

# Using Proverbs 31 as a guide to healing from modern culture:



# Verse:

14 She is like the ships of the merchant;  
she brings her food from afar.

15 She rises while it is yet night  
and provides food for her household  
and portions for her maidens.



# Breakdown:

As we all know as modern day women, it's not always EASY to find and prepare good food for yourself/your family.

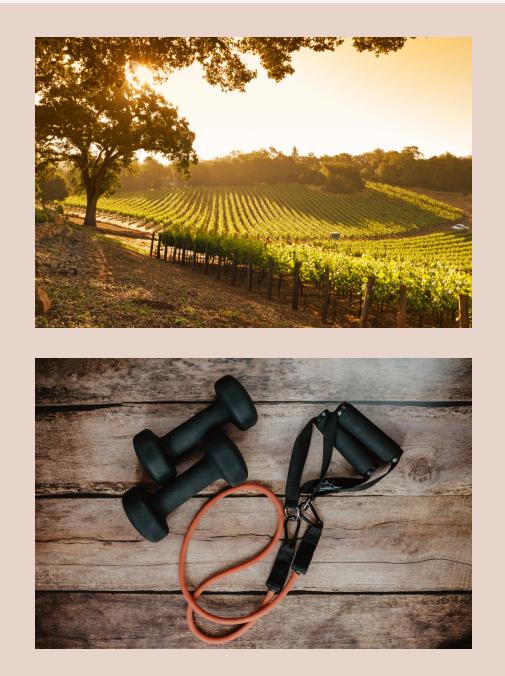
However, we can tell how important this is. The Proverbs 31 woman makes a lot of effort to find the highest quality food. She doesn't care if the best food is further away or difficult to obtain, she's going to do what it takes to provide the best for herself + her family.

She takes her job of preparing her food seriously. She's up before dawn and before everyone else, takes care of her community. It's clear that this is her first and most important priority!

# Verse:

16 She considers a field and buys it;  
with the fruit of her hands she plants a  
vineyard.

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



# Breakdown:

She works hard and even ventures into her own business ideas!  
I love this about her.

I also love that she prioritizes taking good care of her physical body by building strength.

She understands how her body serves her. I'd be willing to bet she doesn't do it to punish herself, either.

She does it because she understands how strength can benefit her and her family.

# Verse:

21 She is not afraid of snow for her household, for all her household are clothed in scarlet.

22 She makes bed coverings for herself; her clothing is fine linen and purple.

25 Strength and dignity are her clothing, and she laughs without fear of the future.



# Breakdown:

She understands the importance of preparedness and is always thinking one step ahead for her family. She's planning for the next season, the next storm, or the next bump in the road.

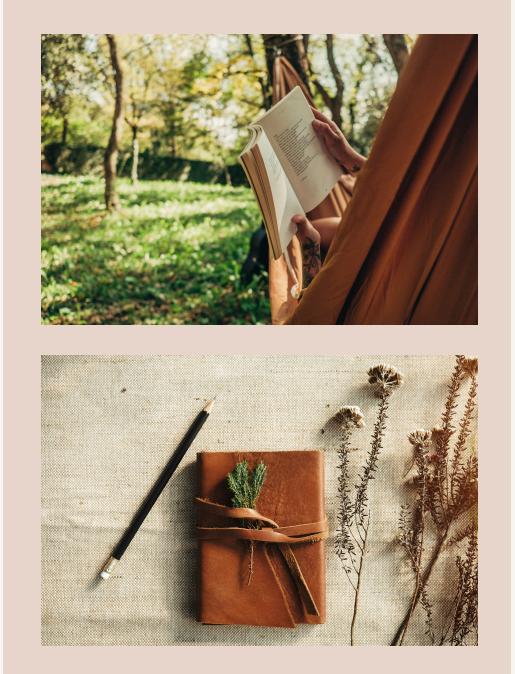
She doesn't dwell on it, though, or stress herself out over it. She does not live with a fear-based mindset.

She quietly prepares the best foods and best fabrics to keep her family warm and fed, and she can then go about her days with peace, knowing she's taken care of business.

# Verse:

25 Strength and dignity are her clothing, and she laughs without fear of the future.

26 She opens her mouth with wisdom, and the teaching of kindness is on her tongue.



# Breakdown:

Another way I like to look at verse 25, is that she RELAXES. She's not just go, go, go all the time.

When she works, she works hard. But she also rests in the fact knowing a job well done is behind her, and she has nothing to worry about.

She's not worried or stressed. I don't think she's functioning off of stress hormones because the work she does fills her up.

When she's done working, she rests and she blesses others with her peaceful personality.

Sometimes, the idea of living a more feminine and "slower" lifestyle is misconstrued as a lifestyle of not working at all.

That's not possible and not the idea.

The idea is replacing the masculine work we've been doing with more biblically, physiologically, and biologically appropriate work.

Life IS work. But we can choose what kind of work we're going to do.

We can't not work at all, but we can do work that actually fills us up instead of depletes us.

I fully believe that using Proverbs 31 is not only a blueprint for life, but a blueprint for our health.

It's truly a guide for us to use as we return to our femininity.

In a culture that is trying to turn women into small men, we can say NO, while still being strong, capable, and using our gifts and hard work to heal instead of further deplete ourselves.

# Things Proverbs 31 does NOT say:

She rises while it is yet night and drinks coffee on an empty stomach, because she doesn't have time for breakfast

She prioritizes serving her boss over her family and that's how it should be

She orders plastic clothing because it's \$12.99, even though it will fall apart after one wash

She pushes herself to do fasted workouts in the gym because she needs to earn her food

She's always stressing about every little thing and every detail, adrenaline is her constant companion

She rises when it is yet night to answer emails, and scroll on Instagram for hours

# Reminder:

13 She seeks wool and *flax*, and works with willing hands.

22 She makes bed coverings for herself; her clothing is fine *linen* and purple.

24 She makes *linen* garments and sells them; she delivers sashes to the merchant.



She selects wool + flax for CLOTHING. She doesn't eat the flax, because she knows it's not food ;) Linen is made from flax.



I've read this passage countless time, but I didn't realize how many elements from it are actually a blueprint and guide to HEALING from a modern lifestyle.

Yes, that's right. Following Proverbs 31, in my opinion, is the key to healing as a woman.

A couple of things I think are important to address:

1. Proverbs 31 opens with: "A wife of noble character, who can find?". Does that mean Proverbs 31 only applies to you if you're married? I don't think so.

Some of you know my story (see my pinned post). I still follow Proverbs 31 because it pays off for me now, and I know it will in my future as well. This is a lifestyle that can benefit any woman, at any time.

2. I also want to make a point of saying that if you are not working a job that you feel aligns with you right now, that's okay. That doesn't mean your life and work are worthless. I've been there and done that.

I used jobs that I knew I didn't want to stay in long-term to build for my future. It paid off! Trust God with the timing and take it one day at a time.

3. If you love your job, there's nothing wrong with that. You can find ways to bring Proverbs 31 into your job every day and bless the people around you.

I don't think this has to look the same way for everyone. But you can use it in any life situation that you're currently in.

4. I've heard it taught before that the proverbs 31 woman isn't just one woman, but it's a story based off of characteristics of many women.

I don't think every woman needs to have multiple business ventures, make their own clothing and bed sheets, etc. to serve herself and her family well. We're not trying to be perfect, but I love this outline as what we can strive for to break free from the insanity of modern culture.

PS - I AM NOT A BIBLICAL SCHOLAR. Just keep that in mind if something isn't 100% correct in this, as this is my best interpretation.