



7/15/26

As we consider the next reason to rehearse the gospel to ourselves every day, I want to take a quote from A Gospel Primer. It says, "There is simply no other way to compete with the forebodings of my conscience, the condemnings of my heart, and the lies of the world and the devil than to overwhelm such things with the daily rehearsings of the gospel." I so agree with this!!! When I'm tempted to sink into the muck of frustrations and thoughts that don't align with God's word, the only weapon for overcoming is to preach the gospel to myself and ask the Lord to saturate my heart and mind with the truth. His word IS truth.

Just to be reminded... Here's another quote summarizing the gospel that I received from a friend ~ "Jesus Christ, God's Son, left heaven and was born of a virgin for the purpose of dying on the cross, the perfect sacrifice, only to raise from the dead 3 days later and return to heaven to come again at the appointed time to reunite with those who believe in Him and have asked forgiveness of their sin and will live with Him for all eternity."

*Blessings,
Jonna*

Proverbs 31:10-20, 30 ~

This passage starts out with the words, "An excellent wife, who can find?" The word translated wife can also be translated woman. In context, it talks about her husband, but since we are all called the bride of Christ, a lot of the principles can be applied to all believers. Since I'm praying these verses for myself (and for my daughters), I'll focus on my role as a wife and mother.

Vs. 10-12 ~ "An excellent wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life."

I spent A LOT of years not even considering Proverbs 31. I would look at the passage as a whole, and think it's impossible to be this woman. I don't even know what a distaff is!!! But now

I realize that I can pray for the Lord to help me be this woman... one degree of glory to the next.

Father, You know that I spent so many years looking for my husband to do me good and not harm all the days of my life. And though You also call him to show honor to me in other passages, that can't be my focus. I pray that Tim will be better off for having spent his life with me than if he hadn't. I pray that I will give no reason for him to not trust me. I pray that I will do him good and not harm all the days of my life.

What good can I do him? I know You want me to respect him and support him, to be his greatest cheerleader and his best friend. You want me to listen when he needs to talk and enjoy his company when he asks me to take a ride with him even when it's close to my bedtime. O Lord, I spent so long being deceived by my own judgmental attitude. I was sinning against You, despising Your word, doing harm to YOU. Please forgive me, and help me to be this woman to my husband. Help me to love him as You love him. I see that so many of the things I judged him for were from the deception of my own heart. Let me not be deceived any longer.

Vs. 13 ~ "She seeks wool and flax and works with willing hands."

I think this means it's good that I buy a lot of things from Amazon. Hahaha! The Hebrew meaning for "willing" really challenges my heart. It doesn't just say that an excellent wife works with "willing" hands, it says she works with "delight, pleasure, desire, purpose." Wow. Father, do I work with delight?

Sometimes I hear eulogies at funerals and they say, "She never complained." Lord, no one will be saying that at my funeral! Please forgive me! Your word says in Ecclesiastes 3:13 that work is a GIFT from You and I should take pleasure in ALL my toil. Please make this so in me. No matter how mundane the chore is, please help me to do it "heartily, as to the Lord... knowing that my reward comes from You" (Colossians 3:23).

Vs. 14-16 ~ "She is like the ships of the merchant; she brings her food from afar. She rises while it is yet night and provides food for her household and portions for her maidens. She considers a field and buys it; with the fruit of her hands she plants a vineyard."

Again, I think this is telling me to use Amazon and Thrive Market. Hahaha. What's the principle? An excellent wife is not lazy. She works hard. She uses discernment. She doesn't choose to keep pressing her snooze button. She doesn't ignore what needs to be done. O Lord, You know that rising while it is yet night is not a problem for me. I get up at 4am 99.9% of the time. But learning to still work hard at night when I'm tired is something I have been very selfish about in the past. It's always a temptation. What I see here is that nowhere in this passage does it say an excellent wife points fingers at other people to say how they're failing, and nowhere does an excellent wife justify disobedience based on how others behave. Father, please help me to make sure that I'm always dealing with the log in my own eye before I ever point out the speck in someone else's.

Vs. 17 ~ "She dresses herself with strength and makes her arms strong."

This woman is no wuss. As I get older, I see the importance of keeping myself strong and taking care of my body because it gives me more energy to serve You, Lord. But even more than physical strength, I pray that I will be stronger in spiritual strength. 1 Timothy 4:8 says, "For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." Help me to have an eternal perspective. Help me to pursue physical strength, not as an ends, but as a means to have more endurance in pursuing complete, diligent, enduring devotion to You. What would it matter if my body were strong but my heart was not beating for You?

Vs. 18 ~ "She perceives that her merchandise is profitable. Her lamp does not go out at night."

A lot of people have misunderstood this verse. Coupled with vs. 15 it sounds like this woman does not sleep. But in context, it's actually saying that she doesn't buy junk. She has discernment in the quality of her stuff so that the oil for her lamps won't cause the lights to flicker out at night. Father, I pray for discernment, not just in the things I buy, but in the way I live. Truly, apart from You my heart is deceitful and I can easily be a fool (Jeremiah 17:9). Please help me to seek You for wisdom and discernment. Help me to be wise in my purchases. Help me to honor You in how I spend money.

Vs. 19-20 ~ "She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor and reaches out her hands to the needy."

I don't know how to sew. I don't know how to spin wool. So how can I apply this passage? I see it connected to reaching out and caring for those in need.

A woman of excellence is wise and compassionate. She works hard and makes sure she has something to give if she sees someone in need. She doesn't just care for her household, she cares for others.

O Lord, You know that I have no creative skills, and when someone needs a meal, I feel panicky because I don't know what to make for them. Please help me to not let my lack of imagination stop me from caring for someone in need. Instead of focusing on where I lack and giving up before I even try, please help me to see where I CAN help. Before anything else, please help me to have compassion and a tender heart for those in need... just as You have compassion and a tender heart toward me. Help me to remember that every soul matters to You.

Vs. 30 ~ "Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised."

This is the crux of the matter. What I look like is not what You value most, so please help it not to be what I value most. Help me to take care of myself but not make that my sole purpose

in life. What matters to You more than anything is that I "fear" You... that I am in awe of who YOU are, not that I try to make myself someone people can be in awe of. Let me trust in YOUR strength and not try to find any power within myself. Help me to worship YOU and not try to be worshiped. None of the things in this passage about an excellent wife have any lasting value if You are not at the center of it all.

Lord, it's easy for me to pray to be this woman... and to be excited at the thought. But actually being this woman is impossible unless You do the work in me. That's why it's so important that I keep my eyes on You... that I cry out to You for help especially in the midst of a circumstance that challenges my desire to obey. I need Your grace. I praise You that You give it! I praise You that Your grace is greater than all my sin. By Your grace I pray that You will give me the strength to care for others (especially my husband), to have compassion, to be humble, to work hard, to look outside of myself. Please help me to see everything through Your eyes, O Lord. Work a miracle in my heart. Amen.