

# Refined

DEFINING THE MODERN PROVERBS 31 WOMAN



CHRYSTAL BERNARD

# *Refined*

Defining the  
Modern Proverbs 31  
Woman

A 31-day devotional through  
the

# Book of Proverbs

by Chrystal V. Bernard

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Unless otherwise indicated, all Scripture quotations are taken  
from the New King James Version of the Bible.

# Dedication

This book is dedicated to my Jesus Christ, who, during the course of writing this book, has challenged, pushed, and stretched my faith with grace and mercy. Thank you Lord for giving me a life I could have never imagined. You continue to pursue me, and I am eternally grateful for your loving kindness. I dedicate my entire being and life to your will, exchanging my desires for your desires to enhance your kingdom on earth.

I graciously accept the calling to encourage women of all ages to pursue YOU with excellence!

With Love,

Your Daughter, Chrystal

# Acknowledgements

Sincere gratitude to my husband, children, mother and best friend Jodi for encouraging me through life to dig deep into the meaning of the Proverbs 31 woman.

## **Husband**

Joshua Sr., your patience, encouragement and love has strengthened me to pursue my God-given calling of entrepreneurship, ministry, motherhood and, of course, being your wife.

You saw the Proverbs 31 woman in me before I saw it in myself, and, for that, I am eternally grateful. Thank you for constantly leading and covering our family in prayer. I love you.

## **Children**

Joshua Jr., Gabriella, Londyn, you *all* are the best children for which a woman could ask. Thank you for allowing me to be your mom through the trials and errors of motherhood. Your child-like faith has taught me to love Christ in a fresh, genuine way.

## **Mother**

Although I did not fully understand this until I was an adult, I have always had the example of a Proverbs 31 woman in my life. Thank you, Mom, for living your life as a Proverbs 31 woman. Thank you, also, for motivating and encouraging me beyond my comfort zone. I am eternally grateful for our mother-daughter bond. I promise to one day put up the Christmas lights and decorations as you taught me when I was a child. :)

## **Best Friend**

Jodi, your personal testimony of tribulation, restoration and hope changed my life and pushed my faith to a deeper level. Even in our “Before Christ” (B.C.) days, God had a lifelong purpose for our friendship! I am encouraged by you and your family, and I thank you for being a faith-filled woman and supporting me through the years. You are a friend who has always been there, and I am forever grateful!

## **The Proverbs 31 Woman Club**

Thank you readers for supporting the idea to gather women from all walks of life to fellowship together as we pursue God in excellence. Thank you for your virtual comments and encouragement. They inspired me to create this book.

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About the Author

# Introduction

After reading about the Proverbs 31 woman in the Bible, have you ever thought “Wow! She is a superwoman.”? Upon an initial read, she does appear to be *the* perfect example, and just too far out of reach to actually embody. This 31 day devotional will demystify and define the Proverbs woman and what her attributes and characteristics look like in modern day.

The primary role of women living in the 21<sup>st</sup> century has shifted from homemaker exclusively to women who are not only wives and mothers but also leaders, business women, entrepreneurs, students, and athletes. Despite the shift in roles, the attributes and character of the Proverbs 31 woman have not changed but are enhanced all the more so to encompass technological advances, women’s presence in the workforce, and the efficiency required in our fast paced society.

This devotion will define the Proverbs 31 woman and will enable you to address the changes and challenges of the modern world, and meet the needs of your family using the wisdom of the Lord as your guide. The devotional provides practical application steps for implementing the Lord’s wisdom and questions to ponder, so you can hit the ground running on day one.

You were created by the Lord as His masterpiece. Reading this devotion will ensure spiritual chiseling, shedding off what was never intended for you by God, and becoming who God has called you to be. Instead of retreating from His pull on your life, submit and soar. The walk with Christ is an amazing, lifelong journey. He is ready to meet you with open arms as you surrender to him daily. You will never be the same.

