



# GMG Study Guide



**W**elcome to Good Morning Girls!

I am so glad you are here! Before we begin this new session, I want to take the time and let you know that YOU have been prayed for! It is not a coincidence you are in this online bible study.

My prayer for you this session is simple, **that you will grow closer to our Lord as you dig into His Word each and every day!** As you develop the discipline of being in God's Word on a daily basis, I pray you will fall in love with Him even more as you spend time reading from His Word.

Each day before you read the assigned scripture(s), pray and ask God to help you understand it. Invite Him to speak to you through His Word. Then listen. **It's His job to speak to you and your job to listen and obey.**

Take time to read the verses over and over again. We are told in Proverbs to *search and you will find.*

*Search for it like silver, and hunt for it like hidden treasure. Then you will understand respect for the Lord, and you will find that you know God. (Prov. 2:4-5 NCV)*

**I can't wait to get started and I hope to see you at the finish line- endure, persevere, press on- and don't give up!** Let's finish well what we are beginning today. I will be here every step of the way- *cheering you on!* **We are in this together- fight to rise early, to push back the stress of the day, to sit alone and drink a tall glass of God's living water!** I can't wait to see what God has in store for us this session!

Let's get started- week 1 will be simple- but hold on for the ride because when it picks up and God enlightens our hearts with his truth, the excitement will be palpable!

Journey with me as we learn to **Love God Greatly** with our lives!!!

-Angela



**T**he method we use at **GoodMorningGirls.org** is a simple, slow method. The point is to fully meditate and take in each and every word in the passage for the day.

**Psalm 1:2,3 says: Blessed is the man whose “*delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.*”**

True meditation takes time to chew on the passage before moving on.

William Gurnall writes: *“Remember, it is not hasty reading- but serious meditating upon holy and heavenly truths, that make them prove sweet and profitable to the soul. It is not the bee’s touching of the flower, which gathers honey- but her abiding for a time upon the flower, which draws out the sweet. It is not he who reads most- but he who meditates most, who will prove the choicest, sweetest, wisest and strongest Christian.”* – William Gurnall, *The Christian in Complete Armour*

### **What is the SOAP Method that the Good Morning Girls use?**

Get out your Bible and begin:

1. **S**- Write out the **scripture** passage for the day.
2. **O**- Write down 1 or 2 **observations** from the passage.
3. **A**- Write down 1-2 **applications** from the passage.
4. **P**- **Pray** over what you learned from today’s passage.

**By the end of the 14 weeks, you will have written out the entire chapter of Proverbs 31 in your journal**, focusing on every single word as you have written it out verse by verse.

Some days you feel like you are done quickly. Other days it will take a little more time to complete the day’s assignment. When you are finished with your work quickly, we encourage you to stop by GoodMorningGirls.org for extra insight or to share what you have learned.



