

# Faith Fight Podcast - The Virtuous Woman

Women want to be her... and single men want to meet her. Yes I'm talking about the virtuous woman. Proverbs 31 describes this woman, but there are so many other verses in the bible that give a good picture of characteristics that women should ascribe to follow. Let's get into this episode.

*Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. - 1 Peter 3:3-4*

This verse is not saying that you should ignore taking care of yourself. Women should do whatever they want to do to look attractive. But all the effort shouldn't be put on the outward appearance and neglect the inward character. Beauty will fade as we get older but your inward character will continue to evolve and make you more attractive to your husband.

*Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. - Ephesians 5:22-23*

Women are to submit to their husbands as they would to the Lord. This is not a position of dominance over the wife but responsibility and accountability. Wives are accountable to their husbands and follow their lead as the men follow Christ.

*He who finds a wife finds what is good and receives favor from the Lord.  
- Proverbs 18:22 NIV*

This verse states that it is good to be married. Today's emphasis on individual freedom is misguided. Strong individuals are important but so are strong marriages. Women have an important role in marriage and in doing their part God's favour will be realized in the household.

*However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. - Ephesians 5:33 NIV*

The end of this verse speaks about wives respecting their husbands. For men one of the greatest things a wife can do is respect their husband. This can come in many forms, through helping him in what he is doing, listening to things he suggests and following his lead. These are just a few examples to get you started thinking about it for yourself.

*An excellent wife is the crown of her husband, but she who brings shame is like rotteness in his bones. - Proverbs 12:4*

As a husband myself, when it comes to talking about my wife, I love to share with others how great she is. Husbands should brag about their wives and wives should act in a way to give their husbands something to brag about. It could be how great you are in your career. How well you bake or how awesome you sing. Women be excellent in everything that you do so that your husbands can brag about you. This is how you can be a crown on your husbands head.

*The wisest of women builds her house, but folly with her own hands tears it down. - Proverbs 14:1*

This verse is very self explanatory but simply put, women, wives... pick your battles and only do what will build up your household. You may win an argument but lose the war... and you and your husband should be fighting the same enemy, not each other.

*“Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can urge the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.” - Titus 2:3-5 NIV*

Women who are new Christians were to learn how to have harmony in the home by watching older women who had been Christians for sometime. Younger wives and mothers should learn to live in a Christian manner loving their husbands and caring for their children through observing exemplary women of God.

*It is better to live in a corner of the housetop than in a house shared with a quarrelsome wife. - Proverbs 21:9*

Women this verse is saying that you shouldn't continue to nag your husband for the same thing over and over again. This verse applies if your husband has made a decision after careful consideration. Don't nag him over and over to change his mind. Eventually he will not want to be around a person like that. Let God give you wisdom on how to approach these situations and pick what battles you will fight or let go.

*An excellent wife who can find? She is far more precious than jewels. - Proverbs 31:10*

Every single man out there is searching for an excellent woman for his wife and they are very hard to find like precious jewels. Through studying the character of Godly women in the bible and learning from other women who are mature Christians, you can become that excellent wife that is so difficult to find. Prepare yourself for this now by working on your character.

# Weekly Prayer Plan – The Virtuous Woman

## How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

**Time:** \_\_\_\_\_

**Place:** \_\_\_\_\_

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

*God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.*

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

*When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.*

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

*Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.*

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

*We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.*

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

*Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.*

**Read through the scripture passages for today as listed below:**

Meditational Verses

Monday: **1 Peter 3:1-6**

Tuesday: **Ephesians 5:21-24**

Wednesday: **Titus 2:3-5**

Thursday: **Proverbs 12:4**

Friday: **Proverbs 21:9**

Saturday: **Proverbs 31:10-31**

Sunday: **Proverbs 14:1**

**Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.**

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

*We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.*