

*30-DAYS
OF BIBLE STUDY
FOR BLACK WOMEN*

A DEEP DIVE INTO PROVERBS 31 TO
BECOME A WOMAN OF STRENGTH,
WISDOM, AND VIRTUE

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INTRODUCTION

This book is a beacon for those seeking to grasp the profound wisdom of the Scriptures, specifically tailored to the experiences and spirituality of Black women.

Our exploration is more than a simple reading; it is an active engagement with the Word of God. Each day, we will unravel the layers of biblical wisdom to discover its relevance and application in our modern lives.

Structured around ten themes, this study is designed to immerse you in the virtues of the virtuous Proverbs 31 woman. Each theme, from Hard Work to Wisdom, from Compassion to Honor, is covered over three days, providing a reflective study period. You will be encouraged not only to read scriptures of the bible, but to introspect, to journal, and to apply these timeless truths.

Here is how we journey together: Begin each day with an open heart and mind as you read the day's passage and reflections. Contemplate the questions provided, allowing them to stir your thoughts and prayers. The journaling section is your sacred space for dialogue with God and with yourself; it's where personal discoveries are found.

Each page is a step towards a deeper understanding of your divine purpose and potential. Embrace this journey with faith, with hope, and with the joy of knowing that each day is a new opportunity for growth and grace.

DAYS 1, 2, 3

*She is
Hardworking*

DAY 1

BIBLE READINGS: GENESIS 2:15, RUTH 2:5-7,
PROVERBS 31:15-16, PROVERBS 14:23

Hard work is a core virtue that the Proverbs 31 Black woman possesses. As a matter of fact, in both the secular and biblical context, hard work is a very attractive trait that sets people apart. People who end up making meaning out of their lives are not necessarily the smartest or gifted, but people who can put in the work.

This hard work is often a sign of black women's strength and resiliency in the face of societal injustices and systemic obstacles.

We see from the very beginning that hard work is God's design for humans as typified in Genesis 2:15, this scripture indicates that God wants man to work. Also, if we are to put the creation story into perspective, God put in some work to come up with the beautiful world we live in. These examples indicate that hard work is a fundamental necessity, and above all, God's plan for humanity.

Moving away from Genesis and going through other aspects of the Old and the New Testaments we see that the Bible is loud on the need for hard work. A classic example of the benefit of hard work is the story of Ruth, the Moabitess, who stayed true and through and ended up being a part of the lineage of our Lord and Savior.

DAY 1

She was known for her hard work, and this paved the way for her and helped her find favor in the sight of Boaz (whom she eventually married). Read Ruth 2:5-7.

SHE PROVIDES FOR HER FAMILY AND THOSE WHO ARE NOT

Read Proverbs 31:15. This verse points out that the P31 woman provides, and it doesn't base this on the condition that her husband also provides. Of course, in an ideal Christian home, and one based on biblical standards, it is expected that the man provides; however, verse 15 of Proverbs 31 states that the woman also provides. This means she has a part to play in providing for the family. It says, "She gets up while it is still night" – a pointer to her diligence and determination to ensure her family is provided for. Furthermore, the result of her willingness to provide is that not just her family benefits but also her female servants. The P31 woman's hard work benefits her family and others who are not. Read Deuteronomy 24:14, we see her providing for her female servants aligns with God's command.

Being a hardworking woman is beneficial to you, but the benefits go beyond you; they extend to your family and those around you who may need one thing or the other.

DAY 1

SHE IS FORWARD THINKING AND MAKES SOLID PLANS

The P31 Black woman is a woman with foresight; one who makes long-term plans that end up being worthy investments. Verse 16 of Proverbs 31 points to the fact that the P31 is constantly in search of ways to expand and invest in profitable ventures. She can make such decisions because she is forward-thinking and earns. This virtue is especially resonant for Black women, who have historically navigated systemic challenges to create and sustain wealth. The resourcefulness they demonstrate in the face of adversity reflect the essence of the P31 woman, turning obstacles into opportunities for financial independence and community upliftment.

Some women have solid plans but are limited because they do not have the means to actualize such plans. Some other women have the means but are not forward-thinking and do not have plans to sustain those means. A P31 woman is a woman with both the means and solid plans for multiplication. She plants a vineyard with a plan in mind – that the vineyard will yield fruits in abundance.

She is not all talk with no corresponding action. She talks, plans and acts upon these plans. Proverbs 14:23 calls our attention to the need to work the talk. As we desire the good life and make plans, we should ensure we actualize these plans because only then are our dreams justifiable.

DAY 2

BIBLE READINGS: PROVERBS 31:17, PROVERBS 22:29,
RUTH 1:16, RUTH 2:23, RUTH 2:8-9

SHE IS DILIGENT AND COMPETENT

It is one thing to work hard, and it is something entirely different to display competence in hard work. Some women put in a lot of effort and work into their craft but, some level of competence is lacking, and this could be counterproductive. In as much as it is good to be hard working there must be a display of competence in hard work. A woman who is hardworking but is not competent is limited in how far she can go. The P31 woman is both hardworking and competent. She is diligent and at the same time, well-trained and suited for whatever she lays her hands on.

Proverbs 22:29 further echoes the importance of skillfulness and competence, a woman who is hardworking and equally competent is one whose gifts open doors for her. This is a call to not just work hard but to develop and improve yourself as a woman. A woman that is constantly growing in skill, wisdom, knowledge and competence, is a woman that is highly sought after.

DAY 2

SHE HAS A “RUTH” MINDSET

The "Ruth" mindset is a mindset that does not look for the easy way out of things; it is one that a woman possesses in which she's not satisfied with remaining in her comfort zone. Ruth married one of Naomi's sons, and the "logical" thing for her to do after her husband had died was to find her way and start another life. However, despite Naomi's counsel to leave, Ruth stayed behind and followed what seemed like a difficult path. Read Ruth 1:16.

This was not going to be an easy path for Ruth, but she made her mind up to stay back and help her Mother-in-law even though all odds were stacked against her. We see in chapter 2 of the book of Ruth that she made the offer to go pick up the leftover grain in the fields. Read Ruth 2:2-3.

This decision Ruth made to work on the field was what turned her life around, and not just hers, but everyone connected to her. If she had not stayed back with Naomi and taken the supposedly difficult path; if she had not gone out to glean in the fields, she may never have met Boaz and found favor in his sight. There are some steps and moves we need to make that will position us in a place where we can experience the favor of God. However, if we remain in our comfort zone and always look for the easy

DAY 2

way out, there are opportunities we will never encounter. Ruth made a move that made Boaz recognize her, and immediately, she found favor in his sight. Read Ruth 2:8-9.

All these steps Ruth took, which initially seemed inconvenient, led her to become an integral part of the lineage of Jesus. There are a lot of lessons to learn from the "Ruth" mindset.

Read the book of Ruth and point out some actions Ruth took that demonstrated hard work.

DAY 3

BIBLE READINGS: PROVERBS 31:19, PROVERBS 22:29,
RUTH 1:16, RUTH 2:23, RUTH 2:8-9

As we desire to have the "Ruth" mindset and leave our comfort zones, we can ponder on Ruth's life and evaluate our lives to find out where we need to do better and imbibe these traits of a virtuous woman.

From verse 19 of Proverbs 31, the distaff and spindle are tools that were used by women of old to spin wool. In this context, they are metaphors for the fact that a P31 woman is not afraid or ashamed to put in the work or get her hands dirty. Your craft may not be spinning wool or weaving, but whatever it is, you should be willing to put in all the work and effort. Ruth was not ashamed of getting her hands dirty, and this paved the way for her in life.