Week 1		P31 Book	Week 8		P31 Book
M	Pr. 31:1-2 Meet your group	Pg. 5	M	Pr. 31:23 Pr. 12:4	Pg. 27 & 28
T	Pr. 31:3-4 Ice breaker		T	Pr. 31:24 Pr. 10:4	Pg. 29
W	Pr. 31:5-6 Share a personal funny story.		W	Pr. 31:25 Pr. 3:26 Ps. 23:1	Pg. 30 & 31
TH	Pr. 31:7-9 Share your testimony		TH	Ps. 37:3 Pr. 3:5 Php. 4:19	
F	Write out & share GMG goals		F	Reflection	
Week 2			Week 9		
M	Pr.31:10 Pr.12:4	Pg. 6	M	Pr. 31:26 Pr. 10:11 Pr. 12:18	Pg. 32 & 33
T	Pr.18:22 Pr.19:14		T	Eph. 4:29 1Ti 3:11 Pr. 15:1	
W	Pr.31:11 Pr.11:28 Pr.28:26	Pg. 7	W	Lk. 6:45 Pr. 4:23 Pr. 10:19	
TH	Pr.16:20 Pr.28:25 Pr.29:25		TH	Pr. 10:31 Pr. 4:24 Pr. 10:19	
F	Reflection		F	Reflection	
Week 3			Week 10		
M	Pr. 31:12 1Ki 11:4	Pg. 8	M	Pr. 31:27 Pr. 13:1	Pg. 34 & 35
T	Pr. 31:13 Col 3:23	Pg. 9 & 10	T	Pr. 9:1-2 6:6-11	Pr.
W	Pr. 31:14 Pr. 9:1-2	Pg. 11	W	Pr. 24:3-4	
TH	Ge. 24:15-20		TH	Pr. 12:24 Pr. 19:15 Pr. 20:4	
F	Reflection		F	Reflection	
Week 4			Week 11		
M	Pr. 31:15 5:3 1:35	Ps. 5:3 Mk. 1:35	M	Pr. 31:28	Pg. 36 & 37
T	Pr. 31:16		T	Pr. 22:6	
W	Pr. 16:3 Pr. 21:5	Pg. 14 & 15	W	Tit 2:4	
TH	Jas 4:13-15		TH	Pr. 31:29	Pg. 38
F	Reflection		F	Reflection	
Week 5			Week 12		
M	Pr. 31:17 Ne. 8:10 Ecc.9:10	Pg. 16 & 17	M	Pr. 31:30	Pg. 39 & 40
T	Ps. 118:24 Php. 4:13		T	1 Pe. 3:3-4	
W	Pr. 31:18	Pg. 18 & 19	W	2 Cor 4:16 1 Ti 2:9-10	
TH	Pr. 14:23 4:11	1Th	TH	Pr. 15:33 Pr. 22:4	
F	Reflection		F	Reflection	
Week 6			Week 13		
M	Pr. 31:19	Pg. 20 & 21	M	Pr. 31:31	Pg 41
T	Col. 3:23 Eph. 6:7		T	Pr. 14:23 Pr. 27:18	
W	Pr. 31:20 Dt. 15:7-8 Pr. 11:25	Pg. 22 & 23	W	Ac. 13:22	
TH	1Th. 4:11 Pr. 19:17		TH	Pr. 27:2	
F	Reflection		F	Reflection	
Week 7			Week 14		Reflection
M	Pr. 31:21 Pr. 27:23	Pg. 24 & 25	M	Angela & Courtney's Reflection	
T	Ps. 46:1-2		T		
W	Pr. 31:22 Ti. 2:9-10	Pg. 26	W	Whitney's Reflection	
TH	1 Pe. 3:3-4		TH		
F	Reflection		F	Jen's Reflection	

## Proverbs 31 – *One Virtue At A Time*

## S.O.A.P. Reading Plan



**Week 1: Monday**

**Read:** Proverbs 31:1-2

**Proverbs 31:** *One Virtue At A Time*- pg 5

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 1: Tuesday**

**Read:** Proverbs 31:3-4

**S**- Write out the **scripture** passage for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



**Week 1: Wednesday**

**Read:** Proverbs 31:5-6

**S**- Write out the **scripture** passage for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



**Week 1: Thursday**

**Read:** Proverbs 31:7-9

**S**- Write out the **scripture** passage for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



**Week 1: My Good Morning Girls Goals:**

1.

2.

3.



## Week 2: Monday

**Read:** Proverbs 31:10, Proverbs 12:4

**Proverbs 31:** *One Virtue At A Time*- pg 6

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



## Week 2: Tuesday

**Read:** Proverbs 18:22, Proverbs 19:14

**S**- Write out the **scripture** passages for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



## Week 2: Wednesday

**Read:** Proverbs 31:11, Proverbs 11:28, Proverbs 28:26

**Proverbs 31:** *One Virtue At A Time*- pg 7

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



## Week 2: Thursday

**Read:** Proverbs 16:20, Proverbs 28:25, Proverbs 29:25

**S**- Write out the **scripture** passages for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



## **Week 2: Reflection Friday**

1. One important lesson I want to remember from this week's reading would be:

2. Is there anything God has laid upon your heart this week that you need to change? Ask God to help you be the wife and mother He has made you to be! With God's help you can!

3. No woman is perfect and we all make mistakes, but is there an area in your life that you struggle with? If so, go to God. Seek His help and wisdom. If you feel your husband doesn't have full confidence in you, talk with him about it. Pray with him about it and strive to make those changes.

