


TALKINGPOINTS WALKINGPOINTS

2026-5-10



A publication of , the adult discipleship ministry of Triangle Community Church.

Talk together about the glory of God's kingdom. –Psalm 145:11
Love the Lord your God and **walk** in all his ways. –Joshua 22:5

Triangle Community Church aims to be a “transforming church”. We exist to be used by God as He transforms ordinary people into extraordinary followers of Jesus Christ. TCC believes not only that life-change is possible—but that it is to be expected. Growth is God's will for his people. But transformation does not happen by accident. It requires intentional, intelligent action. 1 Timothy 4:7 instructs you to “discipline yourself for the purpose of godliness.” Since “Talking Points, Walking Points” is intended both for individual reflection and for group discussion, questions vary in degree of vulnerability required. Generally it is best to begin group discussions with questions which involve less personal disclosure—but don't linger there. Be sure to “dive deep” too! The questions which require the greatest openness and honesty, as well as those in the section entitled “Digging Deeper in your Daily Quiet Time”, are perfect for private reflection.

Questions for Reflection or Discussion

Note: For each of the following questions, refer to the **Sermon Summary** inside.

Observation—*What do I see?*

- What qualities are repeatedly emphasized about the woman in Proverbs 31 (vv. 10–31)?
- What different spheres of responsibility does she have in the passage?
- What words or ideas are repeated that describe her work ethic?
- What contrast is made in verse 30?

Interpretation—*What does it mean?*

- Why is the woman described as “worth far more than rubies”?
- What are the central priorities of the Proverbs 31 woman?
- What does “a woman who fears the Lord” mean in this context?

Application—*What do I do with this?*

- Do you feel discouraged by the “ideal” presented? If so, what should you do?
- How does the Proverbs 31 Woman challenge modern ideas of success and value?
- How can Christian women “cultivate inner beauty” as described in verse 30?
- How can this passage shape the way men view our wives and mothers?
- What is one practical way you will respond to this teaching?

Sermon Summary Proverbs 31:10-31

Today we are going to look at a passage of Scripture that describes a woman of noble character - the model mom, if you will. It is found in Proverbs 31. It's my prayer that every woman who hears this message will be motivated to deepen her relationship with God. I trust that this portion of God's Word will provide some mentoring for moms who wonder about their role as women. I want each of us to practice praising the women in our lives for the important roles that they play.

The writer of this proverb is reflecting upon the mentoring his mom did for him. We see this in Proverbs 31:1: "The sayings of King Lemuel—an oracle his mother taught him." Some commentators suggest that this is actually a guide from the King's mother on how to choose a good wife! Scripture seems to celebrate work both "inside" and "outside" the home. The main point is not where a woman works, but whether her family is her priority. Proverbs 31 presents a composite picture of "ideal womanhood", not a checklist to determine how well you are doing as a mom, or as a woman (v. 10-31). A strong, godly, virtuous woman isn't easy to find, but, when found, she is of inestimable value (v.10). I want to draw on some "ABC's" that should help us not only recognize but also celebrate the tremendous impact of godly women in society.

A - She Accomplishes much in her day. She works with eager hands (v. 13). This is all about attitude. The idea conveyed by the Hebrew word translated here as "eager" (נָפֵץ) is that this woman goes about her daily tasks with "great delight and pleasure". She recognizes the incredibly significant role she plays both in her family and in society at large. She also works hard. Verse 17 says, "She sets about her work vigorously; her arms are strong for her tasks." Verse 27 adds that she "does not eat the bread of idleness." In other words, there is nothing lazy about this woman! She personifies the proverbial hardworking ant of Proverbs 6:6-11. Therefore, she doesn't get much sleep. Verse 15: "She gets up while it is still dark..." And verse 18: "...her lamp does not go out at night."

B – She Blesses others. Not once in this chapter does it say anything about this woman doing anything just for herself; she seems to always be attending to the needs of others. She blesses her husband (v. 11-12,23). She blesses her family (v.15-16,21,27-28). She also blesses her servants (v.15). And she blesses the poor (v. 20). She is not only sensitive to the needs of her family but also concerned about those in society whom we typically ignore—the poor. The text goes on to tell us that she blesses all with her wisdom (v. 26). The idea here is that she is both wise and gracious in her speech. These are the qualities this ideal wife and mother not only embodies herself, but seeks to pass along to others, especially to her children. As parents we are accountable to God for what we teach and model. But they are responsible for what they do with it (Proverbs 22:6). The greatest thing you can do for your children is to love them, and to express that love verbally and often. For love covers a multitude of sins (Proverbs 10:12).

C – She Cultivates her inner beauty. Verse 30 tells us a wise woman knows that true beauty comes from within. It is rooted in a right relationship with God. The last part of this verse might better be translated, "but a woman who reveres the LORD is to be praised." True beauty comes from the inside. We should spend at least as much time cultivating our inner beauty as we do our outer appearance, for it is far more important. And unlike our outer appearance, our inner beauty can improve with age! God doesn't look at the outward appearance. He looks at the heart - because inner beauty will spill over and bless others for a lifetime - because of that, a noble woman is praised by her family.

Because of all the attributes of the Proverbs 31 woman, we know that a noble woman is to be praised by her family (v. 28-29, 31). A mom worth modeling is a mom worth praising!

Digging Deeper in Your Daily Quiet Time

Abigail is one of the clearest examples of wisdom, courage, and peacemaking under pressure. Her story is found primarily in 1 Samuel 25, where she intervenes during a crisis involving David and her husband Nabal. Abigail models a rare combination of wisdom, courage, humility, and peacemaking. She does not ignore evil, but she also does not respond to it with revenge or passivity. Instead, she acts decisively to restrain sin and promote peace—pointing forward to the biblical ideal of the peacemaker.

Monday— Context: A Foolish Household and a Tense Situation (Read 1 Samuel 25:2–13)

Abigail is introduced as the wife of Nabal, a wealthy but harsh and foolish man. When David (not yet king) requests provisions after protecting Nabal's shepherds, Nabal insults him. This sets up a potentially violent conflict, as David prepares to retaliate.

Key idea: God often places wise people in unwise or difficult environments for His purposes.

Tuesday— Discernment: Seeing the Danger Clearly (Read 1 Samuel 25:14–17)

A servant recognizes the seriousness of Nabal's insult and reports it to Abigail. She immediately understands the threat: David and his men are coming in anger.

Key idea: Wisdom begins with accurately perceiving reality, even when others are blind to it.

Wednesday— Initiative: Acting Quickly and Wisely (Read 1 Samuel 25:18–20)

Without consulting Nabal, Abigail prepares an abundant gift of food and provisions and goes out to meet David. She takes initiative to prevent disaster.

Key idea: Wise action often requires courage and urgency.

Thursday— Intercession: Standing in the Gap (Read 1 Samuel 25:23–31)

Abigail humbly approaches David, takes responsibility, and appeals to his conscience. She reminds him that vengeance belongs to God and that he should avoid bloodguilt.

Key idea: Peacemakers often intervene by absorbing risk and appealing to higher moral truth.

Friday— Outcome: Preventing Sin and Preserving Life (Read 1 Samuel 25:32–35)

David praises God for sending Abigail and refrains from vengeance. Disaster is averted, and many lives are spared.

Key idea: God uses wise intervention to restrain sin and redirect outcomes.

Saturday— Legacy: Transformation and Vindication (Read 1 Samuel 25:36–42)

Nabal later dies under God's judgment. David then takes Abigail as his wife. Her wisdom is publicly vindicated, and she becomes part of David's household.

Key idea: God honors humility, wisdom, and peacemaking in His timing.