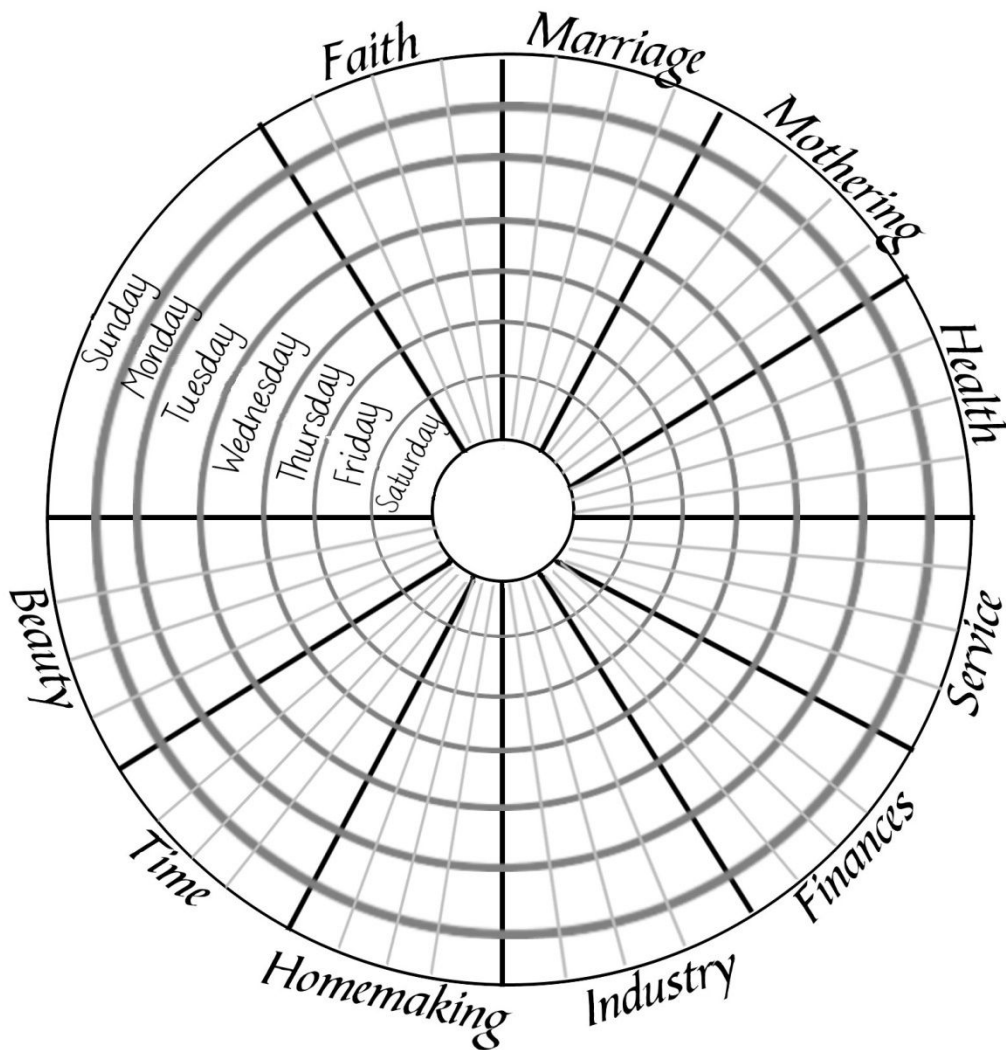


THE PROVERBS 31 JOURNALING WHEEL TRACKER

By Helen Bush - SincerelySapphire.com and CalvaryCouponers.com

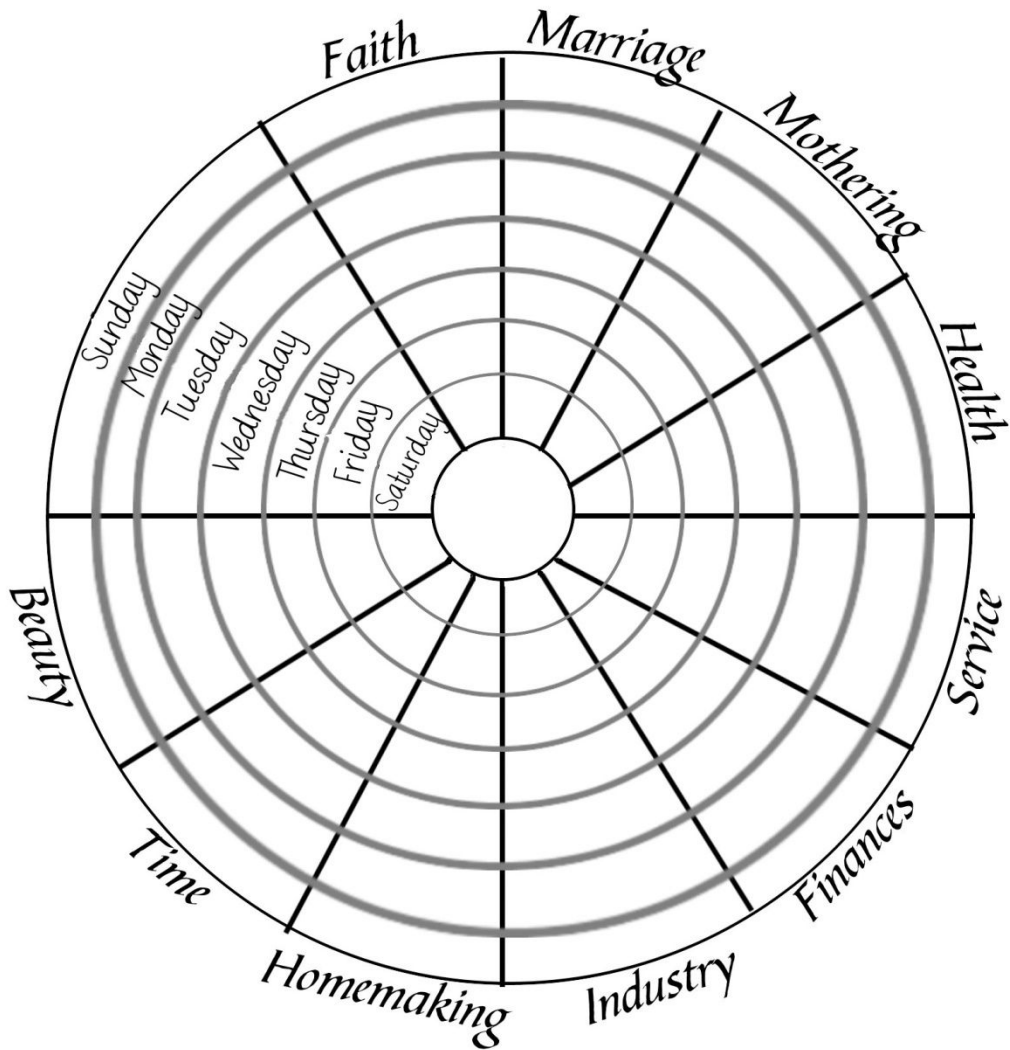
Monthly

Proverbs 31 Wheel



Weekly

Proverbs 31 Wheel



THE 10 VIRTUES OF THE PROVERBS 31 WOMAN

(from <http://avirtuouswoman.org/10-virtues-of-the-proverbs-31-woman>)

- 1. Faith** – A Virtuous Woman **serves God with all of her heart, mind, and soul**. She seeks His will for her life and follows His ways. (Proverbs 31: 26, Proverbs 31: 29 – 31, Matthew 22: 37, John 14: 15, Psalm 119: 15)
- 2. Marriage** – A Virtuous Woman **respects her husband**. She does him good all the days of her life. She is trustworthy and a **helpmeet**. (Proverbs 31: 11- 12, Proverbs 31: 23, Proverbs 31: 28, 1 Peter 3, Ephesians 5, Genesis 2: 18)
- 3. Mothering** – A Virtuous Woman **teaches her children** the ways of her Father in heaven. She **nurtures her children** with the love of Christ, disciplines them with care and wisdom, and **trains them in the way they should go**. (Proverbs 31: 28, Proverbs 31: 26, Proverbs 22: 6, Deuteronomy 6, Luke 18: 16)
- 4. Health** – A Virtuous Woman **cares for her body**. She prepares **healthy food for her family**. (Proverbs 31: 14 – 15, Proverbs 31: 17, 1 Corinthians 6: 19, Genesis 1: 29, Daniel 1, Leviticus 11)
- 5. Service** – A Virtuous Woman **serves her husband, her family, her friends, and her neighbors** with a gentle and loving spirit. She is charitable. (Proverbs 31: 12, Proverbs 31: 15, Proverbs 31: 20, 1 Corinthians 13: 13)
