



# Women Heroes

May 7 & 10, 2026

## Ice Breaker

What's one thing your mom always said to you growing up that you still remember today?

## Key Verses

- Proverbs 31:10-31
- Proverbs 1:7
- Proverbs 19:14
- Ruth 2:1
- Ruth 3:11

## Questions

How does understanding that Proverbs 31 was written primarily for young men change your perspective on this passage?

What does it mean that a valiant woman's worth is far above jewels?

The sermon mentions that a valiant woman works with delight - how can we find joy and purpose in our daily work and responsibilities?

How does the concept of interdependence (rather than independence or dependence) apply to healthy relationships today?

What role does the “fear of the Lord” play in becoming a person of wisdom and character?

The passage shows the valiant woman caring for both her family and the poor - how can we balance caring for our immediate family while also serving those in need?

Why do you think the husband's reputation is connected to his wife's character, and what does this teach us about the impact of marriage relationships?

How can we practically rise up and praise the godly women in our lives beyond just on Mother's Day?

## **Life Application**

This week, make it a daily practice to express specific appreciation and praise to the important women in your life. Whether it's your wife, mother, daughter, or friend, look for opportunities to acknowledge their hard work, character, and contributions. Don't just feel grateful, speak it out loud, send encouraging texts, or write a note. If you're single, use this time to pray for wisdom in relationships and to develop the character that would make you worthy of a godly spouse.

## **Key Takeaways**

A valiant, godly woman is rare and precious

The Proverbs 31 woman works diligently with joy and purpose, always considering her family's benefit

Heroic women deserve constant praise and recognition, not just on special occasions

A man's reputation and success are often connected to the character of the woman he marries

The “fear of the Lord” is the foundation of all wisdom and heroic character

# Ending Prayer

Heavenly Father, thank You for the wisdom You've shared with us today about the value and worth of godly women. Help us to not just hear these words but to live them out in our daily relationships. For the men here, give them wisdom to honor and praise the women in their lives consistently. For the women here, encourage their hearts and help them see their incredible worth in Your eyes. May we all grow in the fear of the Lord and develop the kind of character that brings honor to You and blessing to others. Transform our hearts to be more like Jesus. In His precious name we pray, Amen.