



A virtuous woman

Proverbs 31:10-31 is a popular portion of Scripture often used as a theme for spiritual enrichment camps for women or a Mother's Day sermon. Wives and mothers ponder on these verses for encouragement and guidance to be the best version of themselves to their families. Reading through this passage, my overactive imagination pictures a mom running her own business with the prospect of purchasing land, who works overtime and still manages to run her household wearing a cape (like a superhero), smiling confidently at the storms of life. Nothing, absolutely nothing, deters her.

Our realities might be far removed from the above, but all her actions reveal her character. A woman with a godly character whose faith is firmly set on her Maker.

As you meditatively read through these verses, ask the Lord to reveal her character to you and how you can become the virtuous mother and wife whose good works will be a praise unto the Lord. Let your light so shine in your community that you turn many hearts to our heavenly Father. As the Holy Spirit prompts and guides you, also take the time to pray for other mothers and encourage them in their walk with God.

Use the following as a guideline to write a prayer that you can daily pray over yourself and your lady friends.

She fears the Lord (Proverbs 31:30)

A virtuous woman fears the Lord. She seeks His will for her life and follows His ways. (Psalm 111:10).

Heavenly Father, I pray for Your Spirit of wisdom and understanding to open the eyes of my understanding to know the hope of Your calling for my life. I desire to faithfully obey your commandments and walk in Your ways. Grant me the grace to daily seek Your face in prayer. May your Word be my meditation all day long. Lord Jesus, the True Vine, cause me never to be disconnected from You. Grant me a willing spirit to follow You wholeheartedly.

She is faithful (Proverbs 31:11)

Her faithfulness toward her husband reflects her relationship with the Lord. She carefully commits the secrets and cares of her husband to the Lord in prayer.

My Lord and my God, You enable me to be my husband's helpmate and support according to Your Word. Help me not to become anxious when we face trials and difficulty, but with thanksgiving in my heart I want to make our petitions known to You. Thank You for the assurance that You never leave us, but You are an ever-present help in times of trouble. I pray for Your blessing on my husband. May You hear his secret petitions and answer him from Your sanctuary. Draw him with

Your love when he faces doubts and temptation, and keep his path from the evil one. You are the One who keeps us from stumbling and keeps us from harm.

She is hard-working (Proverbs 31: 13-19)

A woman who fears God will diligently seek His face to do His will. She finds pleasure in doing His works and is a good steward of what He has entrusted to her. She is resourceful and entrepreneurial in her investing and reinvesting.

Lord, please help me to walk circumspectly before You, making the best of my time. Teach me Your ways that I may walk in Your will. Help me to do everything without complaining and unto You. In all my endeavours I will consult You for wisdom and divine counsel.

She is strong (Proverbs 31: 17, 25)

Her strength is not only physical, being able to do her daily tasks with energy, but she is spiritually strong. Her inward clothing displays divine wisdom, giving her confidence to face the future with unexpected challenges.

O Lord, You are my joy and the strength of my life. In the morning, I will proclaim, 'I can do all things through Christ who strengthens me.' Every night I will declare Your faithfulness. I will put on Your armour to withstand the schemes of the enemy. You gird me with strength for every spiritual battle and in Your name I will defeat my spiritual enemies. You have armoured me for every battle with Your salvation, truth and righteousness. In faith, girded with your sword, I will share Your message with others. I will not be afraid of evil tidings for my heart is steadfast, trusting the Lord.

She is kind-hearted (Proverbs 31:26)

Her children, husband, and the poor and needy delight in her kind and caring spirit. She also devotes some of her time, talent and gifts to help those less fortunate.

Lord, Your lovingkindness has brought me to repentance and I am changed by the words of grace that is poured upon Your lips. Come and awaken my ear morning by morning so that I can speak a word in season to anyone weary, whether it is in my immediate family or elsewhere. Help me to lovingly discipline, correct and teach my children. Open my eyes to the needs of my neighbour and guide me by Your Spirit to show and extend Your love to them.

She is a loving mother (Proverbs 31:26-28)

She nurtures her children with the love of Christ and trains them in the way they should go (Deuteronomy 6:6, Proverbs 22:6).

Heavenly Father, I praise You for the children with whom You have blessed me. They are truly a gift from Your hand. Fill me with Your wisdom to guide them through life that is often filled with heartache and disappointment. In every season of our lives together, help us as a family to trust You and not lean on our own understanding. We choose to trust You, to do good and to daily feed on Your faithfulness.