

Proverbs 31 Reflection Worksheet

Read Proverbs 31. Use this guided worksheet to pause, pray, and reflect. You can journal your answers or simply meditate on the questions.

Reflect: Strength & Dignity

Where have I shown strength this week? _____

What situation required courage? _____

How can I walk in dignity in the coming days? _____

Reflect: Wisdom & Kindness

What words have I spoken that brought life? _____

Where do I need more wisdom? _____

Who can I encourage this week? _____

Reflect: Faith & Purpose

What is God teaching me right now? _____

What area of my life needs more intentionality? _____

How can I serve my family or community this week? _____

Prayer

“Lord, shape my heart with Your wisdom and strengthen me to walk in the calling You’ve given me. Help me reflect Your love in all I do.”



Action Step

Write one small, practical step you will take this week to live out Proverbs 31. _____