- 6. Finances** – A Virtuous Woman **spends money wisely**. She is careful to purchase quality items which her family needs. (Proverbs 31: 14, Proverbs 31: 16, Proverbs 31: 18, 1 Timothy 6: 10, Ephesians 5: 23, Deuteronomy 14: 22, Numbers 18: 26)
- 7. Industry** – A Virtuous Woman **works willingly with her hands**. She sings praises to God and does not grumble while completing her tasks. (Proverbs 31: 13, Proverbs 31: 16, Proverbs 31: 24, Proverbs 31: 31, Philippians 2: 14)
- 8. Homemaking** – A Virtuous Woman is a homemaker. She **creates an inviting atmosphere of warmth and love** for her family and guests. She uses hospitality to minister to those around her. (Proverbs 31: 15, Proverbs 31: 20 – 22, Proverbs 31: 27, Titus 2: 5, 1 Peter 4: 9, Hebrews 13: 2)
- 9. Time** – A Virtuous Woman uses her time wisely. She works **diligently to complete her daily tasks**. She does not spend time dwelling on those things that do not please the Lord. (Proverbs 31: 13, Proverbs 31: 19, Proverbs 31: 27, Ecclesiastes 3, Proverbs 16: 9, Philippians 4:8)
- 10. Beauty** – A Virtuous Woman is a woman of worth and beauty. She has the **inner beauty that only comes from Christ**. She uses her creativity and sense of style to create beauty in her life and the lives of her loved ones. (Proverbs 31: 10 Proverbs 31: 21 – 22, Proverbs 31: 24 -25, Isaiah 61: 10, 1 Timothy 2: 9, 1 Peter 3: 1 – 6)

(above from <http://avirtuouswoman.org/10-virtues-of-the-proverbs-31-woman> /)