

HIM + HER
STUDY GUIDE
—— WEEK 1 ——



MAIN SCRIPTURES:

Proverbs 31:10-31

MAIN POINTS:

- **1.** Know what you're pursuing.
- 2. Don't make excuses or settle for less.

JESUS CONNECTION:

God wrote the greatest love story every told because of how much He loves you!

@HopeHSM

1. READThe Bible

Yessss! We are glad you are here because taking time on your own to study God's word is an amazing way to grow in your relationship with Him. Life with Jesus is the best life! Take a moment to pray and ask God to lead you as you study this Scripture; then read the Scripture (from your Bible or it's on the back).

2. OBSERVE

The Straight Facts

Who:	
What:	
Where:	
Why:	
How:	
What is Repetitive?	_
Highlight it What is Contrast?	
Underline it	

3. INTERPRET

What Does the Text Mean?

Research answers using trusted sources like a Study Bible, BibleProject.com, BlueLetterBible.org, and/or Bible.org

What is the historical and/or cultural context of this Scripture?

Scholars aren't 100% sure who wrote Proverbs 31, but many believe King Lemuel, named in verse 1, is actually King Solomon. What is clear is that it was written as godlyinspired advice for a prince looking for a wife. While you may not be close to thinking of who you want to marry, the principle stands that character traits listed in Proverbs 31 are great standards for us to set on those we date, as well as on the people we want to be!

What else do I know about the author, audience, or context of this passage?

What other Scripture might help me interpret this text?

What is this toyt's clearest meaning?

What is this text's clearest meaning?

4. APPLY *Getting Personal*

o you relate to any of the ters, events, or words in this ure?
truth(s) from this Scripture u apply to your life right
is God saying to you through ripture?

MAIN SCRIPTURES Proverbs 31:10-31 NIV A wife of noble character who can find? She is worth far more than rubies. ¹¹ Her husband has full confidence in her and lacks nothing of value. ¹² She brings him good, not harm, all the days of her life. ¹³ She selects wool and flax and works with eager hands. ¹⁴ She is like the merchant ships, bringing her food from afar. ¹⁵ She gets up while it is still night; she provides food for her family and portions for her female servants. ¹⁶ She considers a field and buys it; out of her earnings she plants a vineyard. ¹⁷ She sets about her work vigorously; her arms are strong for her tasks. ¹⁸ She sees that her trading is profitable, and her lamp does not go out at night. ¹⁹ In her hand she holds the distaff and grasps the spindle with her fingers. ²⁰ She opens her arms to the poor and extends her hands to the needy. ²¹ When it snows, she has no fear for her household; for all of them are clothed in scarlet. ²² She makes coverings for her bed; she is clothed in fine linen and purple. ²³ Her husband is respected at the city gate, where he takes his seat among the elders of the land. ²⁴ She makes linen garments and sells them, and supplies the merchants with sashes. ²⁵ She is clothed with strength and dignity; she can laugh at the days to come. ²⁶ She speaks with wisdom, and faithful instruction is on her tongue. ²⁷ She watches over the affairs of her household and does not eat the bread of idleness. ²⁸ Her children arise and call her blessed; her husband also, and he praises her:

²⁹ "Many women do noble things, but you surpass them all."

gate."

Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.
 Honor her for all that her hands have done, and let her works bring her praise at the city

DOODL	.ES	_

NOTES



HIM + HER TEACHING GUIDE WEEK 1



MAIN SCRIPTURES: Proverbs 31:10-31

MAIN POINTS:

- **1.** Know what you're pursuing.
- **2.** Don't make excuses or settle for less.

JESUS CONNECTION:

God wrote the greatest love story every told because of how much He loves you!

THE WHAT

WHAT are we talking about and WHY does it matter to me? (2-3 min)

ME

- Share an unrealistic picture of dating or love you've seen in a movie, book, social media, etc.
- Share an example of how this "perfect picture" has let you down (bonus points if it's funny)

WE

- The classic picture is painted: Boy meets girl. Girl meets boy. They think each other are cute...begin to discover they have things in common...and live happily ever after.
- From movies to social media, it's easy to get caught up in the idealistic viewpoint of what dating and romance should be like from our culture.
- We've probably all been there: let down by an unrealistic picture painted in the media.

TRANSITION

- What reasons or standards do you have when it comes to dating?
- Do you choose someone because you think they are hot, rich, popular, funny, smart? Culture says those are the most important things.
- God has some better standards written down for us we are going to explore tonight.
- Don't get me wrong, those other things aren't bad, but they also aren't enough – relationships based only on these things are superficial & they can't last on their own.

