you have any questions after reading these chapters?

READ ESTHER 8-10

With God's help, how did Esther save the Jews?

How does God protect us from our enemies?

Read Esther 9:22.

*Discuss a time God turned your "sorrow into gladness
and from mourning into a holiday."*



REFLECTION

Today we will reflect on all that we have read, learned, and talked about. We will discuss how we can be more like Esther.

How did God use Esther?

What can we learn from Esther?

REFLECTION

*Look back on our study on Proverbs 31.
What traits does Esther have? How is Esther like the
Proverbs 31 women?*

Mary

For this study we are going to look at three different Mary's that are talked about in scripture.

The first will be Mary, the mother of Jesus. The second who will be Mary of Bethany and the third being Mary Magdalene.

Write a prayer to God asking Him to provide you wisdom as you study through this book. Ask God to open your heart and mind to His Words.

**DAY
01**

MARY, THE MOTHER OF JESUS

Read Luke 1:26-38 and Matthew 1:18-25, then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading these verses?

Do you have any questions after reading these verses?

MARY, THE MOTHER OF JESUS

Discuss the feeling Mary might have been feeling when she found out she was carrying God's son.

What would you be feeling in this moment? What would you say? What would you do?

Discuss Mary's faith.

How did her faith in God play a role in this?

How can we have faith like Mary?



MARY OF BETHANY

Read Luke 10:38-42 then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading these verses?

Do you have any questions after reading these verses?

MARY OF BETHANY

*Martha did what was expected of women in this time in their culture. Mary was not afraid of breaking the cultural norms, and she sat down at Jesus' feet.
Are you more like Martha or Mary?*

How much time do you spend at Jesus' feet? How can you spend more time sitting down in His presence?



MARY MAGDALENE

Read Luke 8:1-2, Matt 27:57-61, Mark 16:9-11, Luke 23:50-56, and John 20:1-18, then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading these verses?

Do you have any questions after reading these verses?

MARY MAGDALENE

Mary Magdalene had seven demons living in her, but Jesus made her clean. How has Jesus made you clean from the baggage you have carried?

*After Jesus cast out the demons, Mary followed Jesus. Mary also helped prepare Jesus' body for burial and was the first at His empty tomb. When Jesus works in your life, do you walk away or do you choose to follow Him?
How can we be more like Mary Magdalene?*



REFLECTION

Today we will reflect on all that we have read, learned, and talked about.

Compare each Mary we talked about to Proverbs 31.

What traits do they have?

What can we learn from each of these Marys?

What change can you make today?

Ruth & Naomi

Ruth is a book about love,
loyalty, and redemption.
Ruth is also one of two
books of women.

In this study we will take a
closer look at Ruth and
Naomi's life to see how God
guided them every step.

*Write a prayer to God asking Him to provide you wisdom
as you study through this book. Ask God to open your
heart and mind to His Words.*

**DAY
01**

READ RUTH 1

Read the first chapter of Ruth and then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading this chapter?

Do you have any questions after reading this chapter?

RUTH 1

Ruth and Orpah left their home to come to Naomi. They both tell Naomi they are here for her and want to stay with her and her people. Do you have a Ruth and Orpah in your life? When was a time when God gave you someone you needed? Have you been this to someone?

In verse 14, we see Orpah and Ruth have different responses to Naomi's words. Orpah kisses Naomi and leaves. Ruth clings to Naomi and stays with her. What can we learn from this? Do you think Orpah is in the wrong or do you think it is okay she left?

RUTH 1

Read Ruth 1:16-18. Naomi's faith in God made Ruth want to know that God. Does your faith shine through? Discuss how we can have faith like Naomi so others want to see Him too.

**Make note of Ruth 1:19. This becomes significant later.*

**DAY
02**

READ RUTH 2

Read the second chapter of Ruth and then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading this chapter?

Do you have any questions after reading this chapter?

RUTH 2

Read Ruth 2:3.

*Do you believe things “just happen,” or do you believe
God is at work with everything in our lives?*

Read Ruth 2:11-12.

*Boaz speaks so highly of Ruth. He has heard of her and
knows what she has given up to stay with Naomi. Ruth
seems to have a great reputation. What would you say
your reputation is?*

RUTH 2

After Ruth had gleaned and eaten with Boaz, in verses 13-17, we see Ruth come back to Naomi with all she had worked for, along with leftovers that she had from eating with Boaz. Ruth was blessed by God, and in return, she blessed Naomi. When God blesses us, do we take it and go, or do we take it and bless someone else?

DAY
03

READ RUTH 3

Read the third chapter of Ruth and then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading this chapter?

Do you have any questions after reading this chapter?

RUTH 3

In verse 3, Naomi told Ruth to wash, anoint herself, and put on a cloak. How does that tie back into what Jesus does for us?

