



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. READ
The 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 godly-inspired advice for a prince looking for a wife.¹ 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 text's clearest meaning?

4. APPLY
Getting Personal

How do you relate to any of the characters, events, or words in this Scripture?

What truth(s) from this Scripture can you apply to your life right now?

What is God saying to you through this Scripture?

1. Matthew Henry Commentary on Proverbs 31



HIM + HER DISCUSSION GUIDE WEEK 1



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MAIN POINT:

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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.