

Wisdom & Welcome

Ladies' Fellowship Activities

Here is a complete suggested program for a women's ministry fellowship event centered on the book of Proverbs. This event could be for a variety of events, ranging from a seasonal fellowship to a first meeting introducing a study of the Book of Proverbs.

It includes a variety of activities to choose from:

1. Conversation & Ice-breaker activity
2. Devotional
3. 5 Stations for different activities related to the wisdom in Proverbs
4. Resources for further study

All scriptures are quoted from the English Standard Version, unless otherwise noted.

1. Wisdom Around the Table – Conversation Cards

The event could begin with a discussion activity using printed cards, which each feature a short proverb and wisdom-themed prompt. This can be done as an ice-breaker at the beginning of the evening or during a meal together. Each table of women should have a set of conversation cards. Women can take turns selecting cards and sharing briefly. To give plenty of time for reflection, ladies can each take a card at the beginning of the activity. Then, they can share their answers. This could happen in order around the table, or ladies could volunteer when they are ready. This would allow more flexible time for them to prepare an answer. Remind the groups that listening (and learning from each other) is just as important as speaking, so we want to give our attention to each person as they share their experience.

Card Examples:

- Proverbs 1:7 “The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction.”
In what ways have you learned that wisdom begins with the fear of the LORD?
- Proverbs 3:5–6 “Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”
What does it look like for you to trust the Lord right now?
- Proverbs 13:20 “Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.”
Who has helped shape your faith or character?

- Proverbs 15:1 “A soft answer turns away wrath, but a harsh word stirs up anger.”
Can you think of a time when gentle words changed a difficult situation?
- Proverbs 16:9 “The heart of man plans his way, but the Lord establishes his steps.”
How have you seen God redirect your plans for good?
- Proverbs 18:21 “Death and life are in the power of the tongue, and those who love it will eat its fruits.”
How can we use words in life-giving ways?

Benefits:

- Encourages immediate participation without requiring previous study.
- Models how the book of Proverbs speaks to ordinary life.
- Builds relationships through sharing and storytelling.

2. Short devotional – Who Needs Proverbs?

Before beginning the interactive stations, it is helpful to include a short devotional to introduce the book of Proverbs. This could be tied to an ongoing Bible study, or it could be for this event alone. An example devotional is included at the very end of this document.

3. Proverbs in Practice – Interactive Stations

A set of walk-around stations, each highlighting a major theme of Proverbs through a short hands-on activity. (See PDFs with printouts and resources for these stations.)

STATION 1

Words of Wisdom: The Power of a Gentle Answer

Rewrite a harsh response as a gentle answer (Prov. 15:1).

Purpose

- Recognize how tone and timing shape communication.
- Practice applying biblical wisdom to real-life conversations.
- See that Proverbs addresses *how* we speak, not merely *what* we say.

The aim is **wisdom, not condemnation**.

Station Setup

- Printed instructions and name of station
- Printed scenario cards
- Blank response cards or half-sheets
- Pens or pencils
- A large printed copy of Proverbs 15:1

Station Instructions

Read Proverbs 15:1 “A soft answer turns away wrath, but a harsh word stirs up anger.”

Step 1: Choose one scenario card.

Step 2: Read the *harsh response* printed on the card.

Step 3: Rewrite the response so that it reflects a *gentle answer*—one that is truthful, calm, and loving.

Step 4: If you are with a group, discuss how the rewritten response might change the outcome of the conversation.

Participants may work individually or in small groups.

Note: A “gentle answer” is **not** silence, avoidance, or dishonesty. Biblical gentleness speaks truth with restraint, humility, and care.

Scenario 1: Family

Situation: A family member criticizes how you handled something.

Harsh response: “If you think you can do it better, then go ahead.”

Scenario 2: Church or Ministry

Situation: Someone questions a decision you helped make.

Harsh response: “We’ve already talked about this. I don’t know what else you want.”

Scenario 3: Close Relationship

Situation: A loved one points out something you forgot.

Harsh response: “I have a lot on my plate—why are you making this a big deal?”

Scenario 4: Unsolicited Advice

Situation: Someone you don't know well connects with you to offer unsolicited advice.

Harsh response: "I didn't ask for your opinion."

Scenario 5: Work Setting

Situation: Someone corrects you publicly.

Harsh response: "You clearly don't even know what happened."

Scenario 6: Volunteer Setting

Situation: Leadership forgets you when your volunteer group is thanked.

Harsh response: [Thinking] *That's the last time I give my time to that!*

Facilitator Notes (Optional Leader Presence)

If a leader is stationed here, she should:

- Encourage realism, not perfection.
- Remind participants that gentleness often requires *self-control in the moment*, not a perfectly scripted response.
- Reinforce that Proverbs describes **patterns of wise living**, not guarantees of specific outcomes.

Reminder: "Gentle answers don't always change others—but they do guard our hearts and honor the Lord."

Optional Extensions

Include additional verses on a small card:

- "There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing." (Proverbs 12:18)
- "Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding." (Proverbs 17:27)
- "Death and life are in the power of the tongue, and those who love it will eat its fruits." (Proverbs 18:21)

Participants can note which verses feel most helpful, most practical, or most challenging.

STATION 2

Trust & Planning: Learning to Lean on the Lord

Write a current worry and pair it with Prov. 3:5–6.

