

The Proverbs 31 Woman

A Gentle, Biblical Guide to Wisdom, Faith, and Freedom

Including the Full Proverbs 31:10–31 Passage (KJV)

Created for Unchained Womanhood

Before You Read

Proverbs 31:10–31 is wisdom poetry describing a woman's character over a lifetime—not a checklist to complete in one season. Read this passage as an encouragement toward faithfulness, not perfection.

Proverbs 31:10–31 (KJV)

10. Who can find a virtuous woman? for her price is far above rubies.
11. The heart of her husband doth safely trust in her, so that he shall have no need of spoil.
12. She will do him good and not evil all the days of her life.
13. She seeketh wool, and flax, and worketh willingly with her hands.
14. She is like the merchants' ships; she bringeth her food from afar.
15. She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.
16. She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard.
17. She girdeth her loins with strength, and strengtheneth her arms.
18. She perceiveth that her merchandise is good: her candle goeth not out by night.
19. She layeth her hands to the spindle, and her hands hold the distaff.
20. She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.
21. She is not afraid of the snow for her household: for all her household are clothed with scarlet.
22. She maketh herself coverings of tapestry; her clothing is silk and purple.
23. Her husband is known in the gates, when he sitteth among the elders of the land.
24. She maketh fine linen, and selleth it; and delivereth girdles unto the merchant.
25. Strength and honour are her clothing; and she shall rejoice in time to come.
26. She openeth her mouth with wisdom; and in her tongue is the law of kindness.
27. She looketh well to the ways of her household, and eateth not the bread of idleness.
28. Her children arise up, and call her blessed; her husband also, and he praiseth her.
29. Many daughters have done virtuously, but thou excellest them all.
30. Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.

31. Give her of the fruit of her hands; and let her own works praise her in the gates.

Reading This Passage in Freedom

This woman is a picture of what God can form over time in a heart rooted in reverence for Him. Let this passage inspire you—not pressure you. Faithfulness in your season is what honors God.

Reflection Questions

- Which verses encourage me most right now?
- Where might I be reading this through pressure instead of grace?
- How does God invite me into faithfulness in my current season?
- What does fearing the Lord look like in my everyday life?

A Final Reminder

You are not called to embody every verse at once. You are called to walk with God. The Proverbs 31 woman is not a standard to chase—she is a testimony of God's faithfulness over time.