



LIFE Group Discussion Guide

May 10, 2026

Proverbs 31:16-31

CONVERSATION STARTERS

- What are some highs or lows you experienced this past week?
- What Scripture has been shaping you recently?
- Where have you seen God moving in your life this week?
- What did you hear in today's sermon OR read in today's passage that you would like to discuss?
- What did you learn about yourself in today's sermon/passage?
- What did you learn about God in today's sermon/passage?
- What convicted you as you listened to today's sermon OR read in today's passage?

OPENING

Who is someone you look up to—and why? What makes them stand out?

A lot of people today are known for how they look, what they have, or how popular they are. But this passage shows us what actually matters to God—and it might be different than what we usually think.

Today we'll learn what makes a life truly valuable is godly character, not outward success.

SCRIPTURE

Read **Proverbs 31:16–31** together (you can assign different students a few verses).

Ask students to listen for:

- What this person *does*
- What kind of *character* they have
- What is praised at the end

PASSAGE SUMMARY

This passage describes a person with strong, godly character. We see someone who is:

- Hardworking
- Responsible
- Generous
- Wise
- Strong in their faith

The most important verse is near the end: “A woman who fears the Lord is to be praised” (v.30)

That means that a real, growing relationship with God is what matters most. Everything else flows from that.

DISCUSSION QUESTIONS

What qualities in this passage stand out to you the most? Why?

Students may mention hard work, kindness, strength, responsibility, or confidence.

This person is described as hardworking and responsible. Why do you think that matters to God?

Because how we live daily life reflects our character. Faith isn’t just what we say—it shows in what we do.

Verse 25 talks about strength and dignity. What do you think real strength looks like for a teenager today?

Examples: doing the right thing when it’s hard, not following the crowd, staying faithful, handling pressure well.

This passage talks about helping others (v.20). Why is caring for people an important part of following God?

Because God cares about people. A real relationship with Him shows up in how we treat others.

Verse 26 highlights wise and kind speech. Why do words matter so much?

Words can hurt or help. They reveal what’s in our hearts and affect the people around us.

Verse 30 says charm and beauty don’t last. Why do you think people focus so much on those things anyway?

Culture values appearance and popularity, but those things don't last or define true worth.

According to this passage, what actually makes a person worthy of respect?

A life that honors God—character, faith, and how they live—not just how they look or what they achieve.

APPLICATION

Which character quality from this passage do you most want to grow in right now?

(Examples: work ethic, kindness, self-control, faith, speech.)

What is one situation this week where you can choose character over popularity or comfort?

(At school, with friends, online, at home.)

What is one step you can take this week to grow in your relationship with God?

(Prayer, reading Scripture, obedience, asking for help, etc.)

DIG DEEPER

Why is it easy to focus more on image than character?

How would your life look different if you cared more about what God thinks than what others think?

What habits help build strong character over time?

CLOSING THOUGHT

This passage isn't about being perfect—it's about becoming the kind of person God wants you to be.

Real strength isn't about attention.

Real strength is about **character when no one is watching**.

This week, focus on who you're becoming—not just how you're seen.

Give a moment of quiet reflection:

"God, help me grow in the areas that matter most."

LOOKING AHEAD

Next week we will continue our series, “**Uncommon Sense: God’s Wisdom in a Foolish World**”, as we study Proverbs 3:5-6.

PRAYER FOCUS

Pray together:

- Thank God for showing us what real character looks like.
- Ask Him to help students grow in strength, wisdom, and integrity.
- Pray for courage to live differently from the world’s standards.
- Pray specifically for the invitation portion of our worship services—that hearts will be open, the Spirit will move powerfully, and people will respond in obedience to Christ.

COMMENTARY

Proverbs 31:16-31

31:16-17. It requires tremendous strength to earn the extra money to buy a vineyard, then to clear it of stones, plant the vines, dig a winepress, and build a tower to protect it (Isa 5:2).

31:18. The burning lamp symbolizes long life and prosperity (20:20).

31:19. The spinning staff and spindle were used to make thread and to twist it into yarn.

31:22. These bed coverings were probably for comfort and decoration (7:16). Fine linen may have been imported from Egypt, and purple dye came from Phoenicia (Ezek 27:7).

31:23. She enabled her husband to sit among the elders, a respected local authority.

31:24. She sells everything, from the inner linen garments that are put on first, to the outer belt or sash.

31:25. She has strength like the young and honor like the old (20:29).

31:26. Her instruction arises out of wisdom and love.

31:28-31. Here the wife is recognized and rewarded for her character and works. Even if all the rare capable women were gathered, her husband says she would surpass them. Charm is grace or favor (11:16; 22:1), and beauty is outward appearance (6:25; Ezek 16:14); both are temporary. The end reward of wisdom depends on its beginning: the fear of the Lord.