

Titus 2-Gether

October 5th, 2024

Proverbs 31:17 – “She dresses herself with strength and makes her arms strong.”

The Proverbs 31 woman puts forth her _____ in all her business and does what she does not in her own strength, but in the strength of _____.

I. “She Dresses/Girds Herself with Strength”

Strength/Strong Meaning in Bible → _____ / _____ strength with God as the _____.

Virtue of Fortitude: Sauve, Brian & Lexi, hosts. “The Virtue of Fortitude.” Bright Hearth. Season 5, Episode 11, Podcast Addict, Publication date 8/19/24. Accessed 9/30/24.

Definition of Fortitude: “_____ in the face of _____.”

Is. 30:15 “In quietness and in **trust** shall be your strength.”

Characteristics of Woman Clothed in Strength:

- a. Full _____ and _____ in God to give her strength for work he’s asking her to do that day.
- b. Understands her _____ and does it _____ despite trials
- c. _____.
- d. _____.

II. “And Makes Her Arms Strong” ‘

_____ Strength = _____ of working hard

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>

III. **Avoid Dressing Yourself With** _____.

Isaiah 41:10

Fear not, for I am with you;
be not dismayed, for I am your God;
I will **strengthen** you, I will help you,
I will uphold you with my righteous right
hand.

Psalm 73:26

My flesh and my heart may fail,
but God is the **strength** of my heart
and my portion forever.

2 Timothy 1:7

For God gave us a spirit not of fear but of
power and love and self-control.

Psalm 28:7

The Lord is my **strength** and my shield;
in him my heart trusts, and I am helped;
my heart exults,
and with my song I give thanks to him.

Ephesians 6:10

Finally, be **strong** in the Lord and in the
strength of his might.

2 Timothy 2:1

You then, my child, be **strengthened** by the
grace that is in Christ Jesus.

Isaiah 30:15

In quietness and in trust shall be your
strength.”

Nehemiah 8:10b

And do not be grieved, for the joy of the Lord
is your **strength**.

Isaiah 40:31

But they who wait for the Lord
shall renew their **strength**;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.

2 Corinthians 12:10

For the sake of Christ, then, I am content with
weaknesses, insults, hardships, persecutions,
and calamities. For when I am weak, then I am
strong.

1 Chronicles 16:11

Seek the Lord and his **strength**;
seek his presence continually!

Habakkuk 3:19

God, the Lord, is my **strength**;
he makes my feet like the deer's;
he makes me tread on my high places.

Mark 12:30

And you shall love the Lord your God with all
your heart and with all your soul and with all your
mind and with all your **strength**.

Deuteronomy 31:6

Be **strong** and courageous. Do not fear or be in
dread of them, for it is the Lord your God who
goes with you. He will not leave you or forsake
you.”

1 Corinthians 16:13

Be watchful, stand firm in the faith, act like men,
be **strong**.

Psalm 46:1

God is our refuge and **strength**,
a very present help in trouble.

Discussion Questions: October 5th, 2024

Proverbs 31:17 – “She dresses herself with strength and makes her arms strong.”

1. Proverbs 31 describes the ideal woman according to Biblical standards. How would you describe the ideal woman portrayed in our culture?
2. Why does the feminist view of strength still dominate our country?
3. How can we, as women of God, “fight like a girl” against the culture? (Hint: It’s not going to look like actual fighting.)
4. Describe what it means to find your strength in the Lord. Use the verses list provided to get an idea what characteristics should go hand in hand with being strong in the Lord. (For example, in Isaiah 30:15 “quietness” and “trust” go along with strength.)
5. A strong woman is full of faith and trusts in God for her strength. Share what being full of faith and trusting God look like for you personally on an average day? What practices are helpful? When do you find yourself faltering?
6. Are you unbothered by others’ opinions of you, or do you struggle to not care what others think? How can we help one another care more about what Christ thinks than others?
7. Does having a gentle and quiet spirit mean God expects us to be a door mat? If no, then what does it mean?
8. Why is the victim mentality so appealing to our flesh?
9. Why do you think Brian Sauve say that being envious and fussing (complaining) shows a lack of fortitude? (Fortitude = Strength in the face of hardship)
10. What is your favorite “Fighter Verse” or song you sing that helps strengthen your spirit?