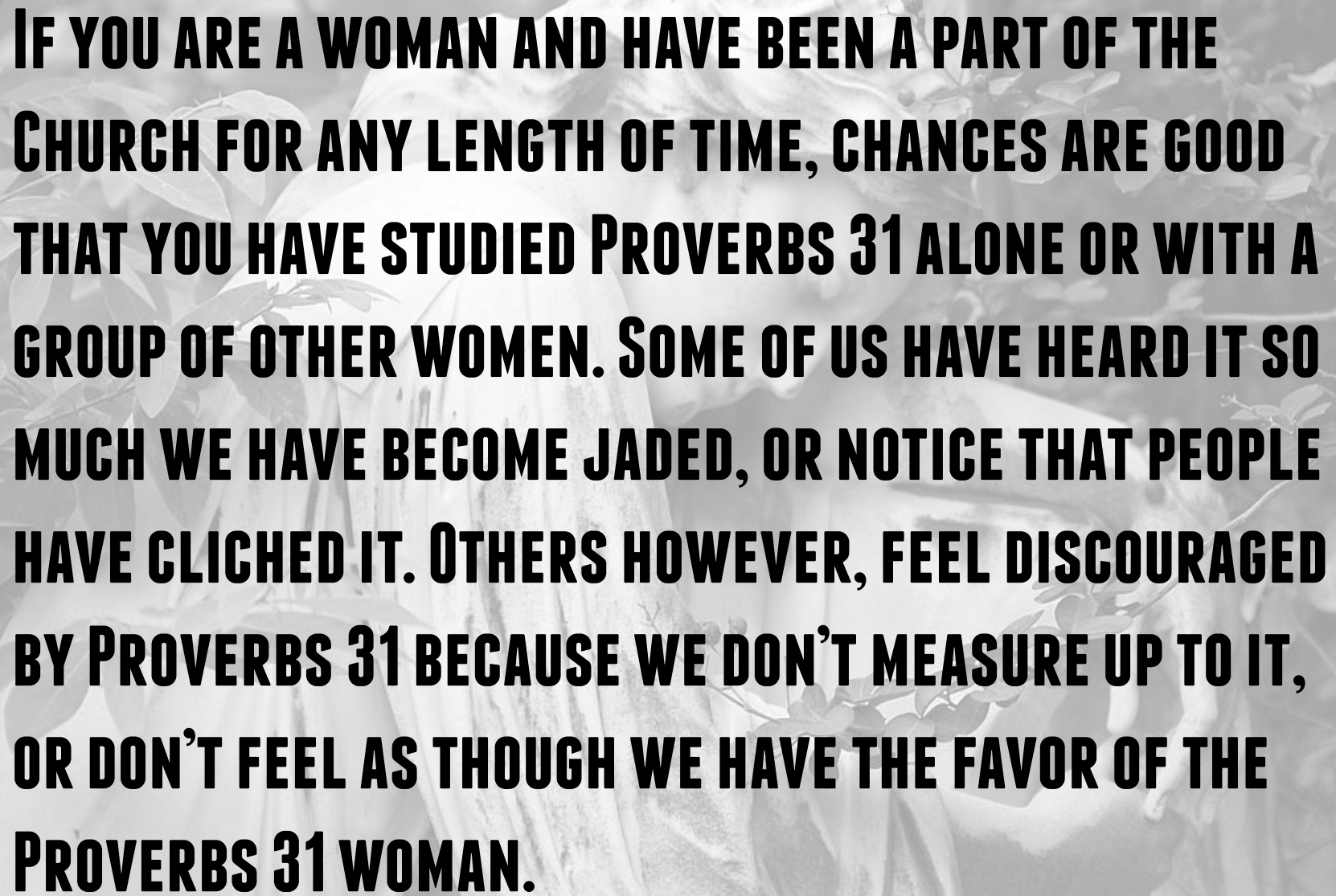


A black and white photograph of a stone statue of a woman, possibly a religious figure, with her head bowed and eyes closed. She is wearing a long, flowing robe. The statue is surrounded by dense foliage, including leaves and small berries. The lighting is soft, highlighting the texture of the stone and the surrounding plants.

