

# a PROVERB a day



A Portrait of Wisdom

June 29, 2025

*Proverbs 31:30 A woman who fears the Lord is to be praised.*

## 1. An encouragement for women

- Encouraged by her \_\_\_\_\_

*Proverbs 31:30; Psalm 145:18-20*

- Encouraged by her \_\_\_\_\_

*Genesis 1:27*

## 2. A challenge for men

- Challenged to \_\_\_\_\_

*Proverbs 31:23*

- Challenged to \_\_\_\_\_

*Proverbs 31:28-29*

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*Proverbs 31:23*

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*Proverbs 31:28-29*

## Proverbs 31:10-31

- <sup>10</sup> *An excellent wife who can find?  
She is far more precious than jewels.*
- <sup>11</sup> *The heart of her husband trusts in  
her, and he will have no lack of gain.*
- <sup>12</sup> *She does him good, and not harm,  
all the days of her life.*
- <sup>13</sup> *She seeks wool and flax,  
and works with willing hands.*
- <sup>14</sup> *She is like the ships of the merchant;  
she brings her food from afar.*
- <sup>15</sup> *She rises while it is yet night  
and provides food for her household  
and portions for her maidens.*
- <sup>16</sup> *She considers a field and buys it;  
with the fruit of her hands she plants  
a vineyard.*
- <sup>17</sup> *She dresses herself with strength  
and makes her arms strong.*
- <sup>18</sup> *She perceives that her merchandise  
is profitable. Her lamp does not go  
out at night.*
- <sup>19</sup> *She puts her hands to the distaff,  
and her hands hold the spindle.*
- <sup>20</sup> *She opens her hand to the poor  
and reaches out her hands to the  
needy.*
- <sup>21</sup> *She is not afraid of snow for her  
household, for all her household are  
clothed in scarlet.*
- <sup>22</sup> *She makes bed coverings for herself;  
her clothing is fine linen and purple.*
- <sup>23</sup> *Her husband is known in the gates  
when he sits among the elders of the  
land.*
- <sup>24</sup> *She makes linen garments and sells  
them; she delivers sashes to the  
merchant.*
- <sup>25</sup> *Strength and dignity are her clothing,  
and she laughs at the time to come.*
- <sup>26</sup> *She opens her mouth with wisdom,  
and the teaching of kindness is on her  
tongue.*
- <sup>27</sup> *She looks well to the ways of her  
household and does not eat the bread  
of idleness.*
- <sup>28</sup> *Her children rise up and call her  
blessed; her husband also, and he  
praises her:*
- <sup>29</sup> *“Many women have done excellently,  
but you surpass them all.”*
- <sup>30</sup> *Charm is deceitful, and beauty is vain,  
but a woman who fears the Lord is to  
be praised.*
- <sup>31</sup> *Give her of the fruit of her hands,  
and let her works praise her in the  
gates.*

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For more information

visit our website at: **seabreezechurch.com**

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