SO WHAT

So WHAT does this mean for my faith and life with God? (5-6 min)

GOD

PROVERBS 31

- Proverbs 31 shows us a different perspective as it lays out five traits to look for when pursuing someone. It's a long passage so I'm going to jump around a little giving an overview – then we will read & highlight the Scriptures together during our discussion time.
- Important side note: This series isn't an encouragement or pressure to date. In fact, Paul says it's better to stay single (1 Corinthians 7:10) so if you aren't dating yet GREAT! This lesson is still good for you because chances are one day you will start dating and when you do you'll be able to start on a great foundation of Biblical wisdom!

NOTES				

SO WHAT CONTINUED

GOD CONTINUED

KNOW WHAT YOU'RE PURSUING: TRAIT 1

- **Verse 11 states,** "The heart of her husband trusts in her." You see in this picture, the husband is never worried about trusting his wife.
- So the first trait is: Can I trust this person?
- As you are getting to know someone, consider if the person is honest and trustworthy. Do they have a track record of following through on their word? Do they break or keep their promises more?

TRAIT 2

- Verse 12 goes on to say, "She does him good and not harm, all the
 days of her life." She does him good. And in verse 23 it also talks about
 how her work benefits his reputation and success and because of her,
 he is a better man.
- Which brings me to trait 2: Does this person make you stronger?
- Is this person constantly leading you into sin, or encouraging you in your growing in your faith? Look for a person who is going to encourage you to grow, to become a better person. A couple should be stronger together than they would be apart.

TRAIT 3

- Verses 13-16 go on to list different things that may seem strange to us, talking about wool and flax and ships...but the point is it is listing different ways this girl is hard-working and responsible.
- So ask yourself when pursuing someone: Is this person responsible?
- Do they set goals and go for them? Are they responsible? Or are they lazy and blow off responsibilities? If they have younger siblings, do they help look out for them? How do they treat them? This could actually show you insight into our next trait too.

TRAIT 4

- Verse 20 shows that the wife helps the poor and needy, so ask yourself:
- Is this person generous and kind?
- Look for someone who helps others, even when it doesn't benefit them. Someone who is kind and giving. Someone who is generous.
- Look at how they treat other people. How they treat you matters and how they treat others matter. How do they talk about other people?

TRAIT 5

- Verse 30 goes on to say, "Charm is deceptive and beauty is fleeting, but a woman who fears the Lord is to be praised."
- Our last trait is probably the most important: Does this person trust in and follow Jesus?
- Don't compromise on this point. This question gets at the heart of everything – because the closer we grow in our relationship with Jesus, the more we grow at these other traits.
- Think about it this way: if Jesus is the most important thing in your life

 don't you want to be able to the most important part of your life with someone so important?

DON'T MAKE EXCUSES OR SETTLE FOR ANYTHING LESS.

- This may be the most important thing I say this whole time: DON'T SETTLE FOR ANYTHING LESS.
- Why? Sometimes we are looking for others to complete us or make us a whole, we date to make ourselves feel better or to have a good time, or because we are looking for love or acceptance we make excuses and compromises but I want you to know a few things:
- YOU ARE ENOUGH. You don't need to date someone to make you whole, they can't really do that anyway.
- YOU ARE LOVED. God wrote the greatest love story ever told because of how much HE LOVES YOU!

NOTES

NOTES JESUS CONNECTION God created you to be in relationship with Him, but sin broke that relationship before we were ever born. God sent Jesus to die on the cross to rescue us from our sin and death; Jesus loves you so incredibly much. **TRANSITION** Through this study I hope we will gain a greater perspective on dating that will help you truly live your best life – because Jesus has your true best life in mind for you. **NOW WHAT** NOW that I know, HOW can I live this out? (2-3 min) YOU And an extra side note – if we are looking for someone with these traits, we should also be someone with these traits. In other words, be someone the someone you are looking for is looking for. Do these traits describe you? Do these traits describe the people you date or have crushes on? Are you settling for less? WE Ask we talk about this, remember none of us are perfect. But I hope you will be real, engage in conversation, ask questions and be honest with yourself and the people in your group. Let's be a safe place for people to talk and share, be real, and not worry about someone gossiping about them afterwards: in other words what is said in small group, stays in small group. **PRAY** • Close your time together in prayer.





MAIN SCRIPTURES:

Proverbs 31:10-31

MAIN POINT:

 Know what you're pursuing.
 Don't make excuses or settle for less.

JESUS CONNECTION:

God wrote the greatest love story every told because of how much He loves you!

LEADER CORNER

GOAL OF SMALL GROUP

For students to start, or grow, in using godly wisdom in who they pursue in dating relationships.

THINK ABOUT THIS

Let your students know: This series isn't an encouragement to date, it's an encouragement for students to use godly wisdom when they date. Some students in your group may not be dating yet, and that is ok! In fact, Paul says it's better to stay single (1 Corinthians 7:10) and our last week we are going to talk about not rushing – so if you aren't dating or don't feel ready yet -GREAT! This lesson is still good wisdom and discussion for you because chances are one day you will start dating and when you do - you'll be able to start on a great foundation of Biblical wisdom!

