

In Her Shoes

**MOTHERHOOD LESSONS FROM
BIBLICAL WOMEN**



Lindsey Carroll



Copyright © 2024 Lindsey Carroll / Driven By Grace®

All rights reserved. No part of this book may be reproduced or used in any manner without written permission of the copyright owner.

Scripture quotations taken from the (NASB®) New American Standard Bible®, Copyright © 1960, 1971, 1977, 1995, 2020 by The Lockman Foundation. Used by permission. All rights reserved. www.lockman.org

First published 2021

Updated April 2024

For more resources:

Follow on Instagram @DrivenByGrace

Shop drivenbygrace.com

CONTENTS

In Her Shoes

Motherhood Lessons From Biblical Women

Introduction	Page 01
About the Author	Page 02
Family Prayer List	Page 03
Lesson 01: Proverbs 31	Page 04
A woman who fears the Lord <i>Proverbs 31:10-31</i>	
Lesson 02: Eve	Page 18
The first wife & mother...ever <i>Genesis 1:26-4:16 and Genesis 4:25-26</i>	
Lesson 03: Sarah	Page 34
Mother of nations <i>Genesis 15:1-18:15 and Genesis 21:1-7</i>	
Lesson 04: Hannah	Page 50
The prayerful & obedient mother <i>1 Samuel 1:1-2:11 and 2:18-21</i>	
Lesson 05: Mary	Page 66
Mother of the Savior <i>Luke 1:26-56, Luke 2:1-35, Luke 2:41-52 and John 19:17-29</i>	
Wrap Up	Page 82
Appendix: Resources and Endnotes	Page 86



Introduction

The purpose of this study is to help mothers study God's Word and look at real-life biblical women for lessons in motherhood and marriage. We will start by spending a few lessons studying Proverbs 31 and what it means to be a virtuous woman. After understanding Proverbs 31, we will then dive into four key mothers of the Bible. We will look at Eve, Sarah, Hannah, and Mary.

Each of these women had different struggles in motherhood, whether it was the struggle of getting pregnant or rearing godly children. We will study their stories, learn from their experiences, and see how we can apply some of their lessons to our life. We will also reflect back and see what Proverbs 31 qualities each of these women had.

I hope this study is edifying to you as a mother and as a Christian woman. I hope you can draw closer to God and understand who He is as our Creator. I hope you remember that God chose you to be a mother for a reason. He will use you and equip you to raise the next generation. We need to remember to look back to God when facing parenting struggles, and I pray this study journal can help guide you there.

About the Author



Hello! My name is Lindsey Carroll, and I am the creator of Driven By Grace®. I am married to my best friend, Brendon, and we have been blessed with three beautiful children together — Easton, Aubrie, and Camden. Before you start this study, I'd love to share a little about my testimony and our family to help you understand my background and how I began writing Bible study resources.

I believe God put this desire on my heart to teach others about Him through my Bible study creations. I am a believer in Christ, seeking to know the Lord, His Word, and sharing what I learn with others. I am merely trying to obey the ideas God has put on my heart and trust that He has a plan and purpose for it all.

In October 2019, I left my 7-year marketing career to become a stay-at-home mom. I loved my job, but I had a nudge on my heart that I needed to stay home with my kids. After pushing that voice aside for an entire year, I finally decided to obey the Lord. Coming home was the best decision I made for my family.

That first step of obedience led me to start homeschooling my kids, which then led to the creation of Driven By Grace®. The Lord graciously guided my family on a path that was better than any story we could have written for ourselves.

I don't know where you are at in life, and your story isn't going to be like mine. I just want you to know that you can trust God with the desires of your heart. Have faith to take a leap that you may be avoiding because it seems scary or is out of your comfort zone. Lean into God and let Him do the work. You are in the safest hands when God is in control and writing your story. Let Him use you and your talents to bring Him glory.

Family Prayer List

Write the names of each of your children on one of the boxes. If there are extra squares, you can add other people you would like to be intentionally praying over as well. Write out specific things you want to pray over for each person in your family during the course of this study. Before you begin each day, pray over each person. Let's be intentional in praying over our family!