# Book Structure

## Proverbs Study

What is a devotional without the study of the *Bible*, God's perfect guide book and precious love letter to us? The book of Proverbs, specifically, is filled with the wisdom and information we must apply to become the Proverbs 31 woman, so grab a journal, pen, and coffee or tea as you dive into the word of God.

Read one chapter of Proverbs each day and one chapter in this devotional each day to complete this study and God's Word on the subject.

## Devotion

Each devotion is inspired by the Holy Spirit to provide revelation and insight into the attributes and character of the Proverbs 31 woman, the best that God created us to be. Often, however, the Proverbs woman within us must be resurrected. We must tear off the frames that restrict us and the worldly ideologies that may hinder to fully recognize that woman within.

Read each devotional at the start of your day, and be open to the encouragement and the correction by the Holy Spirit.

# **Faith in Application**

Ever wonder how to actually apply the revelation and wisdom of the Lord? The “Faith in Application” section in each chapter teaches practical steps for applying biblical instruction to life in the 21st century. The Application Steps are straightforward, and they are the connecting piece between wisdom and reality.

## **Questions to Ponder**

The questions at the end of each chapter are to help you think through your life and how you can change your thoughts, actions and behaviors to reflect those of the Proverbs 31 woman. Be honest in your answers as truth and transparency is how you grow.

# Devotions

# Day 1, Chapter 1

## *Wisdom, Instruction and Self-Discipline*

“An excellent woman [one who is spiritual, capable, intelligent, and virtuous], who is he who can find her? Her value is more precious than jewels, and her worth is far above rubies or pearls.”

**Proverbs 31:10 AMP**

Our flesh is weak, but, if we rely on God's strength and wisdom, we are assured that we can complete our calling with excellence. So, why is it difficult to do that at times? The mind knows what it must do, but the follow through is often the challenge and even the burden.

The first chapter of Proverbs addresses this problem. It tells us that our decision making and actions must be God ordained rather than flesh directed. Proverbs 1:7 explains how our wisdom is derived from the respectful fear of God, and our wisdom increases with instruction and self-discipline.

### **Wisdom**

Instruction from God

### **Instruction**

Practical steps to accomplish.



## **Self-Discipline**

Intentional choice to apply wisdom and instruction.

Though God's step-by-step instructions and wisdom are clear, our choice not to apply what we learn can be rooted in inconsistent application or a lack of self-discipline. As we embark on this 31 day challenge, I encourage you to ask the Lord to strengthen your level of self-discipline as you receive His wisdom and instruction. Self-discipline is crucial as the Lord may lay items on your heart to accomplish within this challenge. When wisdom is received, put the practical instruction into action and be disciplined to carry it out. This is the key to true obedience.

The 31st chapter of Proverbs begins with describing women as excellent, virtuous and spiritual, making her more valuable than rubies and pearls. The chapter ends with praising her because she fears the Lord, reverently worshiping, obeying, serving, and trusting Him with awe-filled respect. She understands that her relationship with God and the application of His wisdom is key in managing her household, having a successful marriage, and leading multiple business ventures. Wisdom is the connecting piece that allows us to partner with God in all that we do.

“Charm and grace are deceptive, and [superficial] beauty is vain, But a woman who fears the Lord [reverently worshiping, obeying, serving, and trusting Him with awe-filled respect], she shall be praised.”

## **Proverbs 31:30 AMP**

### **Faith in Application**

1. Trust that God's wisdom is available for every situation and can answer any need. Do not be afraid to ask for wisdom even in small things. Nothing is too great or small for the Lord.
2. Write down the instructions received and hang them where you can read often (i.e. on a mirror or a wall).
3. Ask the Lord to strengthen your level of discipline. Begin disciplining yourself in everyday tasks such as timeliness, exercise, food choices, household chores and even washing off makeup at the end of the day. This will help build the character of discipline and the daily diligence required for more significant instructions to come.

### **Questions to Ponder**

1. How can you ensure that you are seeking the Lord's wisdom and not relying on human understanding?
2. What everyday tasks can you dedicate to becoming more disciplined? Practicing will build your discipline endurance.