4. I am going to be more intentional by:



### **Week 3: Monday**

**Read:** Proverbs 31:12, I Kings 11:4

**Proverbs 31:** *One Virtue At A Time*- pg 8

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



### **Week 3: Tuesday**

**Read:** Proverbs 31:13, Colossians 3:23

**Proverbs 31:** *One Virtue At A Time*- pg 9 & 10

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



### **Week 3: Wednesday**

**Read:** Proverbs 31:14, Proverbs 9:1-2

**Proverbs 31:** *One Virtue At A Time*- pg 11

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 3: Thursday**

**Read:** Genesis 24:15-20

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.





#### **Week 4: Monday**

**Read:** Proverbs 31:15, Psalm 5:3, Mark 1:35

**Proverbs 31:** *One Virtue At A Time*- pg 12 & 13

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 4: Tuesday**

**Read:** Proverbs 31:16

**S**- Write out the **scripture** passage for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



#### **Week 4: Wednesday**

**Read:** Proverbs 16:3, Proverbs 21:5

**Proverbs 31:** *One Virtue At A Time*- pg 14 & 15

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 4: Thursday**

**Read:** James 4:13-15

**S**- Write out the **scripture** passage for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.





**Week 5: Monday**

**Read:** Proverbs 31:17, Nehemiah 8:10, Ecclesiastes 9:10

**Proverbs 31:** *One Virtue At A Time*- pg 16 & 17

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 5: Tuesday**

**Read:** Psalm 118:24, Philippians 4:13

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 5: Wednesday**

**Read:** Proverbs 31:18

**Proverbs 31:** *One Virtue At A Time*- pg 18 & 19

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 5: Thursday**

**Read:** Proverbs 14:23, 1 Thessalonians 4:11

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.





**Week 6: Monday**

**Read:** Proverbs 31:19

**Proverbs 31:** *One Virtue At A Time*- pg 20 & 21

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 6: Tuesday**

**Read:** Colossians 3:23, Ephesians 6:7

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



## **Week 6: Wednesday**

**Read:** Proverbs 31:20, Deuteronomy 15:7-8, Proverbs 11:25

**Proverbs 31:** *One Virtue At A Time*- pg 22 & 23

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 6: Thursday**

**Read:** 1 Thessalonians 4:11, Proverbs 19:17

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



## **Week 6: Reflection Friday**

1. One important lesson I want to remember from this week's reading would be:

2. Do you realize that everything we do with our hands can be an act of worship to our Lord? What are some ways you worship God through the use of your hands?

3. How has this truth changed your perspective on your work as a mother and wife?

3. I am going to be more intentional by:



**Week 7: Monday**

**Read:** Proverbs 31:12, Proverbs 27:23

**Proverbs 31:** *One Virtue At A Time*- pg 24 & 25

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 7: Tuesday**

**Read:** Psalm 46:1-2

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



### **Week 7: Wednesday**

**Read:** Proverbs 31:22, 1 Timothy 2:9-10

**Proverbs 31:** *One Virtue At A Time*- pg 26

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 7: Thursday**

**Read:** 1 Peter 3:3-4

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



## **Week 7: Reflection Friday**

1. One important lesson I want to remember from this week's reading would be:

2. What are some preparations you can make to help prepare your family for "weather changes?"

3. Are you finding time for yourself? If you're not, look for some ways that you can in the coming weeks. Pray and ask God to help you.....it's important to our families that we find time to refill and invest in ourselves as well!