HOW TO USE THIS GUIDE

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation, too.

CONVERSATION GUIDE

GET THEM TALKING

- 1. How would you describe how the ways dating and relationships are portrayed in our culture (movies, social media, etc.)?
- 2. Do you think these portrayals are good, bad, or a mixture? Explain your thoughts.

ACTIVITY

Today we are going to write in our Bibles! It's ok, lighting won't strike you (probably)! If you don't want to write in your Bible then you can pull up a Bible app. As each verse is read, highlight it and write the matching standard to the side (or on your phone make a note on your app — or leaders you can share the Study Guide for this week with your students to make notes on). TIP: Crayons and colored pencils make good Bible highlighters because they don't bleed through the pages as much as regular highlighters. You can use multiple colors to match your traits & highlights.

TRAIT 1: READ verse 11; WRITE "Can I trust this person?"

TRAIT 2: READ verses 12 & 23; WRITE "Does this person make me stronger?"

TRAIT 3: READ verses 13-16; WRITE "Is this person responsible?"

TRAIT 4: READ verse 20; WRITE "Is this person generous and kind?"

TRAIT 5: READ verse 30; WRITE "Does this person trust and follow Jesus?"

DISCUSSION QUESTIONS

- 1. Any other character traits of this woman stand out to you?
- 2. What are typical traits people look for in those they date?
- 3. Why would these character traits be good to look for in someone you date?
- 4. Look back at verse 30. Our culture says physical appearance is a top trait to look for, but this verse mentions something else is much more important. Why do you think this trait is such an important quality (or if you disagree, why)?

NEXT STEPS

- 1. What are some top character traits you will set as a personal standard for the people you date?
- 2. Which of these Proverbs 31 character traits can you strive to grow in right now?

PRAYER GUIDE

Ask your students to share their prayer requests and close your time together in prayer.

MAIN SCRIPTURES

Proverbs 31:10-31 NIV

"A wife of noble character who can find? She is worth far more than rubies.

¹¹ Her husband has full confidence in her and lacks nothing of value.

¹² She brings him good, not harm, all the days of her life.

13 She selects wool and flax and works with eager hands.

¹⁴ She is like the merchant ships. bringing her food from afar.

¹⁵ She gets up while it is still night; she provides food for her family and portions for her female servants.

¹⁶ She considers a field and buys it; out of her earnings she plants a vineyard.

¹⁷ She sets about her work vigorously; her arms are strong for her tasks.

¹⁸ She sees that her trading is profitable, and her lamp does not go out at night.

¹⁹ In her hand she holds the distaff and grasps the spindle with her fingers.

²⁰ She opens her arms to the poor and extends her hands to the needy.

²¹ When it snows, she has no fear for her household; for all of them are clothed in scarlet.

²² She makes coverings for her bed; she is clothed in fine linen and purple.

²³ Her husband is respected at the city gate,

where he takes his seat among the elders of the land.

²⁴ She makes linen garments and sells them, and supplies the merchants with sashes.

²⁵ She is clothed with strength and dignity; she can laugh at the days to come.

²⁶ She speaks with wisdom,

and faithful instruction is on her tongue.

²⁷ She watches over the affairs of her household and does not eat the bread of idleness.

²⁸ Her children arise and call her blessed; her husband also, and he praises her:

²⁹ "Many women do noble things,

but you surpass them all."

³⁰ Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.

31 Honor her for all that her hands have done, and let her works bring her praise at the city gate."

BONUS LEADER RESOURCE

GAME IDEA: 5 SECOND RULE

IN PERSON INSTRUCTIONS: ITEM NEEDED: Whip cream, 4 tins, timer with buzzer, 4 towels

HOW TO PLAY: Have 5 student volunteers come up front. They will each have 5 seconds to list 3 things related to a topic you say. If they don't, they will get pied in the face! If a student says something that is debatably related, have your other students vote as to whether it counts or not. These could be run by 1-3 volunteers: 1 to be the host, hype things up, and give the topics. 1 to watch the time and hand out towels. 1 to pie them in the face.

POSSIBLE TOPICS:

- Words that rhyme with red
- Prom
- Tik tok
- Disney
- Couples
- Salad Dressings
- Ocean Animals
- **Romantic Movies**
- **Extreme Sports**
- Annoying things cats do
- Getting ready for a date
- Things you find in a coffee shop
- Name one of your small group leaders
- Among Us
- Valentine's Day
- Video Games

VIRTUAL ADAPTATION

Obviously you can't pie your students in the face over a screen. You could play without the punishments OR you could make them do a punishment on screen that needs no or easy to find supplies.

ON SCREEN PUNISHMENT **EXAMPLES:**

- Go outside and bark.
- Pour water on your head.
- Pat your head until we tell you to stop.
- Hide under a table or bed the rest of the game.
- Go outside and run around your whole house.
- Eat a spoonful of ketchup.