MYSELF	HUSBAND			

PROVERBS 31

LESSON

01

*A woman who fears
the Lord*

“Charm is deceitful and
beauty is vain, but a
woman who fears the Lord,
she shall be praised.”

Proverbs 31:30 (NASB)

Before you begin...

We are going to study and learn about what it means to be a virtuous woman. Prepare your heart and mind to allow the Holy Spirit to teach you and equip you to understand what God's Word intends. Focus on the attitude behind the virtuous woman and not just the tasks she is accomplishing. Think of the "why" behind it. Whom is she trying to serve? Why is she doing it? What is her motivation? Think about God and His characteristics and what you can learn about Him through this passage.

Heavenly Father,

I pray that You open my mind and heart as I begin to study Your Word. I pray that my assumptions and ideas of a virtuous woman are grounded in Your truth and not my own ideals. Open my eyes to areas I need to improve. Show me my strengths and talents that I can use to bring You glory. Help me have a teachable heart as I study this passage. Help me to have a heavenly perspective and not a worldly perspective as I learn about the attitude and calling of a wife, mother, and woman.

*In Jesus' name,
Amen*

PROVERBS 31

LESSON 01 // PART 1



Bible Reading

Read through **Proverbs 31:10-31**

Today's Focus

The servant wife - **Proverbs 31:10-16** // **Family Prayer List** page 03



Study Questions

1. Who is Proverbs 31 directed toward? Who is describing what to look for in a virtuous wife? Read the beginning of chapter 31:1 to help find the answer.

2. Read 31:10-12 (Relationship with her husband)
What should the result of a virtuous wife be for her husband?

3. How can you ensure your husband has your trust? How can you bring him good all the days of your life?

4. Read 31:13-16 (Hard work for her household)
What is the attitude of this woman as she is working hard? (31:13) Read NASB & NKJV

5. What does the virtuous wife provide for her family? (31:14)

6. When does the virtuous wife begin her day? (31:15) What does this show about her work ethic?

7. How is the virtuous wife resourceful? (31:16)

PROVERBS 31

LESSON 01 // PART 1



In Her Shoes

1. Proverbs 31 is actually written to men to help them understand what to look for in a wife. This Proverb is a mother speaking to her son, identifying the attitude and characteristics to look for in a wife. The first key attribute is trustworthiness. Can your husband fully trust and confide in you? How do you speak about your husband both privately and publicly?

2. A virtuous wife has an attitude that is delighted to serve her family (31:13). Delighted means "a high degree of gratification or pleasure."¹ When your family needs you, are you delighted or irritated? How can you work toward serving them with delight?



Application

1. The virtuous woman uses her time wisely. What is one way you could improve your time management to make sure you are using it wisely for your household? What is a distraction that you should try to limit?

2. The virtuous woman is resourceful with her family's profits. She reinvests to profit their future. Are you a wise steward with your family's finances? What is one way you could improve your family's profits to provide a better future? (example: consider budgeting)



Prayer

Write out a prayer for something on your heart after reading today's lesson.

PROVERBS 31

LESSON 01 // PART 2



Bible Reading

Read through **Proverbs 31:10-31**

Today's Focus

The hardworking woman - **Proverbs 31:17-24** // **Family Prayer List** page 03



Study Questions

1. What physical attribute does this woman have? (31:17) What does this tell you about the type of work she completes daily?

2. What was the woman's gain for her hard work that she considered good? Whom is she working for?

3. What does "Her lamp does not go out at night" mean? Read Matthew 5:14-16. How does this woman's hard work bring glory to God?

4. Read Proverbs 31:20-24 (The fruits of her labor)
Who benefited from the fruits of this woman's hard work and labor?

5. How does the virtuous woman help her husband? What is the result of her commitment to caring for her household? (31:23) Read Proverbs 12:4.

6. How does the virtuous woman use her talents and gifts? (31:24)

7. How does the world's view of a wife and mother differ from what God's Word says?

PROVERBS 31

LESSON 01 // PART 2



In Her Shoes

1. The virtuous woman is a hard worker. She is eager to work every day. Would you consider yourself a hard worker or someone who just does the bare minimum to get by? How can you serve God and glorify Him with the work He has entrusted to you?

2. Is there work the Lord has called you to do that you don't enjoy? How could you shift your mindset to do the work joyfully and with your best effort? Read Colossians 3:23-24.