*Ruth lay at Boaz's feet until the morning. That is the best place we can be - at the feet of our Redeemer.
How often do you lie at Jesus' feet?*

**DAY
04**

READ RUTH 4

Read the fourth and final chapter of Ruth and then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading this chapter?

Do you have any questions after reading this chapter?

RUTH 4

Read what the women said to Naomi in verse 14 then look back at what Naomi said in chapter 1 verses 20-21. It is hard to see the blessing coming while we are in the valleys. How has God turned Naomi's mourning into a beautiful blessing?

God uses "little" things to accomplish big plans. How did God use "little" things in this story to lead Ruth and Naomi to Boaz?

**Remember Ruth 1:19? From the line of Ruth and Boaz comes David. From David's line comes Jesus. Ruth, Naomi, and Boaz are why Mary and Joseph return to Bethlehem for the census.*



REFLECTION

Today we will reflect on all that we have read, learned, and talked about in the book of Ruth.

Compare Naomi and Ruth to what we talked about in Proverbs 31. What traits do they have?

What can we learn from Naomi and Ruth? How can we have faith like Naomi and a loyal, loving heart like Ruth?

Unnamed Women

Throughout the Bible there are multiple stories told with people who rename nameless. There are a couple stories of women who can really teach us a lot about faith who are nameless.

Together we will look at these stories and discuss what we can learn from each of them.

Write a prayer to God asking Him to provide you wisdom as you study through this book. Ask God to open your heart and mind to His Words.



A SINFUL WOMAN FORGIVEN

Read Luke 7:36-50 and then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading these verses?

Do you have any questions after reading these verses?

A SINFUL WOMAN FORGIVEN

Reread what the woman did when she found out where Jesus was. What is the significance of that?

The Pharisees thought she was unworthy to touch Jesus. How does Jesus answer them? How often do we see someone for their sins and not as God sees them?

A SINFUL WOMAN FORGIVEN

When we come to Jesus with a humble heart and cry out to Him. He hears! God hears us and will forgive us for our wrongdoings if we ask. God does not see us as our sins but sees us as souls longing for Him. What can you ask God for today so that He may forgive you? Lay it down at His feet. Stop carrying that weight and give it to Him.

*How did the woman's faith play a part in this story?
How can we have faith like this woman?*

**DAY
02**

THE WOMAN THAT BLED

Read Luke 8:42b-48 and then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading these verses?

Do you have any questions after reading these verses?

THE WOMAN THAT BLED

The woman in this story bled for twelve years. Imagine being on your menstrual cycle for twelve years straight. During this time, when women were on their cycle, they were seen as unclean. This meant they were to stay away from people and have no one touch them. Imagine how this poor woman was feeling. Do you think she felt alone?

Do you think she felt broken? Discuss this.

The woman was told there was nothing that could be done to fix her bleeding, but the woman had faith that just one touch of Jesus's garment could help her.

Sometimes we just need a touch of Jesus to help our situation. That shows the intense power Jesus holds. Jesus then said in verse 48, her faith healed her. Do you have strong enough faith in Jesus as this woman did?



THE WOMAN OF SAMARIA

Read John 4:1-45 and then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading these verses?

Do you have any questions after reading these verses?

THE WOMAN OF SAMARIA

Discuss how the Jews saw the Samaritans. What Jewish customs did Jesus break during this encounter?

Jesus talks to the woman about “living water.” The Samaritan woman thinks this is a tangible thing when she asks, “Where do you get this water?” in verse 11, but we know it is spiritual. Discuss how Jesus answers this physical question with a spiritual answer.

THE WOMAN OF SAMARIA

The Samaritan woman believed Jesus was the Messiah and ran to tell everyone. How often do you run and spread the news of Jesus?

The Samaritan woman was someone who was an outcast. She was seen as sinful. She was seen as a mess, but Jesus saw her as a soul longing to be loved and in need of Him. Jesus looked past the culture's norms. He looked past her mistakes and saw her for who God made her. Jesus does the same for us!

DAY
04

THE POOR WIDOW

Read Mark 12:41-44 and then discuss the following.

Were there any words, phrases, or verses that stood out to you while reading these verses?

Do you have any questions after reading these verses?

THE POOR WIDOW

The widow, out of her own heart, gave everything you had to the offering. She didn't do it to get attention, she didn't do it to feel good about herself, she did it because that is what she wanted, and felt Jesus deserved everything she had. Do you believe Jesus deserved everything we have? I am not saying the next time the collection plate comes around, you drop your whole wallet in the basket, but I want you to examine your own life. What can we learn from this widow? It's a short story, but it speaks a thousand words.

**DAY
05**

REFLECTION

Today we will reflect on all that we have read, learned, and talked about the past five days.

*Compare each woman we talked about to Proverbs 31.
What traits do they have? Who was a good example of a
Proverbs 31 woman, and who wasn't, if any? Why?
Whose story stuck out to you the most and why?*