BENEFITS OF BEING A HARDWORKING WOMAN

Being a hardworking woman cannot be overemphasized; apart from being a divine command, being hardworking comes with loads of benefits:

DAY 3

1. A hardworking woman has something substantial to offer herself and others. She is not a liability and can cater for her personal needs and the needs of others.
2. Hard work opens doors for a woman. There are places you will never enter and tables you will never be able to sit at if you are not ready to put in the work. Hard work announces you and opens you up to opportunities.
3. A hardworking woman can pass good values down to the people she influences. These people could be her children, siblings, younger colleagues and so on. She becomes a point of reference for positive things.
4. A hardworking woman can adequately provide for her family and support her husband in this responsibility.
5. A hardworking woman is valued and respected. She speaks, and people listen; she is a beacon of hope and possibilities, and above all, she finds favor in the sight of God.
6. A hardworking woman ends up doing big things and making history for God. Any woman who will be used by God is ready to do the work. God does not use lazy people to fulfill His counsel; He uses people who are readily available and willing to do all it takes to fulfill His plans.

DAY 3

This chapter highlights hard work, a trait deeply rooted in the resilience and heritage of Black women. God has a distinct plan for you, acknowledging the unique challenges and strengths you hold as a Black woman. He guides you to recognize these virtues within yourself, reflecting the esteemed qualities of a P31 woman in your unique journey.

Make a list of the points about a hardworking woman that most caught your eye. Grade yourself on how much you are walking as a P31 hardworking woman and set goals for some time, on how much you want to get better. Of course, this should be done with absolute trust and dependence on God:

DAYS 4, 5, 6

*She is
Compassionate*

DAY 4

BIBLE READINGS: PROVERBS 31:8-9, ZECHARIAH 7:9-10

One definition of compassion is “a sympathetic consciousness about the distress of others with a desire to alleviate such distress.”

The Latin root word for the word, "compassion" is "pati" which means to suffer, and the prefix, "com" means "with." If you bring both words together, compassion originates from "compati" and literally means "to suffer with." The connection of suffering with another person takes compassion from the level of sympathy to the point of empathy. However, compassion goes beyond empathy. This is because empathy is the ability to relate to the pain of another person like it's yours but without an active component.

The component of action is what separates compassion from pity, concern, empathy, sympathy, condolence, etc. Compassion GETS INVOLVED. When others try to maintain some distance between themselves and those who are suffering, compassion goes all out to address such suffering.

DAY 4

The Bible defines compassion by showing us what it looks like and what being compassionate entails. We see the need for compassion and the need to value others such that we can go to great lengths to ensure they are okay. Proverbs 31:8-9 says, "Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly: defend the rights of the poor and needy." From these verses, it is clear that being compassionate is not an abstract concept; there is some tangible action attached to it.

Furthermore, we see in Zechariah 7:9-10 an instruction from God through the prophet Zechariah about compassion.

The P31 woman is also portrayed as one who is compassionate and extends her hand to the needy. The previous chapter points out the hardworking nature of the P31, and this chapter is an ideal continuation of that flow of thought. Some women are hardworking and give their all to diligence, but when it comes to others benefitting from the results of their hard work, they are nowhere to be found. Therefore, a P31 Black woman is not just hardworking,

DAY 4

but compassionate enough to allow others to benefit from the result of her hard work. She is not just "compassionate at heart" but is seen doing things that suggest she is a compassionate woman.

DAY 5

BIBLE READINGS: MARK 20:30-34, PROVERBS 31:20,
ROMANS 5:8, LUKE 10:30-35

As believers, we find our perfect example in Jesus Christ, and from a lot of accounts in the gospel, we see various displays of compassion from Him. All of Jesus' miracles stemmed from a place of compassion – this reiterates the truth that there is always a corresponding action to the feeling of compassion. Read Mark 20:30-34.

Jesus had compassion on them and touched their eyes. Immediately, they received their sight and followed Him. After feeling the emotion of compassion, Jesus DID something – He touched their eyes and healed them.

The very fact that Jesus came to the world to be a sacrifice for our sins is the ultimate display of compassion. We did not deserve his sacrifice, but because of God's great love for man we have received mercy and are called to live lives of compassion and mercy.

HER SHOW OF COMPASSION IS NOT CONDITIONAL

For black women, compassion has deep roots in overcoming unique challenges and injustices. By practicing unconditional love, we can foster healing and

DAY 5

empowerment within their communities, addressing systemic barriers and personal hardships..

Read Proverbs 31:20. The poor and the needy are in no position to return favors, and they have done nothing really to make them "qualified" for the compassion a P31 woman has to offer; that is why conditions should not be attached to the expression of compassion. A woman is not truly compassionate if conditions are attached to her expression of compassion. In Romans 5:8, we were in a state where we were incapable of returning any favors, a state where we did not know who God was, yet he gave his life for us. This is the model for the P31 woman. She shows compassion without necessarily expecting something in return or looking for those qualified for her compassion.

SHE IS COMPASSIONATE NO MATTER THE SITUATION

The display of compassion from the P31 woman is not based on convenience. There will be times when being compassionate is difficult, but an understanding of the true meaning of compassion is what keeps you going.

DAY 5

Read the parable of the Samaritan in Luke 10:30-35.

This is a story most Christians are familiar with, but the depth of compassion expressed may elude some who do not understand what it meant to be a Samaritan in the days of Jesus.

To understand the origins of the Samaritans we need to go back in time to the days of the kings...

After the reign of King Solomon, the unwise actions of his son, Rehoboam led to the division of the Kingdom of Israel into the Northern and Southern portions, each with its king. Both kingdoms got involved in corruption and sin despite repeated warnings from God through his Prophets. As a result, God warned that they would be overtaken by conquerors. The Northern kingdom was worse than the Southern kingdom with a long line of wicked rulers who disregarded God and his commands. Also, it didn't help that the temple was located in the Southern kingdom.

Unfortunately, in 721 B.C., the Northern Kingdom of Israel fell to the Assyrians. Many of the people of Israel were led off as Assyrian captives, but some stayed back and intermarried with foreigners planted by the Assyrians.

DAY 5

The result of these unions led to the procreation of half-Jewish, half-Gentile people known as Samaritans.

The Samaritans created, for themselves, a religion the Jews considered heresy. They established centres of worship, and had their unique version of the five books written by Moses, but rejected Jewish traditions and writings of the Prophets. The Samaritans saw themselves as the true descendants of Israel and custodians of the Jewish religion while seeing the temple in Jerusalem and the Levitical priesthood as illegitimate.

Also, when Jews returned to rebuild Jerusalem, they were opposed by Samaritans and this led to further tension between both sects. The Jews viewed Samaritans as more revolting than pagans; half-breeds who defiled the true religion.

DAY 6

BIBLE READINGS: PHILIPPIANS 2:5-6, EPHESIANS 5:1-2

For day 6 let's get back to the story of the good Samaritan.

He must have grown up knowing the hostility that existed between his people and Jews, and that probably influenced his view of life. However, he didn't hesitate to show compassion to the injured man (who by implication is believed to be Jewish). This was certainly not convenient for the Samaritan. What if he was held responsible? Did he not have personal business to attend to? Did he not have use of the two denarii (2 day-wage) he spent on the man's treatment? These are all valid questions, nevertheless, he went beyond what was convenient for him and showed compassion. This is the example we find in Jesus as recorded in Philippians 2:5-6.

This was certainly not convenient for Jesus; leaving all his glory and coming to die for sinful man. Nevertheless, he stayed on course and did all he needed to do to save you and me – That is true compassion.

DAY 6

As a P31 woman or one working on becoming one, being compassionate will not always be easy. 80 per cent of the time, it will stretch you and make you uncomfortable, but as you constantly keep in view the example of Jesus, you get better at expressing the trait.

SHE IS NOT BENT ON SETTLING SCORES

She is not driven by revenge, no matter what people do to her. Is she firm and stands for what she believes is just? Yes, but she is not driven by retaliation, but compassion. Some people do everything within their power to get on our nerves, and the logical thing to do is to revenge, especially if it means teaching them a lesson not to cross our paths. However, we are not people driven by just the end, but also the means to the end.

Read Ephesians 4:32. The P31 woman forgives and does so because she has also received forgiveness in Christ. The Samaritan could have decided to settle scores with the injured Jew and left him to die, but he overlooked their differences and came to his rescue. That is the true pattern of compassion we find in Christ.

DAY 6

Have there been ways you have displayed compassion from your unique experiences as a black woman?

Are there bridges you need to mend and people you need to show compassion?

What is lacking in your expression of compassion and what are you committing to adding?

DAYS 7, 8, 9

*She is
Prepared*

DAY 7

BIBLE READINGS: PROVERBS 31:25, PROVERBS 28:19-20, PROVERBS 6:6-8, PROVERBS 20:4

The P31 Black woman is always prepared for what is to come; nothing catches her unawares and, she is confident to face days ahead of her. Her preparation cuts across different aspects of life, including spiritual, financial, and physical, among other aspects. Being prepared as a P31 woman is not just for physically challenging situations but is very important for living the Christian life as we await Christ's return.

She may not necessarily have complete control over how the future turns out to be, but she can determine how she responds to it through her preparation. The Biblical approach to the future involves prayer and preparation, more than prediction and planning. This applies whether we are talking about our personal lives, ministry or the second coming of Jesus. There has to be a perfect balance between preparation and involving God in the equation.

Proverbs 31:25 echoes the mindset of preparation the P31 woman has. Also, as a result of her preparation her family benefits; the same way the family of an unprepared woman suffers.

DAY 7

SHE PREPARES ECONOMICALLY

As stated earlier, there are different aspects of preparation that a P31 gives herself to. One of such aspects is economic preparation, meaning she gives herself to honest labor so she can provide for herself and her family.

Proverbs 28:19-20 says, "Those who work their land will have abundant food, but those who chase fantasies will have their fill of poverty. A faithful person will be richly blessed, but one eager to get rich will not go unpunished."

From the scriptures of Proverbs 6:6-8 and Proverbs 20:4, it is clear that a P31 woman is one wise enough to work hard and save for the rainy days because those days are almost inevitable. She thinks ahead and stores up so that she and her family have something to fall back on when the tough times come. As she trusts God and works with her hands, she is also prudent and plans for the days ahead. We have heard stories of women who worked, saved and kept saving even the money their husbands gave them. These steps they took to save were what eventually helped their husbands out of a financially tough period. The P31 woman can help her husband and family out of tough times because of her foresight and preparedness.

DAY 8

BIBLE READINGS: PROVERBS 24:10, JOHN 16:33, 1
CORINTHIANS 10:13

Challenges are inevitable in our flawed world, particularly for black women facing unique societal and cultural hurdles. The P31 woman, rooted in faith and resilience, prepares for challenges—whether physical, emotional, health-related, or financial—with wisdom and community support. She's ready to face any obstacle, transforming adversity into strength and testimony.

Proverbs 24:10 shows that there is an expectation of the Believer to stand strong in the face of adversity. However, you will not be able to stand firm in the day of trouble if you have not built the strength and capacity for it.

Preparing for challenges does not mean constantly walking in fear or worry of bad things to come (this is another extreme that should be avoided). It simply means you are building your capacity, your mindset, and your spirit, as you should so that when challenges come your way, you are not scampering and just starting the journey of preparation.

DAY 8

Jesus, in John 16:33, spoke about the inevitability of challenges. Jesus reiterates the need to face challenges from a standpoint of victory, but you will not be able to do this without adequate preparation. Challenges are a constant, and knowing this makes the P31 woman equipped and ready to face challenges no matter how overwhelming they may seem. There is some encouragement in 1 Corinthians 10:13, let us take some time now to read it.

This is a profound assurance that whatever you are going through or may go through, is not something new to mankind. People have gone through such things and have come out of them; you do not have to be the exception. Furthermore, we are encouraged that God will not allow us to face any temptation or challenge that he has not given us the capacity to overcome. Ways a P31 woman can prepare for challenges include, growing strong in faith by studying the word, growing strong in her spirit by doing the word and growing in wisdom.

DAY 9

BIBLE READINGS: MATTHEW 25, ROMANS 10:8-10,
MATTHEW 25:34-40

SHE PREPARES FOR THE COMING OF JESUS

As Christians, a fundamental tenet of our faith is the belief that Jesus is coming back again to take his own who will dwell with Him forever. This truth is established in the scriptures and places a demand on us to make our lives count for Jesus. We are not living as those who are scared of missing the second coming of Jesus, but we are living our lives as those who love Jesus and do everything to advance his kingdom. The P31 woman prepares for the second coming of Jesus and passes this preparation to everyone around her.

This brings to remembrance the parable of the 10 virgins recorded in Matthew 25. It is a long read, so you may need to pay extra attention.

This parable of Jesus is highly instructive as to our preparedness for his coming. We can prepare in the following ways:

- **By believing in Him:** Romans 10:8-10 simplifies what it means to believe and how to go about it.

DAY 9

So, the first way to prepare for the coming of Jesus is to believe in his sacrifice for you.

- **By making your life count for the gospel:** After you have received the gospel and believed in Jesus' sacrifice for you it is equally important to bring others into this reality you are experiencing. Jesus, in Matthew 28:18-20, gave a clear instruction to his disciples, and by extension, every believer to carry his message all around the world. The P31 has a responsibility to spread the knowledge of the light of the gospel to the dark places of the world, and this responsibility comes with an assurance that Jesus will always be with us to the end of the age.

- **She is committed to good works:** The P31 woman also prepares herself for the coming of Jesus by giving herself unto good works. These good works are typified in Matthew 25:34-40. So, good works involve tending to the needs of the needy and being there for them. Through these activities, there is an opening for you to talk about the love of God and even preach to people who have not received Jesus.

DAY 9

Do not just focus on your immediate family; a P31 woman also supports her community, especially recognizing the unique struggles and strengths within the Black community. She acts with kindness and empowerment, honoring the resilience of Black women through generations.

Are there ways you are failing in preparation, either economically, in facing challenges, or in the second coming of Jesus Christ? Write them down below and spell out how you want to improve on these shortcomings.

DAYS 10, 11, 12

*She is
Humble*

DAY 10

BIBLE READINGS: PROVERBS 22:4, COLOSSIANS 3:12-13, PHILIPPIANS 2:5-9, MATTHEW 18:1-4, MATTHEW 20-20:28

The P31 woman puts humility into daily practice. It is important to note that humility is not an easy virtue to exercise, it takes courage, discipline, and faith to exemplify humility daily. Nevertheless, it is an important trait to build as a follower of Christ.

Beyond being a sign of moral uprightness, humility is a spiritual trait that the Bible calls the believer to imbibe. Proverbs 22:4 gives a succinct definition of humility.

The fear of the Lord in this passage does not refer to being scared of the Lord, or getting jittery anytime anyone speaks about God; it simply means reverence and an understanding of the sovereignty of God. It is acknowledging that only God deserves all glory and honor.

Therefore, being humble means that we reckon that we are dependent on God and without Him, we wouldn't be who we are, have what we have or lead the life we live. Practical humility means we place ourselves in a position that points all the attention to God.

DAY 10

There is an extreme thought pattern that suggests being humble means having low self-esteem or not being allowed to think nobly of ourselves. Some people even think of themselves as lesser than who God has made them and think it is humility. You calling yourself lesser than what God has made or called you is pride, not humility, as you may think. Humility means we know and see ourselves as God's children and love ourselves as He loves us. It does not mean we are self-seeking, arrogant or greedy; it means we esteem ourselves, just as God esteems us.

Biblical humility is presented as the practice of meekness, obedience to God, submissiveness, respect for self and others, modesty and putting the needs of others before ours.

Colossians 3:12-13 - This scripture comes from the understanding that "to whom much is given, more is expected." It is because of our understanding of the love of God that we can be humble and kind to others. People who are not humble have not grasped what the love of God is.

As believers, we find our perfect example of humility in the sacrifice of Jesus. Philippians 2:5-9 points our attention to this truth.

DAY 10

This scripture (Philippians 2:5-9) is a precise and accurate description of what it means to be humble and the results of being humble. No one that was ever exalted, started in that position of exaltation, there must have been moments of humility and obscurity which a person went through before they came to the limelight. A P31 woman understands humility in the face of Jesus and replicates the example set before us by Jesus.

In the Gospels, Jesus was not silent on the subject of humility; he was loud about humility which was a pointer to the ultimate show of humility in his sacrifice for our sins. Jesus always acknowledged the Father in his teachings and pointed the people in the direction of the Father. In Matthew 18:1-4, Jesus' disciples came to Him seeking answers on who the greatest is in the kingdom.

Similarly, in Matthew 20:20-28, Jesus pointed out what it means to be great in the Kingdom of God.

This is a very profound depiction of what humility in the kingdom of God is. A P31 woman must always seek to serve and not be served because that is the example that is found in Christ. Jesus was not just saying these things, but he acted on them and became that perfect example of humility and service to us as Christians.

DAY 11

BIBLE READINGS: LUKE 14:7-11, JOHN 12:49-50,
ROMANS 12:3, PHILIPPIANS 2:3-4

Still in the Gospels, Jesus, in Luke 14 saw how the Pharisees rushed to the important seats at a banquet and he corrected that behavior. Read Luke 14:7-11.

There are many lessons on humility the P31 woman can pick from the sayings of Jesus. Humility will always set you apart and do not forget what humility has been explained as. It is not timidity or weakness; it is simply esteeming yourself as God esteems you and considering others before considering yourself.

SHE SEES GOD AS HER ULTIMATE SOURCE AND REGARDS HIM ACCORDINGLY

She sees God as her essence, no matter what she has achieved in life. Jesus typified this in John 12:49-50.

Jesus never hesitated to point the people's attention to the one who sent Him. He could have easily ascribed all glory, honor and attention to Himself, but he knew better and revealed the father to the people.

DAY 11

He constantly acknowledged God as his source and reason behind everything he did. The P31 should imbibe this attribute of pointing people's attention, away from herself and to God. Paul, The Apostle, in Romans 12:3 instructs us to not think of ourselves more highly than we ought to.

Paul does not say we should not think highly of ourselves, he says we should not go beyond our true estimation because that is pride. The P31 Black woman esteems herself as she ought to and ensures that the glory of God is the central message reflected in her life.

SHE PREFERS OTHERS ABOVE HERSELF

She places the needs and interests of others above hers. Philippians 2:3-4 echoes this trait.

Paul does not say it will be easy, neither does he say you should value others above yourself because they reciprocate it, he just says you should do it. Motherhood teaches this, but it doesn't teach everything about placing the interests of others above yours.

DAY 11

This is because it is easier to do this for people you know and love than for people you do not necessarily have a relationship with. Humility places a demand on the P31 woman to esteem the interests of others above hers.

Initially, it may look like people are taking advantage of you and trampling on your rights, but as time goes on, you realize that better things are coming your way as a result of your humble disposition to life.

Of course, there is a place for drawing boundaries for people who do not mean well and who just want to take advantage of you, not caring about the implications for you. There is wisdom in discerning such people, but apart from that, you have to be humble such that you place the interests of others over yours.

DAY 12

BIBLE READINGS: EPHESIANS 5:22-25

SHE IS NOT OBSESSED WITH BEING IN CHARGE

You may begin to wonder how it is possible to balance being hardworking prepared and forward-thinking with not taking charge. Isn't that contradictory? Earlier chapters of this book have indeed spoken about the P31 woman taking responsibility and being proactive to ensure that she can take care of her family, but this doesn't mean she will always have her way. The way God designed the family structure is to typify the relationship Christ has with the church – the husband, representing Christ as the head, and the woman, the church. This is God's design and nothing can change it, no matter how much the world tries to modify and adulterate it.

Read Ephesians 5:22-25.

The reason why some Christian women have issues with this instruction is that they probably married wrongly and chose someone who is not committed to living by the word. If you made the right choice, submitting to his

DAY 12

headship should not be a problem because you can rest assured that he is going to love you as Christ loves the church and he is not going to lead you astray even if you don't agree with all the decisions he makes. A P31 woman is a strong woman who is not obsessed with being in charge all the time because things will not always go your way. Even outside the marriage context, you must learn to settle with the fact that things will not always go the way you desire, even if you can do better. It is humility to sometimes choose to stay by the sidelines.

Consider the virtue of humility through the lens of a Black woman. How well are you doing with humility? What are the things you think you need to drop to live a life of true humility?

DAYS 13, 14, 15

*She is
Respectful to
Others*

DAY 13

BIBLE READINGS: 1 SAMUEL 25:2-19,

The P31 woman is a respectful woman and this trait is built on the foundation of humility. A woman who is not humble will find it very difficult to be respectful to anyone. The story of Abigail seems to be a perfect tale to typify what respectfulness, submission and courage do for a person. 1 Samuel 25 from verse 2 tells the story of Abigail and how she saves her entire household from the consequences of her husband's folly. Read. 1 Samuel 25:2-12.

Let us analyze David's presentation and Nabal's response and see what respect is and what it isn't. In this account, it is clear that David and Nabal's servants have some history in which David and his men showed them kindness. David believed that since he showed Nabal's men kindness when they needed help, it was not out of place to request for help from Nabal. In as much as it can be argued that Nabal owed David, David's presentation was one of respect and honor for Nabal. However, Nabal disrespected and insulted David with his response. It can be implied that his servants must have told him about the kindness David and his men showed to them when they needed help.

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It can also be implied that Nabal must have heard about David considering that this was after he killed Goliath; he must have known that the Lord was with him and made him victorious in his endeavors; nevertheless, he disrespected David and didn't feel remorseful about it. Read 1 Samuel 25:13-19.

DAY 14

BIBLE READINGS: 1 SAMUEL 25:20-35, 1 SAMUEL 1:10-17

Abigail is introduced as a respectful woman who can take counsel from a servant. If she was like Nabal who could disrespect someone of the calibre of David, it wouldn't have cost her anything to shove aside a servant. Fortunately, she was not that type of person, and it paid off.

Read 1 Samuel 25:20-28

This presentation clearly shows the posture of Abigail's heart and how respectful she is to people. We could have easily said she did all these things because of the type of man David was, but we also saw her show respect to a servant. So, she was not putting up a show for David; being respectful was who she was. The P31 woman is respectful to anyone, irrespective of their social standing. Her initial disposition to anyone before getting to know them is respect.

Let's consider David's response. Read 1 Samuel 25:32-35.

Abigail's humble response turned David's heart, and he saw the error he was about to make. He had just recently spared the life of Saul, who wanted to kill him, yet he was

DAY 14

quick to decide to exterminate the entire household of a man who had merely insulted him. Perhaps, his life of exile had angered him, and his anger had nearly driven him to seek vengeance against a man who wasn't the real enemy.

As we see the blessings that respect attracts, we can also see the scary consequences a singular act of disrespect can birth. Nabal's disrespect and dishonor for David could have cost him his whole lineage, but Abigail's wisdom and respect for David averted this – that is a true P31 woman.

The story of Hannah should also be brought into perspective to echo the blessedness of being a respectful woman. Read 1 Samuel 1:10-17.

This is a very interesting account of honor, respect and patience. Eli's judgment of Hannah being drunk was wrong, and for what she was going through at that moment, reacting in a harsh tone may have been justifiable. However, Hannah did not let what she was going through cause her to disrespect the man of God. This choice she made was instrumental to her receiving her miracle.

Imagine Hannah responded to Eli based on the way she felt, she wouldn't have received the miracle of children. An important thing to note is that God will always use men for us, despite their imperfections, and we must train ourselves to respect and receive of them, even with the understanding that they may make mistakes.

DAY 15

BIBLE READINGS: 1 PETER 2:17, ROMANS 13:1-4

SHE RESPECTS EVERYONE

The P31 woman respects everyone no matter who they are, and this is not based on whether they reciprocate this respect or not. She does this because that is who she is and what she has been commanded to do. Read 1 Peter 2:17.

We are instructed to show 'proper respect' to everyone and that includes the old, the young, the rich, the poor, and every category of persons, whether we think they deserve it or not.

SHE RESPECTS CONSTITUED AUTHORITY

Apart from respecting those around her, the P31 woman respects constituted authority even if she is not in support of their leadership. Romans 13 reminds us of the need to subject ourselves to constituted authority. Read Romans 13: 1-4.

The P31 woman respects authority and aligns herself with it.

DAY 15

How much have you been respectful to people around you, your husband, those in lower social standings, and those in authority?

Think about it and evaluate yourself. What areas do you think you can do better?

DAYS 16, 17, 18

*She
Fears the Lord*

DAY 16

BIBLE READINGS: DEUTERONOMY 10:12-13,
DEUTERONOMY 4:10, 2 CORINTHIANS 7:1

The P31 Black woman is a woman who has the fear of God in her. One of the greatest mistakes a believer can make is to get involved with someone who does not have the fear of God in them. This is because there is no telling the lines such people can cross. The reason why you are not able to do some things is the singular factor of the fear of God. The fear of God is a very crucial trait for the P31 woman.

When we talk about the fear of God, we talk about respect for Him and obedience to Him. It means you acknowledge Him as your creator and see Him as your Lord. Having the fear of God means you refrain from doing things that do not depict reverence for Him.

In the Old Testament, a clear connection is made between fearing God, keeping His commandments and serving Him.

Read Deuteronomy 10:12-13 and Deuteronomy 4:10.

From these scriptures, we can see clearly that the fear of the Lord is in obedience, reverence, service, and love for Him, among other things. Furthermore, in the New

DAY 16

Testament, we see fearing the Lord in relation to living a life of holiness. Read 2 Corinthians 7:1. This verse implies our reverence for God is the ultimate motivation for purifying ourselves and walking in holiness.

It is important to note that although the fear of God starts from the heart, it does not end there; there are actions to show whether we fear God or not. We cannot claim to fear God in our hearts and do things that contradict His commandments. There are different accounts of women in the Bible who displayed the fear of God, and we can say they had the fear of God in them because of the things they did.

For tomorrow's study let us consider some of the women in the Bible who had the fear of God.

DAY 17

BIBLE READINGS: EXODUS 1:15-21,
JOSHUA 2:1-12

SHIPHRAH AND PUAH

Read the story of these Hebrew Midwives is recorded in Exodus 1:15-21.

A new Pharaoh arose in Egypt who did not know Joseph or care about his legacy in Egypt, and he made the people of Israel slaves because he was scared of their growing numbers. Pharaoh also attempted to kill the Hebrew male babies at the point of birth through Shiphrah and Puah. But the Bible records that they feared God and didn't do what the king asked of them, not minding the consequences. As a result, God was kind to them and established strong households for them. Having the fear of God may mean you go against what man says because you honor God's command. Such steps may even expose you to the possibility of danger, but God is faithful to keep His own. The fear of God should always override the fear of men.

DAY 17

RAHAB

Before the account in Joshua 2, Rahab was probably known only as a harlot, but that narrative changed because of some choices she made that depicted the fear of God.

Read Joshua 2:1-12.

Rahab's fear of God made her discern that the Lord was with the people of Israel and that he had given them the land of Canaan even before they attacked it. She had heard all that God had done for the Israelites at the Red Sea and all the battles he had won for them. She knew victory for them was inevitable and asked them to spare her family because of the part she played in protecting them. Because of the fear she had for God and His people, she was able to preserve her lineage and ended up being the mother of Boaz, and the great-great-grandmother of King David. A reputable prostitute who was a foreigner became an integral part of the lineage of Jesus Christ because of her fear of God and trust in His faithfulness to His people.

DAY 18

BIBLE READINGS: JUDGES 4:4-9

DEBORAH

Deborah was a solid woman who was both a Prophetess and Judge over Israel. Before Israel had kings, Judges were the leaders, and they were primarily military leaders sent by God to rescue Israel from foreign armies. However, because she was also a Prophetess, Deborah held court and judged the people of Israel as Moses had done. Judges chapters 4 and 5 tell the story of Deborah and how she was instrumental in delivering the people of Israel from their enemies.

Read chapter 4 from verse 4 to 9.

Deborah was a woman who feared God and was obedient to His commands as she was a prophetess and made known the counsel of God to the people of Israel. She showed that she was brave, wise and faithful to God. When others were doing evil, she remained and followed God.

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She was able to lead the people because of the wisdom God gave her, but this wouldn't have been possible if she had gone astray like the other Israelites.

The following are key pointers to the woman who fears God:

- The woman who fears God knows God: Not in rumors, or superstitions, but a firsthand knowledge of God.
- The woman who fears God loves God.
- The woman who fears God serves God: She does this by being a faithful soul-winner, knowing the Bible well enough to teach it to others, and ministering to other people's needs (both spiritual and physical).
- The woman who fears God will be praised.

DAY 18

It is time for evaluation and thinking about your relationship with God and how much you revere Him.

In what ways have you displayed your reverence for God?

What other ways do you think you need to work on in showing your reverence for God?

DAYS 19, 20, 21

*She is
Honorable*

DAY 19

BIBLE READINGS: 2 KINGS 11:1-3,

The P31 Black woman is honorable, and this is not about self-proclamation, but something others can see and testify to. Because of the way she carries and presents herself to the world, she is seen as an honorable woman.

An honorable person believes in truth and doing the right things and lives up to those high principles. No matter where honorable people find themselves, they live up to the standards they have set. The standards could be biblical, spiritual or moral; whatever the case may be, you can predict their response to situations because they only respond to situations based on the standards they live by. Honorable people do not compromise their standards no matter what, and that is a core trait of the P31 woman. There are different examples of honorable women in both the Old and New Testaments, and centuries after their existence, they are still relevant because of what they stood for.

Let us consider some of the honorable women in the Bible...

DAY 19

JEHOSHEBA

This name is not a popular one, and you are likely to be unfamiliar with it; however, this doesn't change the fact that the bearer of the name was an honorable woman worthy of accolades. Her courage and bravery ensured that the lineage of King David would survive. The story of Jehosheba is recorded in 2 Kings chapter 2.

Read 2 Kings 11:1-3.

To give more perspective to this story, it is important to spell out who Athaliah was and why Jehosheba needed to hide Joash from her. Athaliah was the granddaughter of the notorious Omri, popularly known for his evil reign as king over Israel. She was the daughter of Ahab and possibly Jezebel and took after them in their evil ways and spread the worship of Baal. Upon taking power she went after every living relative and murdered them to ensure that her rule was unchallenged. However, due to Jehosheba's heroics, there was a survivor, Joash.

DAY 19

The evil in Athaliah's heart is unfathomable as she decided to extinguish the entire lineage of David, after the death of her son. This meant she killed her sons and grandsons to ensure that her plan came to fruition. To truncate this evil plan, God raised a brave woman in Jehosheba, as opposed to raising an army, to preserve the lineage of David, which Christ would eventually come from. Jehosheba was an integral part of ensuring the Messiah would be born according to God's promises. Despite everything standing in her way, she did all she could to ensure that prophecy came through. She risked everything including her life to protect her brother's son and put a stop to the cycle of death in the family. She could do this because she was an honourable woman who knew what was right and stood by it against all odds. What looked like a simple moral choice turned out to be something much bigger – her obedience was instrumental in fulfilling the prophecies of the coming of Jesus.

DAY 20

BIBLE READINGS: LUKE 1:26-33,
2 TIMOTHY 2:20-21

JEHOSHEBA

Esther was a brave, honorable and strong queen who saved the entire nation of Israel. In the time of the Exile when the Jews lived under Persian rule, King Xerxes got upset with his queen and chose to search for a new queen. Esther was chosen for her beauty and grace, even though Xerxes never knew she was a Jew. Esther was an orphan raised by her cousin, Mordecai, who worked for Xerxes. Despite all of the fame and splendor she was exposed to, Esther remained an honorable woman and hearkened to the voice of her cousin when he informed her about the threat against the Jews. Mordecai convinced Esther that she was put by God in that position of honor to be a savior to the Jews, and he was right. Esther gathered all her courage, after praying and fasting with the Jews, and told the king about the plot against the Jews.

DAY 20

It was easy for her to get the king's audience because of her track record of being an honorable woman, and as a result, the Jews were saved, and Haman became the casualty.

MARY OF NAZARETH

As the mother of our Lord and Savior, Jesus, Mary's role in the Bible cannot be overemphasized. After all, she was the one that gave birth to the savior of the world just as the Angel Gabriel had said. However, it is important to note that Mary was not chosen as the one to birth the savior by chance; she was an honorable vessel, which made her qualify for this supernatural task.

Read Luke 1:26-33.

Mary was a vessel unto honor who kept herself chaste, and that is a major reason why she was chosen as the one to birth the Lord Jesus. She was not the only maiden in her time; she couldn't have been the only virgin. However, she was chosen because she found favor with God. Read 2 Timothy 2:20-21, it talks about vessels unto honor.

DAY 20

As much as Mary was chosen because she found favor with God, it is unlikely that she would have been chosen if she wasn't an honorable woman. Indeed, God is not after using the most qualified, but we have a part to play in preparation, availability and ensuring God has something to work with.

DAY 21

BIBLE READINGS: LUKE 8:1-3,

MARY MAGDALENE

Mary Magdalene is an often misunderstood character in the Bible, but she was indeed a faithful follower of Jesus. Mary Magdalene was a prominent figure in the life and ministry of Jesus and was mentioned several times in the Gospels as a devoted follower. She was present at Jesus' crucifixion, and burial and is believed to be the first person to witness the resurrection of Jesus. Before she became a follower of Jesus, she was possessed by seven demons, and after Jesus healed her, she became a committed follower. She was one of the few female disciples of Jesus who played an important role in the early Christian church. Mary's story is a constant reminder of solid faith and dedication and a testament to what an encounter with Jesus can do to a person. Her desperate longing to be close to Jesus, and serve Him in any way she could, became the story of her life. She knew she had no life without Jesus, and lived the rest of her days following Him.

DAY 21

Read Luke 8:1-3, it is the first introduction of Mary.

Mary was the first to tell the complete Gospel story. When the angels told her to go in Mark 16:7, she became the first person to feel the call and tell of Christ's resurrection. It is important to note that women were not called to testify in that era, and their words did not weigh as much as the words of men; nevertheless, this woman was not discouraged from spreading the message of the resurrection of Christ. Her powerful witness of Jesus Christ was integral to strengthening the faith of others. Through the lens of Mary, we learn a little more about Jesus. He found her in her darkest place and healed her. Mary's actions perhaps spoke the loudest, in her faithful followership and supporting the ministry of Jesus with all she had. She gave her life to following and caring for Jesus. That is something honorable.

PRISCILLA

Priscilla is an example of a Godly and honorable woman in the Bible. She was married to Aquila and the couple was known for their powerful ministry and generosity to those in need. Priscilla is introduced in the Bible in the books of

DAY 21

Acts, Romans, 1 Corinthians and 2 Timothy. She and her husband were tent makers who used this skill as an avenue to earn, minister to the needs of others, and also preach the gospel. Priscilla and Aquila used their business for the furtherance of the gospel and were among the first set of missionaries in their time. They met Paul at some point, and there was a lot to connect on as Paul was also a tentmaker, as well as a preacher of the gospel. A strong bond was formed between the three missionaries, and whether they faced opposition or found avenues to share the word of God, the three friends were always eager to ensure that the message of the gospel spread.

There was a time when a Jew named Apollos came to Ephesus and began to teach with so much prowess. Priscilla and Aquila invited him into their home and taught him more of God's word because they realized he only knew about the Baptism of John.

Read Romans 16:3-4, Paul acknowledges Priscilla and Aquila and the roles they played in his life.

The greatest honor a man/woman can have is to be called and used by God, and Priscilla was such a woman who was giving to the furtherance of the Gospel.

DAY 21

How much of an honorable woman have you been?

What are ways you think you have not been an honorable woman?

What are the practical steps you think you can take to ensure you live a more honorable life?

DAYS 22, 23, 24

*She Has
Self-Respect*

DAY 22

BIBLE READINGS: GENESIS 39:6-14

This section can be called an immediate continuation of the chapter on humility, as it is the other side of the coin. Self-respect is something a P31 Black woman must never lack as it goes a long way in influencing the building of other traits. If you do not know who you are or what you are worth, it is difficult to work toward becoming a better version of yourself.

Self-respect can simply be defined as knowing that you are worthy and treating yourself accordingly. Respecting yourself is the first step toward understanding that you deserve to be loved, considered and respected by others around you. Jaime Zuckerman, a licensed Clinical Psychologist in Philadelphia says, our level of self-respect acts almost like a blueprint to instruct others how to engage with us." This may not come from a Biblical perspective, but it is true and we shall see in this chapter how the Bible agrees with it.

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Self-respect is loving yourself and treating yourself right. It is seeing yourself the way God sees you and walking in that reality. Some women have had rough pasts filled with hurt, abuse or trauma, and find it difficult to come to terms with who God has made them. We have seen several stories in this book about women who came from a rough past to be integral parts of the fulfillment of prophecy. This is a pointer to the fact that no matter how rough your past may have been, it is time to start looking at who God has made you and walk in that reality.

Self-respect also means you will not compromise your standards no matter the perks or consequences attached. The story of Joseph in Potiphar's house is a classic example of self-respect from the Biblical standpoint.

Read Genesis 39:6-14.

Although Joseph was in a distant land, where no one would have seen him if he slept with Potiphar's wife, he knew his worth and God's command and refrained from sinning with another man's wife. His refusal to indulge in sin and the statement he made to Potiphar's wife is a clear indication that he had self-respect. Of course, Joseph could

DAY 22

have had an inclination toward the implications of turning his master's wife down, but he stuck to what he believed in and was ready to bear the consequences.

DAY 23

BIBLE READINGS: DANIEL 1:8-21, DANIEL 3:8-28

An account that shows the power of self-respect is the story of Daniel in the first chapter of the book, and his decision to not defile himself with the king's meat.

Read Daniel 1:8-21.

Daniel and his friends knew that the king's food was usually offered to idols, and that was against the laws of the God that he and his friends served. So, they decided to take the leap of faith and ask for vegetables instead. It was self-respect and knowing who God had made them that made them take the step of eating only vegetables, and this paid off. One thing self-respect will always do to you is set you apart, and though the initial results may be challenging, you will always come out on top and victorious.

Still in the book of Daniel, another classic example of Biblical self-respect was typified in the story of the fiery furnace.

DAY 23

Read Daniel 3:8-28.

We all know the rest of the story, how the fourth man in the fire came through and delivered the Hebrew men from the heat of the furnace. This eventually led to the whole of Babylon turning to God and worshipping Him. That singular act of self-respect displayed by the Hebrew men turned a whole nation to God. This is a pointer to the fact that you do not know how far your choice to hold on to self-respect can go. It may seem challenging and come with heavy consequences, but the truth is, that self-respect will always win.

It is important to make a distinction between Biblical self-respect and what the world calls self-respect. The Biblical accounts of Joseph, Daniel and the Hebrew men depict what Biblical self-respect is all about. It showcases obedience to God's commands and choosing to stand for Him in the face of opposition. It involved knowing who he has caked and made you, and holding on to that reality, come what may. Biblical self-respect can only be achieved when you constantly feed on the word of God, where His commands can be found. We also find our realities as

DAY 23

believers in the written word of God. If you want to know who you are as a Christian woman, you should look more to the pages of the Bible, because it mirrors who God has made you.

DAY 24

BIBLE READINGS: PHILEMON 1:6

A very important way to grow in Biblical self-respect is to feed your mind with the word of God constantly, so that you are aware of what God thinks about you. Some people think in the opposite direction of what God thinks about them because they have been exposed to the wrong information. Read Philemon 1:6. This implies that there are good things we have in Christ, but we are only able to know and enjoy them when we have a precise and accurate understanding of them. Paul was very particular about praying for knowledge for the churches in Ephesus, Colossae, and Phillipi, among others, because he knew the importance of knowing what we have in Christ. The devil comes to cheat people not because they don't have what it takes to resist him, but because they don't know that they have what it takes to resist the devil.

DAY 24

It is time to fill your mind and immerse yourself in the promises of God for your life as seen in the scriptures. Move away as much as possible from people, places, and things that contradict who God has said you are. Never forget that we are products of what we feed on. So, if you constantly feed on God's word and His promises for you, it is a no-brainer that your self-respect as a Christian Black woman grows stronger. On the flip side, if all you do is expose yourself to negativity and everything that goes against the word of God, your self-respect diminishes.

DAY 24

It is time to evaluate yourself and check what level your self-respect as a Christian Black woman is.

How much of God's promises do you fill your mind with?

What are those things that seem to make you feel less of yourself?

In what way do you think you can build your self-respect as a P31 Black woman?

DAYS 25, 26, 27

*She is
Trustworthy*

DAY 25

BIBLE READINGS: GENESIS 12:1-3,
GENESIS 17:1-8, HEBREWS 6:12-18

I am sure there are many lessons from this book, and your decision to read this book up to this point is an indication that you are intentional about getting better.

Many lessons have, no doubt, been picked up from this book, so let's do a quick test.

What are those lessons that have stood out for you the most? In the little time you have spent reading this book have you been able to incorporate them?

DAY 25

Well done, if you have been able to answer the questions effectively, but if you haven't, that's fine, you can always go back to it.

So, trustworthiness...

The P31 Black woman is trustworthy and as seen in the anchor text for this chapter, the heart of her husband is safe with her. A woman who has the trust of her husband is blessed. Some may argue that their decision to be trustworthy is not because of a man. While there is some truth in that, we cannot deny the fact that a home in which there's transparency and trust from both parties, waxes stronger and stronger.

Fundamentally, we see our example of trustworthiness in God, our Father. We see this in His appearance to Abraham and His promises to Him which were all fulfilled. Read Genesis 12:1-3.

This was very random as we don't have any prior record of God interacting with Abraham, yet, God shows up and makes promises to Abraham. Of course, it took a lot of faith for Abraham to align with God even without

DAY 25

seeing these promises, yet. The Bible records that Abraham believed in God and he received the gift of righteousness as a result of his belief. Apart from Abraham's faith, we see that God can be trusted to bring to pass every promise he makes to us. We see God again in Genesis 17 making promises to Abraham. Read Genesis 17:1-8.

We further see the writer of Hebrews talk about God's commitment to the fulfillment of promises in chapter 6. Read Hebrews 6:12-18.

All the prophecies and promises of old by God have found fulfillment because of the trustworthy nature of the Father. The classic pointer to this was in the coming of Jesus, His sacrifice for our sins and His consequent resurrection and the giving of the spirit. If you are still doubting whether all the promises of God to Abraham came to pass, the fact that you are a believer, reading this book is enough proof that every single promise was fulfilled.

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Long before the coming of Jesus, God spoke through types and shadows and promised the coming of the savior through David's lineage who would save humanity from sins and give the Holy Spirit of promise. A lot happened from when these promises were given till they were eventually fulfilled. We see in the story of Jehosheba who risked her life to ensure that the lineage of David was preserved. At that time, she may not have realized that she was partnering with God to ensure that His promise was fulfilled, but she did the needful anyway. How about the preservation of Jesus from Herod's attack? Different accounts point to the fact that once God promises something, he can be trusted to fulfill what he has promised.

It is against this backdrop that there is an expectation for us as believers to be trustworthy. Our ultimate motivation for being trustworthy is the trustworthy nature of our father whom we claim to love and serve.

A trustworthy woman is reliable, responsible and can be trusted completely. She is a predictable woman because you know her disposition to issues is always from the standpoint of integrity. We are in an age where it is easy to present a persona that follows a carefully crafted narrative.

DAY 26

People project themselves as what they are not and it is difficult to tell who people are. However, a trustworthy person is transparent and is known for who they are. As much as trustworthiness is a Godly virtue, it is also an important trait in the secular context, because as much as people may not like the truth, they find security in being around someone who can be trusted.

The following are some benefits of being a trustworthy person:

- **Being trustworthy strengthens your relationships:** Relationships could be marital, professional, spiritual, or casual. Whatever the case may be, strong and genuine relationships are built on trust. People want to be involved with individuals they feel safe with and can trust, but when that element of trust is compromised, relationships cannot thrive.
- **Trustworthiness improves your well-being and gives you peace:** It takes a great amount of energy to pretend to be someone you are not; how do people even do it? The energy it takes to

DAY 26

maintain a façade and peddle falsehood takes a toll on you in the long run, and that is not good for your well-being. When you stand strong in who you are and uphold trust, you build more meaningful relationships and you can always be counted on.

- **Trustworthiness strengthens your resolve in times of doubt:** There are times when doubt sets in as you journey through life, and you begin to question your choices. At such times, your track record of trustworthiness brings clarity and stability to your life. Your resolve is solidified because you know you cannot go wrong with trustworthiness
- **Trustworthiness aligns your behaviors with what you profess:** It is one thing to say the values you stand for, and it is something entirely different to live out these values. A life of trustworthiness brings an alignment between behavior and profession. It keeps you on your toes to ensure that the things you say align with the things you do.

DAY 26

- **Trustworthiness makes you secure in recognizing your weaknesses and working on them:** A lot of people are not honest with themselves, and it is not surprising that they cannot be trusted by other people. Being a trustworthy person starts with yourself and how honest you are with your person. You may be able to deceive others, but you cannot deceive yourself unless you intentionally choose to be oblivious. Being a trustworthy person means you are honest with yourself and you can recognize your strengths and weaknesses and how you need to be a better version of yourself.

DAY 27

BIBLE READINGS: PROVERBS 11:13,
PROVERBS 10:9, PROVERBS 28:6,
ZECHARIAH 8:16-17, COLOSSIANS 3:9-10,
PROVERBS 6:16-19

There are various short scriptures about trustworthiness, and it is important to know these scriptures. Read all the scriptures above.

The bottom line remains that the P31 Black woman is trustworthy.

It is time to evaluate yourself and see how well you have been doing when it comes to being a trustworthy woman.

How trustworthy have you been?

What are those things you think are hindering you from being completely trustworthy?

What practical ways do you think you can be trustworthy?

DAYS 28, 29, 30

*She is
Wise*

DAY 28

BIBLE READINGS: PROVERBS 4:7

Wisdom is a comprehensive attribute that includes not just knowledge and insight, but also the capacity to apply them in the most effective way. The Proverbs 31 Black woman exemplifies this virtue, demonstrating that wisdom is more than just possessing insights; it is also about putting them into action in all aspects of life.

In the Bible, wisdom is highly valued and regarded more valuable than rubies and gold. Read Proverbs 4:7. This passage emphasizes the need of seeking wisdom before all else. Similarly, the Proverbs 31 lady exemplifies the quest and application of knowledge in her daily life.

SHE IS A TEACHER TO THOSE AROUND HER

Her approach to teaching and mentoring is both profound and practical. She recognizes that wisdom is learned as much as it is imparted. Her life is an open book, demonstrating the beliefs and principles she holds dear. This woman exhibits knowledge by her actions, decisions, and conversations, rather than relying exclusively

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on verbal instructions. She understands that people she mentors are watching her and learning from her accomplishments, struggles, and unwavering faith in God. Her life is her most effective teaching tool, as it provides real-world examples of wisdom in action.

Her coaching is intentional and purposeful. She identifies others in her community who could benefit from her knowledge and experience and extends a helping hand. She does not wait for others to approach her; instead, she actively seeks opportunities to share her wisdom. Her guidance extends beyond formal settings and into ordinary relationships. Whether she is dealing with family, friends, or strangers, she seizes opportunities to provide guidance, encouragement, and correction as needed.

Her wisdom extends beyond those she directly influences. Instead, it causes a domino effect, affecting families, communities, and even generations. People she mentors go on to lead wiser lives, influencing those around them and passing on the wisdom they have gained. Her effect is like a pebble dropped into a pond, causing ripples that travel far and wide. This wisdom legacy will outlast her and bring fruit long after she is gone.

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BIBLE READINGS: PROVERBS 9:10

Wisdom, in the eyes of the Proverbs 31 Black woman, is not merely an accumulation of facts or experiences but a deep-seated understanding that influences her life and the lives of those around her. This wisdom is rooted in her relationship with God and her fear of the Lord, which is the beginning of wisdom according to Proverbs 9:10. She knows that true wisdom comes from above and seeks it in her daily walk with God, through prayer, and the study of His Word.

SHE IS WISE WITH HER WORDS

The mastery of her words is a learned ability, refined over years of practice, prayer, and meditation. She is acutely aware that words have the power to elevate or degrade, to heal or to harm. This understanding guides her every engagement, encouraging her to communicate with intention and purpose.

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Her wisdom-laden words are not limited to major speeches or formal instruction; they are part of her regular discussions. Whether she is speaking to her children, haggling in the marketplace, or giving advice to a friend, her words are always seasoned with grace and honesty. This consistency in her speech fosters trust and respect in her community, making her a sought-after source of advice and knowledge.

Furthermore, the Proverbs 31 Black woman's words show her profound relationship with God. She spends time in His presence, listening more than speaking, allowing His word to permeate her heart and mind. This spiritual discipline affects her speech, allowing her to deliver words that are not just her own, but also reflect God's knowledge and love. Her words become a channel for God's grace, comforting, encouraging, and guiding all who hear them.

The woman in Proverbs 31 knows the power of her words to shape the atmosphere in her house and community. She talks words of life, hope, and encouragement, fostering a sense of belonging, understanding, and inspiration among her family and neighbors. Her encouraging and affirming remarks contribute to a culture of kindness, respect, and mutual support.

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Who has been a mentor to you in your life, and what wisdom have you learned from them?

How can you emulate the Proverbs 31 Black woman in your approach to teaching and mentoring others?

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BIBLE READINGS: PROVERBS 8:12, JAMES 1:5, PROVERBS 22:6

Prudence and judgment are deeply ingrained in the Proverbs 31 woman's character. Wisdom, in its purest form, is not only the accumulation of knowledge, but also the prudent use of that knowledge in daily settings. This discernment, which distinguishes the Proverbs 31 woman, allows her to manage the intricacies of life with grace and power.

Her life exemplifies the wise application of knowledge, as she makes decisions that are not impulsive but are grounded in understanding and foresight. This strategic thinking is evident in her household management, business dealings, and interactions with those around her. Read Proverbs 8:12. Her actions are not just reactions to the circumstances but are informed decisions made after careful thought and consultation with God's wisdom.

The Proverbs 31 woman's prudence extends beyond mere financial acumen or household management. It is about balancing the immediate needs with long-term goals, understanding that decisions made today have far-reaching

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consequences. She weighs her options carefully, considering the impact on her family, her community, and her own spiritual journey. Her discernment in choosing the right path mirrors the guidance offered in James 1:5, which urges believers to ask God for wisdom, promising that it will be given generously to those who seek it.

Furthermore, the Proverbs 31 woman does not keep her wisdom to herself; she mentors and guides the next generation, giving her knowledge and expertise to them. Through her deeds and words, she leaves a legacy of wisdom that will last beyond her lifetime. Read Proverbs 22:6. Her life exemplifies the enduring importance of wisdom passed down through generations.

As we think about the virtue of wisdom, examine how we can use it in our daily lives. Are there any places where we require more discernment?

How can we use our wisdom to help those around us?

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AFTERWORD

This book has, no doubt, been one heaven of a journey of you becoming a better version of yourself. The singular fact that you have gotten to this point in this book is a clear indication that you are interested in being a better P31 woman, and that is good news. As you have gone through this book, it doesn't end with just one reading, you should go over it again and again to keep yourself in check and ensure you are aligning with all the resolutions you have made. You can also team up with someone who will be your accountability partner and evaluate you as you journey through life as a P31 woman.

Never forget that it is God's will for you to be a P31 woman, and though the journey may be challenging, the prize at the end, is worth the rigorous process. You are that strong, wise, beautiful, hardworking, humble, trustworthy woman that fears the Lord. Never forget that!