Application

1. Two attributes of the virtuous woman are strength and health. This woman is physically strong and takes care of her body. How can you make sure you are taking care of the body God gave you? Read 1 Corinthians 6:19-20. Whom is your body for, and what are we called to do?

2. A virtuous woman cares not only for her family but also for the poor. How can you use your talents, blessings, or gifts to take care of the poor? How can you include your children so they can grow a heart of compassion toward the poor?



Prayer

Write out a prayer for something on your heart after reading today's lesson.

PROVERBS 31

LESSON 01 // PART 3



Bible Reading

Read through **Proverbs 31:10-31**

Today's Focus

Character of the virtuous woman - **Proverbs 31:25-31** // **Family Prayer List** page 03



Study Questions

1. What is the virtuous woman's "clothing"? (31:25) Where does she get her strength from? Is it referring to physical strength or spiritual?

2. How does the virtuous woman speak? (31:26)

3. What does the bread of idleness mean? (31:27)

4. Read Titus 2:3-5. What does Paul teach women to be like? How does this relate to a Proverbs 31 woman? What does he emphasize for older women to do?

5. What do the husband and children of the virtuous woman do? (31:28-29) Why would they do this?

6. What should women really care about? What is praiseworthy and everlasting? (31:30) How can you accomplish this?

7. Read 1 Peter 3:1-6. Where should a woman's beauty come from? How does the way we carry ourselves impact our households? (1 Peter 3:1-2)

PROVERBS 31

LESSON 01 // PART 3



In Her Shoes

1. What is the driving motivation for a virtuous woman? Does she do all these things to get accolades and recognition from others? Does she do all these things because she is trying to serve God and steward well the blessings He has given her?

2. The virtuous woman is clothed in strength and dignity. Dignity can mean reserved in her manner, appearance, and language. It can also mean honored and esteemed². In what ways does the virtuous woman show dignity?



Application

1. This part of Proverbs 31 really describes the character of the virtuous woman. She is dignified, wise in her speech, has control of her tongue, is not lazy, and focuses more on her godly character than her outward appearance. Which of these areas would you like to focus on improving and why?

2. A virtuous woman is praised by her husband and children. How can you work hard to raise children who grow up respecting and honoring you? How can you raise children who grow up respecting and honoring the Lord? How are you modeling that behavior?



Prayer

Write out a prayer for something on your heart after reading today's lesson.

PROVERBS 31

LESSON 01

Reflect. . .

1 In your own words, summarize the Proverbs 31 woman.

2 What did you learn about God from Proverbs 31?

3 What is your biggest takeaway from Proverbs 31 that you can apply to your life?

4 What qualities does a Proverbs 31 woman possess that you want to live out?

5 What qualities of a Proverbs 31 woman are hard for you to accept that you need to pray about?

Summary of Proverbs 31

Many don't realize that Proverbs 31 is actually a mother giving her son, King Lemuel, advice on what to look for in a godly wife. She lists all the attributes and qualities of a virtuous woman who will do her son good *all the days of his life*. Isn't that what all mothers pray for, specifically those with sons? For a woman to treat her son well and honor him? Likewise, for our daughters to be loved and cherished by their husbands for their hard work?

As you read Proverbs 31, you can look at this chapter from two perspectives. The first is as a woman/wife/mother and learning how to glorify God by serving your family with a godly attitude. The second is through a generational lens by teaching our sons what to desire in a wife and teaching our daughters what an attitude should look like when serving her family.

This is not a woman's to-do list of things she must do to be a godly wife. This is the wisdom of how a woman's heart and attitude should be when serving her husband and family. A godly woman will grow and mature in her role as a wife and mother. This isn't something that will happen the moment you say "I do." These characteristics and qualities are nurtured and grown over time as a woman seeks to honor the Lord with her marriage and her household daily.

The first key attribute of the virtuous woman is **trustworthiness**. A woman with this virtue should be able to have the full trust of her husband. He should be able to confide in her, knowing she will not judge him but be his biggest cheerleader. A husband should be able to trust that his wife will use wisdom and sound judgment when making decisions. A wife gains her husband's trust by honoring him with her speech and actions. Speak well of your husband in public and in private. Don't call out his weaknesses and struggles for all to know. Don't gossip about your husband with family or friends. As a wife, you should protect and build up his reputation, not ruin it. Also, protect your marriage and be wise with how you interact with other men. Don't do anything that would dishonor your husband or marriage.