**WHEN YOU FEEL MORE LIKE  
PSALM 31 THAN PROVERBS 31...**



**IF YOU ARE A WOMAN AND HAVE BEEN A PART OF THE CHURCH FOR ANY LENGTH OF TIME, CHANCES ARE GOOD THAT YOU HAVE STUDIED PROVERBS 31 ALONE OR WITH A GROUP OF OTHER WOMEN. SOME OF US HAVE HEARD IT SO MUCH WE HAVE BECOME JADED, OR NOTICE THAT PEOPLE HAVE CLICHED IT. OTHERS HOWEVER, FEEL DISCOURAGED BY PROVERBS 31 BECAUSE WE DON'T MEASURE UP TO IT, OR DON'T FEEL AS THOUGH WE HAVE THE FAVOR OF THE PROVERBS 31 WOMAN.**

**-JOY ALLMOND**

# THE “PSALM 31 WOMAN”

**“BE GRACIOUS TO ME, O LORD, FOR I AM IN DISTRESS; MY EYE IS WASTED AWAY FROM GRIEF, MY SOUL AND MY BODY ALSO. FOR MY LIFE IS SPENT WITH SORROW, AND MY YEARS WITH SIGHING; MY STRENGTH HAS FAILED ME BECAUSE OF MY INIQUITY, AND MY BODY HAS WASTED AWAY. BECAUSE OF ALL MY ADVERSARIES, I HAVE BECOME A REPROACH, ESPECIALLY TO MY NEIGHBORS, AND AN OBJECT OF DREAD TO MY ACQUAINTANCES; THOSE WHO SEE ME IN THE STREET FLEE FROM ME. I AM FORGOTTEN AS A DEAD MAN, OUT OF MIND, I AM LIKE A BROKEN VESSEL. FOR I HAVE HEARD THE SLANDER OF MANY, TERROR IS ON EVERY SIDE; WHILE THEY TOOK COUNSEL TOGETHER AGAINST ME, THEY SCHEMED TO TAKE AWAY MY LIFE” (VS. 9-13).**



**YOUR S**

**TURN**

**INTO JOY**





**YOUR SORROW CAN TURN  
INTO JOY**

# JEREMIAH 31:10-14

- **THE PEOPLE OF JUDAH WOULD NEVER HAVE EXPERIENCED THE RICH REWARD WITHOUT THE PAIN SUFFERED ALONG THE WAY. TRUE JOY ONLY CAME BECAUSE OF THE PERSPECTIVE GAINED.**
- **WE MIGHT NOT LIKE IT OR IT MIGHT BE HARD TO UNDERSTAND, BUT GOD KNOWS HOW THINGS TURN OUT. HE KNOWS WE MUST EXPERIENCE PAIN IN THIS LIFE.**



**NOT JUST REDEMPTION;  
RESTORATION!**

A black and white photograph of a classical statue of a woman, possibly a personification of a virtue or a deity, with her head bowed and eyes closed. She is surrounded by dense foliage, including leaves and small berries. The statue is made of a light-colored material, possibly marble, and shows signs of weathering and age. The background is dark and out of focus.

# **THE OWNER OF MY REPUTATION**



# A DAUNTING TASK

- **PROVERBS 31:23**
- **LIFE SOMETIMES REVERTS BACK TO LITTLE MORE THAN A MIDDLE SCHOOL POPULARITY CONTEST – WE DON'T FEEL LIKE WE MEASURE UP TO OTHERS!**
- **PSALM 31 IS CLEARLY WRITTEN BY A PERSON WHO FEELS MARGINALIZED, USELESS, JUDGED, AND “PUT UNDER THE MICROSCOPE.” HIS FAILURE IS EAGERLY ANTICIPATED BY OTHERS.**

A black and white photograph of a stone statue of a woman, possibly a religious figure, with her head bowed and eyes closed. She is surrounded by dense foliage and leaves. The statue appears to be made of a light-colored material, possibly marble or stone, and shows some signs of weathering or staining. The background is dark and out of focus, emphasizing the statue and the surrounding plants.

**EVEN WHEN YOUR OWN HOUSE  
CRUMBLES, GOD IS CONSTANT**

# **OBSERVE THE BLESSINGS OF OTHERS**

**HOW ABUNDANT ARE THE GOOD THINGS  
THAT YOU HAVE STORED UP FOR THOSE WHO FEAR YOU,  
THAT YOU BESTOW IN THE SIGHT OF ALL,  
ON THOSE WHO TAKE REFUGE IN YOU.  
IN THE SHELTER OF YOUR PRESENCE YOU HIDE THEM  
FROM ALL HUMAN INTRIGUES;  
YOU KEEP THEM SAFE IN YOUR DWELLING  
FROM ACCUSING TONGUES (PSALM 31:19-20)**



**“I SAID IN MY ALARM”**



# **“I SAID IN MY ALARM...”**

- **WE COME TO MANY FALSE CONCLUSIONS DURING TIMES OF GRIEF AND TRIAL. CONFLICTING EMOTIONS WAGE A WAR OF CONFUSION AND FRUSTRATION IN OUR MINDS.**
- **LET “NEVERTHELESS” INTO YOUR LIFE. COMPARE WHAT YOU KNOW WITH WHAT YOU FEEL AND STAY FAITHFUL TO A GOD WHO DWELLS IN THE “NEVERTHELESS.”**
- **OUR RESPONSE TO SORROW SHOULD NEVER BE TO PULL AWAY, BUT TO “CRY TO THEE” (ALSO PSALM 73:15-17).**

