



LESSON 4: WOMEN AND WIVES WHO THRIVE

WELCOME

Answer one of the following:

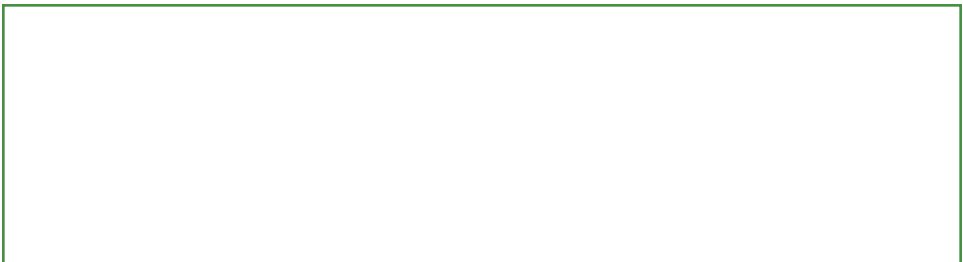
- Who is a woman (outside of your family) that God used at the right time in your life to encourage or guide you? What did she do?



WORSHIP

Read through *Psalm 139* and pray:

- Ask someone to read Psalm 139:1-6 and pray, thanking God for knowing everything about us.
- Then, ask someone to read Psalm 139:7-12 and pray, thanking God for always being with us, no matter where we are.
- Next, ask someone to read Psalm 139:13-18 and pray, thanking God for creating us.
- Finally, ask someone to read Psalm 139:19-24 and pray, thanking God for always standing with us.



*****Below are seven discussion questions/prompts. There's no pressure to cover every question. As a Life Group, feel free to choose the questions/prompts that you want to cover and use the rest for personal reflection and deeper study during the week. If you haven't already, watch the video lesson on Shepherd Church's [Life Groups webpage](#).**

WORD

1. How does **Proverbs 31:25–26** describe women? Where do you see culture sending a different message today?



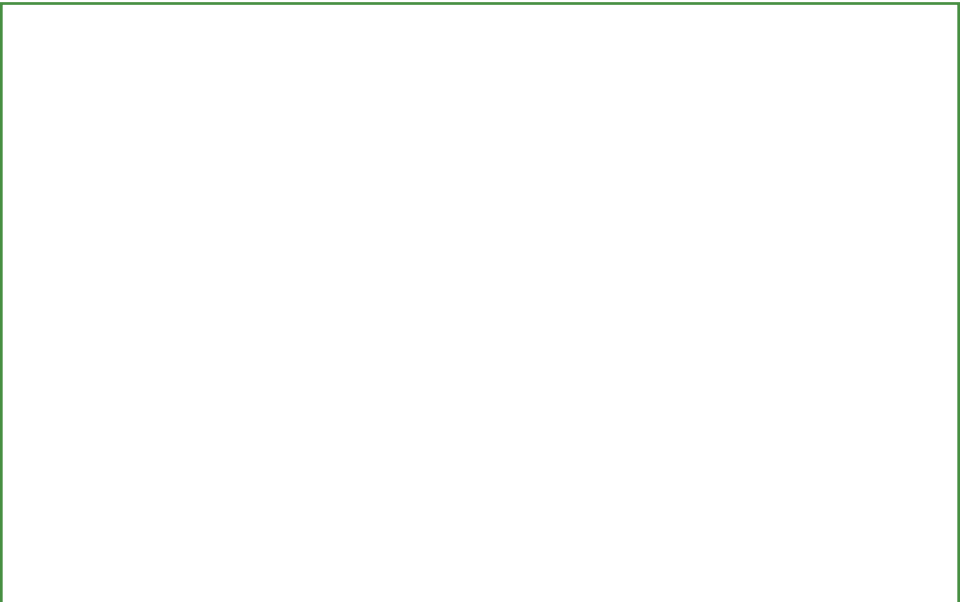
2. How does **Philippians 1:6** change the way you think about progress in your walk with God?



3. What steps can you take this week to be the kind of spouse or friend described in *Ecclesiastes 4:9-12*?




4. What image is found in *Psalms 119:105*, and how is your life different when you're reading God's Word daily vs. not reading His Word daily?



5. How do Jesus' words in *Matthew 11:28-30* lead to thriving in life?



6. What does *Proverbs 3:5-6* call Christians to do? What is one thing you need to surrender to Jesus this week so you can trust Him more?



WITNESS

If you haven't done so already, as a Life Group, go to <https://www.shepherdchurch.com/go> and discuss choosing an outreach project together. If your Life Group did this exercise last week, make sure that everyone knows the plans for your outreach project.

PERSONAL REFLECTION & DEEPER STUDY FOR THIS WEEK

This section is designed to help you continue growing in your faith throughout the week by reflecting more deeply on what you explored in your Life Group. Hopefully, these prompts and questions will create space for you to listen to God, apply Scripture to your life, and take your next step in following Jesus. Whether you work through them all at once or over a longer period, our hope is that your time with God will draw you closer to Him and strengthen your walk with Jesus. And please, don't rush. Go at your own pace, and invite the Holy Spirit to guide your time.

- Review anything in the WORD section that either was not covered during your Life Group or that you want to take a deeper dive into.
- Memorize *Proverbs 3:5–6* and *Philippians 1:6*
- Read Proverbs 3 all the way through each day this week in one sitting. You can also download the YouVersion Bible App and listen to it.
- Read *Proverbs 31:10–31* and answer the following questions:
 - o What repeated words or themes stand out to you in this passage, and what might they reveal about the priorities of the Proverbs 31 woman?
 - o Verse 10 describes a woman of “noble character.” What qualities in the passage help define what that phrase means?
 - o According to verses 11–12, how does her character shape the trust and well-being of her household?
 - o Verses 13–19 describe her work and initiative. What do these verses suggest about diligence, stewardship, and responsibility in everyday life?
 - o In verses 20 and 26, how does her care for others and her speech reflect her relationship with God?
 - o Verse 25 says she is “clothed with strength and dignity.” What do you think that kind of strength looks like in real life today?
 - o Verses 28–29 describe her family's response. What do these verses reveal about the long-term impact of faithful character?
 - o According to verse 30, how does fearing the Lord shape the meaning of beauty, success, and influence differently than culture often defines them?
 - o How does this passage challenge the idea that worth comes primarily from appearance, achievement, or comparison with others?
 - o Which qualities in Proverbs 31:10–31 feel most encouraging to you right now, and which feel most challenging?
 - o What does this passage teach about how everyday faithfulness becomes a powerful testimony to others?
 - o Based on what you read, what is one step you sense God inviting you to take this week to grow in wisdom, strength, or trust in Him?