
MAY 2026 · WEEK 1 · FREE SAMPLE

A Week of Proverbs

Free Sample Bible Study from GraceMail

SCRIPTURE CARD

"She is clothed with strength and dignity, and she laughs without fear of the future."

Proverbs 31:25 · NLT

Strength Through Faith: Honoring the Women Who Lead

DEVOTIONAL REFLECTION

Clothed Before the Day Begins

There is something the woman of Proverbs 31 puts on before anything else — not appearance, not achievement, but strength and dignity. The writer isn't describing a woman who has life figured out. She laughs in the face of the future not because she knows what's coming, but because she knows who she is and whose she is.

The women in your life who have shaped you most likely carried this quality. They weren't fearless — they were grounded. When the world pressed in, they didn't crumble, because their identity wasn't built on circumstances. They were clothed in something that couldn't be taken. And now you get to send someone a reminder of that truth.

STUDY PROMPT · THIS WEEK ASK YOURSELF

"Who first showed me what strength rooted in faith looks like? What did she carry quietly that I didn't understand until much later?"

PRAYER STARTER

Lord, thank you for the women you have placed in my life who modeled strength without armor — whose dignity came from knowing you, not from being unbroken. Help me carry that same groundedness today. And for the women who will hold this card: may it be a small reminder of the strength that is already theirs in you. Amen.

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