## **Day 2, Chapter 2**

### *Becoming a Daughter First*

We are instructed to become like children and approach God as our true Father. Child-like faith and humility are determinants for entering the kingdom of God and ultimately the Lord's presence. We can enter God's presence through prayer, but often times, we approach Him with a checklist limited to our current needs and desires. Approaching prayer with this perspective is not only limiting, but also disallows experiencing the fullness of God's glory.

God desires more than our repetitive requests. He wants our heart, mind and spirit. He is delighted when we choose to partner with Him to accomplish His purposes and His will for our lives. Our mindset during prayer should be one of surrender and partnership. Then we are truly walking with the Lord.

The goal is not just to receive blessings in various forms but to experience God in his fullness and majesty. We can have that if we seek it. The veil has been lifted, and His presence is available to those who desire him.

Before we can be excellent women, wives, mothers, business women and students, we must first become daughters of our Lord. Become a daughter of the true Father and embrace His presence and glory in a childlike manner. Your prayer life will

flourish because it is based on an eternal bond with the Father who loves us perfectly. This is not a relationship of obligation but one of preference, priority and pure love.

“and said, “Assuredly, I say to you, unless you are converted and become as little children, you will by no means enter the kingdom of heaven. Therefore whoever humbles himself as this little child is the greatest in the kingdom of heaven.”

**Matthew 18:3-4**

### **Faith in Application**

1. Carve out time for intentional prayer and relational time with the Lord. Spending time with the Lord at the beginning of the day helps renew and maintain focus on the Lord throughout the entire day.
2. Instead of focusing primarily on prayer petitions and requests, approach the Lord with an open heart and mind in expectation that He will surround you with His presence.
3. If easily distracted, leave your phone, computer or any other item that may lead you to lose focus on the Lord outside of your quiet space.

## Questions to Ponder

1. The Proverbs 31 woman understands that she is a daughter first before the responsibilities of wife, mother, and career woman. How can you ensure that you begin each day with the understanding that you are a daughter of God before anything else?
2. How does this change your perspective and influence when dealing with others, either within or outside of the home?

# Day 3, Chapter 3

## *Confidence & Security*

“The heart of her husband safely trusts her; so he will have no lack of gain. She does him good and not evil all the days of her life.”

### **Proverbs 31:11-12**

We can walk confidently and securely in our God given purpose and excel in everything we do as daughters of the King. We do not have to rely on applause from others as our inner strength is rooted in our Father and Lord. This divine assurance provides grace to care for the people closest to us.

The self-confident nature of the Proverbs 31 woman enables her to provide a safe place for her husband to trust his heart. Her integrity, trustworthiness and wise choice of words instill confidence in him to embark on the day and return home knowing she has properly managed the affairs of the home - physically, mentally, and spiritually.

He can share his inner feelings with her and seek advice without fear of judgement. He can lead his home with confidence because his heart is protected. In short, she provides an atmosphere of security and comfort not only for her husband and children, but for all the people connected to her.

The foolish woman, on the contrary, can harm her home financially, materially and emotionally. Instead of creating a

safe haven for her family, she squanders her resources and creates a hostile environment that does not allow for trust and growth.

By following Godly wisdom and allowing ourselves to be led by the spirit, we can emulate the actions and character of the Proverbs 31 woman and provide a safe space for our loved ones. Ask the Lord how you can better create an atmosphere of trust, confidence and security for the people closest to you.

### **Faith in Application**

1. Become a good listener and fill your conversation with responses of interest and compassion.
2. Be present in your home. Put down the phone or any distracting items that can take away from quality time spent with your husband or children.
3. Be mindful of your tone and demeanor to ensure your speech reflects respect, understanding and love.

## Questions to Ponder

1. Whether you are single or married, how do you provide an atmosphere of encouragement, confidence and security for the people closest to you?
2. What practical things can you put in place to ensure you speak the truth in love and provide unconditional love to those around you?

Did you enjoy days 1-3? You can order a full copy of the 31 day devotional at

<https://www.chryystalbernard.com/online-store>