4. I am going to be more intentional by:



## Week 8: Monday

**Read:** Proverbs 31:23, Proverbs 12:4

**Proverbs 31:** *One Virtue At A Time*- pg 27 & 28

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 8: Tuesday**

**Read:** Proverbs 31:24, Proverbs 10:4

**Proverbs 31:** *One Virtue At A Time*- pg 29

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



## Week 8: Wednesday

**Read:** Proverbs 31:25, Proverbs 3:26, Psalms 23:1

**Proverbs 31:** *One Virtue At A Time*- pg 30 & 31

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



## **Week 8: Thursday**

**Read:** Psalms 37:3, Proverbs 3:5, Philippians 4:19

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



## **Week 8: Reflection Friday**

1. One important lesson I want to remember from this week's reading would be:

2. What are some ways you bring respect to your husband?

3. What are some of the talents God has blessed you with? How are you using these talents to bring Him glory?

4. How are you "clothed?"

5. I am going to be more intentional by:



## Week 9: Monday

**Read:** Proverbs 31:26, Proverbs 10:11, Proverbs 12:18

**Proverbs 31:** *One Virtue At A Time*- pg 32 & 33

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 9: Tuesday**

**Read:** Ephesians 4:29, 1Timothy 3:11, Proverbs 15:1

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 9: Wednesday**

**Read:** Luke 6:45, Proverbs 4:23, Proverbs 10:19

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 9: Thursday**

**Read:** Proverbs 10:31, Proverbs 4:24, Proverbs 10:19

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



### **Week 9: Reflection Friday**

1. One important lesson I want to remember from this week's reading would be:

2. What are your words like to those who receive them? Are they sweet or bitter?  
Are you building your family up with them or tearing them down?

3. I am going to be more intentional by:



## Week 10: Monday

**Read:** Proverbs 31:27, Proverbs 13:1

**Proverbs 31:** *One Virtue At A Time*- pg 34 & 35

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 10: Tuesday**

**Read:** Proverbs 9:1-2, Proverbs 6:6-11

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 10: Wednesday**

**Read:** Proverbs 24:3-4

**S**- Write out the **scripture** passage for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



**Week 10: Thursday**

**Read:** Proverbs 12:24, Proverbs 19:15, Proverbs 20:4

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



### **Week 10: Reflection Friday**

1. One important lesson I want to remember from this week's reading would be:

2. Is your family your 1<sup>st</sup> priority? If not, what changes do you need to make?

3. I am going to be more intentional by:



**Week 11: Monday**

**Read:** Proverbs 31:28

**Proverbs 31:** *One Virtue At A Time*- pg 36 & 37

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 11: Tuesday**

**Read:** Proverbs 22:6

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 11: Wednesday**

**Read:** Titus 2:4

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 11: Thursday**

**Read:** Proverbs 31:29

**Proverbs 31:** *One Virtue At A Time*- pg 38

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



## Week 11: Reflection Friday

1. One important lesson I want to remember from this week's reading would be:

2. How we parent our children matters, the time that we spend with them or don't spend with them makes a difference. What type of children do you want to raise? Are there any changes that you need to make to invest in them the way God is calling you to?

3. What are your husbands needs? Strive to be attentive and meet his needs. Do marriage God's way.....out of reverence to Him.

4. I am going to be more intentional by:



**Week 12: Monday**

**Read:** Proverbs 31:30

**Proverbs 31:** *One Virtue At A Time*- pg 39 & 40

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 12: Tuesday**

**Read:** 1 Peter 3:3-4

**S**- Write out the **scripture** passage for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



**Week 12: Wednesday**

**Read:** 2 Corinthians 4:16, 1 Timothy 2:9-10

**S-** Write out the **scripture** passages for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 12: Thursday**

**Read:** Proverbs 15:33, Proverbs 22:4

**S**- Write out the **scripture** passages for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



## **Week 12: Reflection Friday**

1. One important lesson I want to remember from this week's reading would be:

2. What is your beauty secret? What ways are you beautiful on the inside?

3. I am going to be more intentional by:



**Week 13: Monday**

**Read:** Proverbs 31:31

**Proverbs 31:** *One Virtue At A Time*- pg 41

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 13: Tuesday**

**Read:** Proverbs 14:23, Proverbs 27:18

**S**- Write out the **scripture** passages for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



**Week 13: Wednesday**

**Read:** Acts 13:22

**S**- Write out the **scripture** passage for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



**Week 13: Thursday**

**Read:** Proverbs 27:2

**S**- Write out the **scripture** passage for the day.

**O**- Write down 1 or 2 **observations** from the passage.

**A**- Write down 1-2 **applications** from the passage.

**P**- **Pray** over what you learned from today's passage.



### **Week 13: Reflection Friday**

1. One important lesson I want to remember from this study is:

2. Looking back over this study, I feel God wants me to learn:

3. I'm going to work on being more like the Proverbs 31 woman by:

4. I'm going to be more intentional with:



## **Week 14: Week of Reflections**

Notes from Angela and Courtney's Proverbs 31 reflections:

Notes from Whitney's Proverbs 31 reflection:

Notes from Jen's Proverbs 31 reflection: