

## Read Proverbs 31- A Noble Wife

*Many women in this world do noble things but you 'ladies of the crown' surpass them all.*

1. Inner Beauty- There is so much pressure from the media and advertising to look a certain way. Photoshopped and airbrushed images of women who supposedly look like that when they wake up in the morning. This puts amazing pressure on woman to look and act a certain way.

The old adage- 'what's on the inside that counts' is a biblical one. 1 Samuel Says...The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart" (1 Samuel 16:7).

What is great worth in God's sight should also be great worth in ours.

2. Great clothes!- Whilst Proverbs 31 paints a picture of the inner beauty of a women. It does also talk about the external appearance. A contradiction... or is it?

V25 talks about being clothed with strength and dignity. This is Gods bias towards you; he is like a tailor creating clothes of strength and dignity for you to wear.

Isaiah 61 says that God is...*to bestow on you a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. You will be called oaks of righteousness, a planting of the LORD for the display of his splendor.*

God replaces shame with strength and dignity.

3. Beautiful Saviour - V 30- Woman who fears the Lord is to be praised...

Q10 plus, aloe vera, pent peptides are supposedly all ingredients that make you beautiful. But there is just one true ingredient... Jesus Christ. He is the beautiful savior. Through him flowed God's perfect love. Clothed with the shame of being crucified on the cross, he took the ugly sin of you and I, taking the punishment that should have rightly been ours. On the cross he beat death and rose from the grave... exchanging the cloak of shame for a glorious crown. It's because of Jesus that it is possible for us to be transformed into people of real beauty. When we give our lives to Jesus he removes the cloak of shame and replaces it with one of beauty.

Please use some of these questions for discussion... it may be appropriate to pray too!

1. What pressures do you feel about the way you look? How does this affect your life?
2. Do cruel words from the past still haunt you today?
3. If you are a Christian what things have changed the most about your character since becoming a Christian?
4. Why is God more concerned with your inside than your outside?
5. What does it mean for you to have strength and dignity?
6. Has anyone got any stories of how God has taken away their shame and replaced it with dignity?
7. What do you find beautiful about Jesus?