

## Occupational Rest

What you will find below is Proverbs 31:10-to the end of the chapter, and I copied it out of the Amplified Study Bible that I use each day.

Now, you will find words that are in-between [ ] and those words are defining and expanding on the fuller Hebrew meaning of either the descriptive word(s) or the verb use prior to the use of the [ ].

This is what I'd like to ask you to do - Read these verses one time through. Without breaking it down, or trying to look for anything. Just read. :)

Then, read through these verses a second time, but this time as you read them, underline words that stand out to you. Just underline them.

Then, read through these verses a third time, with all the words underlined, and this time — make notes in the margins and in the blank spaces of what is coming into your mind. Don't worry about "what" you write out, just write out the thoughts you are having. You can write in bullet form or in complete sentences, or even draw an image or doodle if you want. The main thing is, as you read these verses a third time, (prayerfully), make notes of what or who the Spirit may place in your mind.

And let's keep this in mind, too, ladies...we are in no hurry. I hope you are curled up in your resting place, and have nothing but unrushed time at your disposal.

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### **10**

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.

### **11**

The heart of her husband trusts in her [with secure confidence],  
And he will have no lack of gain.

### **12**

She comforts, encourages, *and* does him only good and not evil  
All the days of her life.

### **13**

She looks for wool and flax  
And works with willing hands in delight.

### **14**

She is like the merchant ships [abounding with treasure];  
She brings her [household's] food from far away.

### **15**

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She rises also while it is still night  
And gives food to her household  
And assigns tasks to her maids.

**16**

She considers a field before she buys *or* accepts it [expanding her business prudently];  
With her profits she plants fruitful vines in her vineyard.

**17**

She equips herself with strength [spiritual, mental, and physical fitness for her God-given task]  
And makes her arms strong.

**18**

She sees that her gain is good;  
Her lamp does not go out, but it burns continually through the night [she is prepared for whatever lies ahead].

**19**

She stretches out her hands to the distaff,  
And her hands hold the spindle [as she spins wool into thread for clothing].

**20**

She opens *and* extends her hand to the poor,  
And she reaches out her filled hands to the needy.

**21**

She does not fear the snow for her household,  
For all in her household are clothed in [expensive] scarlet [wool].

**22**

She makes for herself coverlets, cushions, *and* rugs of tapestry.  
Her clothing is linen, pure *and* fine, and purple [wool].

**23**

Her husband is known in the [city's] gates,  
When he sits among the elders of the land.

**24**

She makes [fine] linen garments and sells them;  
And supplies sashes to the merchants.

**25**

Strength and dignity are her clothing *and* her position is strong and secure;  
And she smiles at the future [knowing that she and her family are prepared].

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26

She opens her mouth in [skillful and godly] wisdom,  
And the teaching of kindness is on her tongue [giving counsel and instruction].

27

She looks well to how things go in her household,  
And does not eat the bread of idleness.

28

Her children rise up and call her blessed (happy, prosperous, to be admired);  
Her husband also, and he praises her, *saying*,

29

“Many daughters have done nobly, *and* well [with the strength of character that is steadfast in goodness],  
[c]But you excel them all.”

30

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.

31

Give her of the product of her hands,  
And let her own works praise her in the gates [of the city].

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Our next video will be on “Occupational Rest” so there is just one more thing I’d like for us to do before watching the video.

**Write down in the space your occupation(s) and as many responsibilities as you can possibly list that come with that occupation. Just list them out in no certain order either.**