A second quality of the virtuous woman is **hardworking**. A virtuous woman is eager to work and provide for her family. She is not lazy. When she does her work, she does not complain about every task but instead does the work delightfully. Whether the task is mopping the floors or completing a presentation, do it all as if you are serving the Lord because that is who you are representing. God is the one who sees the work you are putting in and your heart behind it.

*"Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve."
Colossians 3:23-24 (NASB)*

Summary of Proverbs 31

A third quality of the virtuous woman is **resourcefulness**. The virtuous woman uses the talents and gifts God gave her to bring glory to Him. She is glorifying God whether she is making clothes for her family or using that skill to make items to sell for extra money. She is wise with her family's profits and invests them in ways that will be profitable for her whole family's future. She thinks ahead and makes sure her family's needs will be taken care of. She anticipates what is coming and plans accordingly. She smiles at the future because she has planned for it.

The fourth quality a virtuous woman has is **controlled speech**. A virtuous woman doesn't lash out and make unkind remarks. She thinks before she speaks and chooses her words wisely. She is not a gossip. She speaks in a manner that will bring honor to God. She doesn't lash out emotionally but will restrain her words by using wisdom. She speaks kindly to her husband and builds him up. She also speaks kindly to her children. She's thoughtful with the words she chooses for discipline and training. It is not a sign of weakness to not retaliate with your words. It actually shows strength that you know when to speak and when to hold your tongue. The closer we are to God, the more we can emulate Him in our words.

*"He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding."
Proverbs 17:27 (NASB)*

Lastly, the most important quality of the virtuous woman is **fear of the Lord**. The virtuous woman's main goal is to grow closer to God and serve Him with her heart and attitude. She understands the heart of a woman is more important than her outward appearance. To fear the Lord, we need to learn about God, fear God, know God, and then imitate Him. Jesus was the best example of a servant leader. A virtuous woman can imitate Jesus by serving her husband, kids, and others. Those who fear the Lord have an awareness of who God is, deep respect for Him, and a commitment to obey His commands. Proverbs 31 gives us the knowledge to learn how to glorify God with our attitude by serving our husband and children. Pray, learn, and apply this instruction daily.

*"The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction."
Proverbs 1:7 (NASB)*

When we serve our family well, we are a light to others looking in. We reflect God and His love with our servant attitudes. If we remember whom we are working for (God, not men), then our attitudes should reflect that. Jesus always put others' needs above His own. Keep your focus on God, and be a light for your family and the world.

PROVERBS 31

GROUP DISCUSSION

INTRODUCTION QUESTION:

What is your favorite thing about motherhood?

DISCUSSION QUESTIONS:

Question 1: *Page 7, In Her Shoes Question #2*

A virtuous wife has an attitude that is delighted to serve her family (31:13). Delighted means "a high degree of gratification or pleasure." When your family needs you, are you delighted or irritated? How can you work towards serving them with delight?

Question 2:

What is one thing that typically irritates you that you want to work on this week to do with delight?

Question 3: *Page 7, Application Question #1*

The virtuous woman uses her time wisely. What is one way you could improve your time management to make sure you are using it wisely for your household? What is a distraction that you should try to limit?

Question 4: *Page 9, Application Question #2*

A virtuous woman cares not only for her family but also for the poor. How can you use your talents, blessings, or gifts to take care of the poor? How can you include your children so they can grow a heart of compassion toward the poor?

Question 5: *Page 11, Application Question #1*

This part of Proverbs 31 really describes the character of the virtuous woman. She is dignified, wise in her speech, has control of her tongue, is not lazy and focuses more on her godly character than her outward appearance. Which of these areas would you like to focus on improving and why?

Question 6: *Page 12, Reflect Question #5*

What qualities of a Proverbs 31 woman are hard for you to accept that you need to pray about?

WRAP UP:

What is the biggest takeaway from this week's study that you will focus on implementing during this week?

