

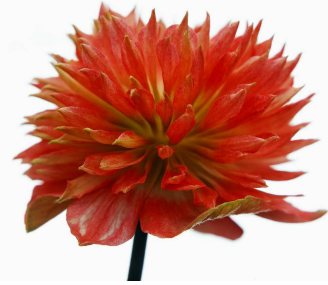


# *An Excellent Wife*

By Valleta Lanier

PRACTICAL APPLICATION OF THE WORD OF GOD  
BASED ON PROVERBS 31 FOR WOMEN OF ALL AGES.

**Companion Workbook for the Tape Series,  
AN EXCELLENT WIFE**



# **An Excellent Wife**

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*Practical application of the Word of God based  
on Proverbs 31 for women of all ages.*

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## Proverbs 31: 10-31

10 An excellent wife, who can find?  
For her worth is far above jewels.

11 The heart of her husband trusts in her,  
And he will have no lack of gain.

12 She does him good and not evil  
All the days of her life.

13 She looks for wool and flax  
And works with her hands in delight.

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

15 She rises also while it is still night  
And gives food to her household  
And portions to her maidens.

16 She considers a field and buys it;  
From her earnings she plants a vineyard.

17 She girds herself with strength  
And makes her arms strong.

18 She senses that her gain is good;  
Her lamp does not go out at night.

19 She stretches out her hands to the distaff,  
And her hands grasp the spindle.

20 She extends her hand to the poor,  
And she stretches out her hands to the needy.

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

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

23 Her husband is known in the gates,  
When he sits among the elders of the land.

24 She makes linen garments and sells them,  
And supplies belts to the tradesmen.

25 Strength and dignity are her clothing,  
And she smiles at the future.

26 She opens her mouth in wisdom,  
And the teaching of kindness is on her tongue.

27 She looks well to the ways of her household,  
And does not eat the bread of idleness.

28 Her children rise up and bless her;  
Her husband also, and he praises her, saying:

29 "Many daughters have done nobly,  
But you excel them all."

30 Charm is deceitful and beauty is vain,  
But a woman who fears the Lord, she shall be praised.

31 Give her the product of her hands,  
And let her works praise her in the gates.



# **An Excellent Wife**

## **Part I – Creation of the Wife**

### **Genesis 2:18-24**

#### **Man's Need – Genesis 2:18-20**

1. It is not good for man to be alone.
2. A helper suitable for him (1 Corinthians 11:7b-9)
3. No helper found for Adam.

#### **Man's Gift – Genesis 2:21-22**

1. Woman was made for Adam.
2. God gave him a gift, made especially for him.

#### **Man's Response – Genesis 2:23-24**

1. Bone of my bone and flesh of my flesh. (Ephesians 5:28-29)
2. Cleave: adhere, to give support, loyalty, stick by, hold fast.



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## **Part II – Place of the Wife**

### **Woman's Place Before Sin**

#### Her Earthly Place

Equal with man

Genesis 1:26-27

Genesis 3:8-9

#### Her Purpose

Helpmate

Genesis 2:18

1 Corinthians 11:7-9

#### Her Spiritual Place

Heir of Grace

1 Peter 3:7

### **Woman's Place After Sin**

#### Her Earthly Place

Submissive to man

Genesis 3:16

Ephesians 5:22-24

Colossians 3:18

Titus 2:3-5

1 Corinthians 11:3

1 Peter 3:1-5; 13-16

#### Her Purpose

Helpmate

Genesis 2:18

1 Corinthians 11:7-9

#### Her Spiritual Place

Heir of Grace

1 Peter 3:7

# **Umbrella of Love and Protection**



*But I want you to understand that Christ is the head of every man, and the man is the head of a woman, and God is the head of Christ. 1 Corinthians 11:3*



# An Excellent Wife

## Acronym

Proverbs 31:10-31

**W**orth of the Wife (*verses 10-12*)

**I**nvaluable Service of the Wife (*verses 13-24*)

**F**eatures of the Wife (*verses 25-27*)

**E**verlasting Reward of the Wife (*verses 28-31*)



# An Excellent Wife

## Part III - Worth of the Wife

Proverbs 31: 10-12

### Verse 10

1. Excellent - Outstandingly good, exceptional merit, standing above all others, eminently (high, lofty, renowned, distinguished) good.

2. Hard to find

3. Worth is far above jewels, compared with wisdom.  
*Proverbs 8:11, Job 28:18*

### Verse 11

1. Trust

(1) Place confidence: depend

(2) To be confident: hope

(3) To place in one's care: entrust

(4) To rely on truthfulness: believe

2. He will lack for nothing.

### Verse 12

1. Good, not evil

2. All of her days





# An Excellent Wife

## Part IV - Invaluable Service of the Wife

Proverbs 31:13-24

<u>Verse</u>	<u>Job/Activity</u>	<u>Person Served</u>	<u>Attitude</u>
13	1. Shops 2. Works with hands	Family Family	With delight, willingly
14	Brings food from afar	Family	Goes the second mile
15	1. Gets up early 2. Fixes breakfast 3. Instructs servants	Family Family Family	Puts house in order
16	1. Buys land 2. Plants vineyard	Husband Husband	Good business sense
17	Takes care of self	Herself/Family	Cares for her body
18	1. Good money manager 2. There for the family	Husband Family	Thrifty Loving concern
19	Sews	Family	Unselfish
20	Cares for the needy	Community	Compassionate
21	Clothes household	Family	Always prepared
22	Clothes herself with the best <i>Gen. 41:42; Judges 8:26; Luke 16:19</i>	Herself/Family	Good self esteem
23	Husband is well known, therefore she is too.	Community	Awareness
24	1. Garment business 2. Gives belts	Community Community	Good business sense Time for others



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## **Part V - Features of the Wife**

Proverbs 31: 25-27

### **Verse 25**

1. Strength - toughness, durability, power to resist attack.
2. Dignity - honorable quality, worthiness, good reputation, adherence to principles considered right.
3. Not concerned with age.

### **Verse 26**

1. Wisdom
2. Teaches kindness
3. She is kind

### **Verse 27**

1. Diligent - hard working, persevering
2. Not lazy



# An Excellent Wife

## Part VI - Everlasting Reward of the Wife

Proverbs 31: 28-31

### Verse 28

1. Bless - to praise, glorify, to confer happiness on, to make happy.

2. Her children bless her.

3. Her husband blesses her.

### Verse 29

Her husband's praise

### Verse 30

A Woman's Code of Honor:

*"Charm is deceitful and beauty is vain,..."*

Deceitful - apt to lie, cheat

Vain - empty, of no value, worthless, fleeting

*"... But a woman who fears the Lord, she shall be praised."*

### Verse 31

Her rewards