



## Five Disciplines of the Virtuous Woman

### Focus Verse:

***“Every wise woman buildeth her house: but the foolish plucketh it down with her hands”***  
(Proverbs 14:1 KJV).

Busy hands and a caring heart are a description of how most women live their daily lives. Some hands are busy caring for children. Other hands are busy caring for adult parents and some hands are caring for both children and adult parents at the same time. These are challenges women face today.

The Proverbs 31 description of a virtuous woman defines the characteristics and attitudes of a Christian woman in her home as she is engaged in the multitasking of daily chores; her role as a wife; a mother; and a community member. She finds great pleasure and satisfaction in her daily chores as her hands work willingly (Proverbs 31:13).

**“Who can find a virtuous woman?”** (Proverbs 31:10)

### Busy as a Bee

We can use the metaphor of the honeybee and the common expression “busy as a bee” to describe our conduct as Christian women. Of course, we are not bees, but as we study God’s creation, we see there are godly principles and disciplines to learn and apply to our daily life.

The bee is a universal symbol of work ethic, busyness, obedience, and cooperation. Bees work together in a colony and every member of the bee community has a specific role and task. Their leader is called a queen and her job is to lay eggs for the growth of the colony. The role of the male drone bee is to mate with a queen bee to produce eggs which will increase development of the hive. The other bees are worker bees. These are non-reproductive female bees whose job it is to protect and support the queen, and care for the larvae. Worker bees are busy finding nectar from flowers to make honey which is the most important product of colony life.

A Christian mother is the queen bee of her home. She works from a Holy Spirit strength-based perspective and she is very intentional in her role. She strives to be a wonderful example of a twenty-first century Proverbs 31 virtuous woman. She is disciplined; a woman who challenges herself; is not selfish; and is committed to the cause of her home, church, and community.

### **Life Reflection:**

*Proverbs 31:21 says, “She looketh well to the ways of her household, and eateth not the bread of idleness.” What are some practical steps you can take to become a good administrator of your home?*

#### **1. BEE The Change You Want to See**

Create the home environment you want to live and minister in. Lead by example. “Show me” is more effective than “tell me.” Women are nurturers. We can carry and bring forth life. The power of God working through us can change a home environment.

#### **2. BEE Real**

You are fearfully, and wonderfully made (Psalm 139:14). Even if you were born as identical twins your temperament would be different and unique to you. It is never wise to compare our home to someone else’s home. It’s wonderful to have role model’s that are godly, mature, Christian women (Titus 2:3-4), but remember God has a custom plan for our life. Through prayer, dedication, and a strong desire to build a Christian home environment, the Holy Spirit will guide and empower you to erect the home structure that is right to meet the unique needs of your family members.

### **Life Reflection:**

*Romans 12:6 (MSG) says, “Let’s just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren’t.” Quite the whispers of comparison by reminding yourself of God’s goodness. Take a moment to express your gratitude to the Lord!*

*“Comparison is the thief of joy” -Theodore Roosevelt*

#### **3. BEE Friendly and People Oriented**

As Christian women in the community and local church, we are to love people. Friendship will draw others to the Kingdom. Small things do matter. Send a text. Make that telephone call. Write a card. Let her know you care and are praying for her and her family.



### **Life Reflection:**

*We all have a responsibility to share the Gospel with those in our circle of influence. Where can you find opportunities to build friendships that lead to evangelism?*

*“Our actions are a physical manifestation of our values” -Michael Ensey*

#### **4. BEE Hospitable**

When you share and serve others, you are creating an atmosphere of spiritual influence and sisterly bonding that will promote a unified vision for personal and corporate church growth. Hospitality encourages teamwork, love, kindness, and is an expression of gratitude.

### **Life Reflection:**

*In I Timothy 5:10, the Apostle Paul instructed Pastor Timothy on how to find people to use in the ministries of the local church. Paul said, look for those “having a reputation for good works: if she has brought up children, has shown hospitality, has washed the feet of the saints, has cared for the afflicted, and has devoted herself to every good work” (ESV). Based on one or more of these virtues, do you qualify for ministry in your local church? If you are not already involved, talk to your pastor about where you can contribute.*

#### **5. BEE Prayerful**

Personal prayer and devotion are the key to good success in becoming a virtuous woman. A consistent prayer life will help you keep your mind peaceful and your thoughts in wholesome places. In prayer, we get the mind of Christ (Philippians 4:6 KJV). Let your request be made known unto God. Tell Him that you want to become a virtuous woman - one who is striving for excellence of spirit, mind and body.

### **Life Response:**

**“She girdeth her loins with strength, and strengtheneth her arms”** (Proverbs 31:17 KJV).

In the Bible, a “girdle” is used as a symbolic source of support and strength for the physical armor a soldier wore as part of his attire in preparing for battle. Today, we are strengthened with the “girdle” of the Holy Spirit. He will provide us with all the virtues that we need to accomplish the challenges of the task before us. The Holy Spirit subdues all things that work against us to steal the joy and contentment in our home. The Holy Spirit and unwavering faith in God will energize us with the physical strength required to perform the duties and responsibilities of each day.

**“For thou hast girded me with strength for the battle: thou hast subdued under me those that rose up against me”** (Psalm 18:39).

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