Purpose

- Identify areas where planning, anxiety, or control may be crowding out trust.
- See how Proverbs speaks directly to real-life concerns.
- Practice responding to worry with Scripture and prayer rather than self-reliance.

Station Setup

- Printed instructions and name of station
- Blank cards or half-sheets (two colors if possible)
- Pens or markers
- A large printed copy of Proverbs 3:5–6
- A small basket, bowl, or box labeled “**Entrusting to the Lord**”

Instructions

Read Proverbs 3:5–6

“Trust in the LORD with all your heart,
and do not lean on your own understanding.
In all your ways acknowledge him,
and he will make straight your paths.”

Step 1: Take two cards. On the first card, write *one current worry or area where you feel anxiety*. (Be as general or specific as you are comfortable.)

Step 2: On the second card, write **one phrase from Proverbs 3:5–6** that speaks most to your situation.

Step 3: Offer a short, silent prayer asking the Lord to help you trust Him in this area.

Step 4: Place your worry card in the basket as a sign of entrusting it to God. Keep the Scripture card with you.

Remember, wisdom starts, not with perfect understanding, but with trust in the Lord.

Examples

You may want to include 2–3 examples to spark ideas.

Example worries:

- “Uncertainty about my child’s future”
- “Financial pressure this year”
- “A strained relationship I can’t fix”
- “Feeling overwhelmed by responsibilities”
- “Fear of making the wrong decision”

Example Scripture pairings:

- “Trust in the LORD with all your heart” → When I feel anxious or afraid
- “Do not lean on your own understanding” → When I replay scenarios or obsess with figuring things out on my own
- “In all your ways acknowledge him” → When I compartmentalize faith and planning
- “He will make straight your paths” → When the future feels unclear

STATION 3

Living Wisdom: Sharing Questions & Answers

Purpose

- See that wisdom is exercised in **complex, everyday situations**
- Practice applying Proverbs thoughtfully, not mechanically
- Understand that wisdom often involves **priorities, surrender to God, timing, and motives**

Station Setup

- Printed instructions and name of station
- Large blank cards for questions and answers

- Pens or markers

Instructions

Choose one or more activities at this station.

Activity 1: ASK

Write a scenario you would like to get advice for (no names or identifying details, please). Here are some examples:

- A conversation turns toward gossip. What is a wise response?
- When I feel misunderstood, I'm tempted to respond defensively.
- I feel overwhelmed with responsibilities. What does wisdom tell me to do?

Activity 2: ANSWER

Look at the scenarios written. If you have a thought about a wise response, add it to the bottom or reverse side of the card. If possible, include a verse from Proverbs or other scripture.

There will be more than one wise response. We would love to have multiple answers on each question card.

At the end of the night, we welcome you to take home the card that has your QUESTION.

Sample Scenarios (Optional)

Scenario 1:

I have been asked to help with a large responsibility. I already feel stretched thin but I don't want to disappoint anyone.

Wise considerations might include:

- Honest assessment of capacity
- Humility in acknowledging limits
- Trust that obedience is better than people-pleasing

Scenario 2:

A friend has repeatedly said things that have hurt me. I feel tempted to withdraw and avoid this person.

Wise considerations might include:

- Gentle confrontation rather than silent resentment
- Desire for restoration, not self-vindication

Scenario 3:

When I see a social media post about an issue I strongly disagree with, I often feel the urge to respond publicly.

Wise considerations might include:

- Restraint
- Discernment about public vs. private speech
- Guarding one's own heart

Scenario 4: Parenting or Mentoring Tension

Situation:

Someone I care about keeps making unwise choices and ignores my advice.

Wise considerations might include:

- Ongoing prayer
- Speaking truth without coercion
- Trusting God with outcomes

Scenario 5: Integrity at Work

I have noticed a small ethical issue at work, but others dismiss it as “no big deal.”

Wise considerations might include:

- Integrity over convenience
- Courage guided by prudence

Facilitator Guidance (Optional)

Leaders should:

- Resist the urge to declare a single “right” answer
- Ask follow-up questions such as:
 - “What makes that response wise?”
 - “What attitude does Proverbs (or scripture) teach us to have in this situation?”
- Affirm thoughtful engagement rather than quick conclusions

Benefits

- Training to **think like wise readers of Scripture**
- Preparing us for a sustained Proverbs study

- It encourages humility, patience, and dependence on the Lord

STATION 4

The Fear of the LORD: The Beginning of Wisdom

Reflect on Prov. 1:7 and write a short prayer.

Purpose

- Recognize wisdom as rooted in our relationship with God
- Remember that “fear of the LORD” is a reverent trust, humility, and submission—not terror

Station Setup

- Printed instructions and name of station
- Blank cards or half-sheets for writing prayers
- Pens
- A large printed copy of Proverbs 1:7
- Seating available, well spaced for privacy

Instructions

Read Proverbs 1:7 slowly.

Step 1: Consider what “the fear of the LORD” means in your daily life—not in theory, but in practice.

Step 2: Reflect briefly:

- Where might God be inviting you to greater humility, trust, or obedience?
- Where might you be resisting His wisdom or instruction?

Step 3: Write a short prayer responding to what you see.

Step 4: Offer the prayer to the Lord and take the card home with you.

The fear of the LORD is not fear of punishment, but reverent awe that leads to obedience and trust. **All wisdom in Proverbs flows from this foundation.**

Sample Prayer Prompts (Optional)

These are not fill-in-the-blanks, but **guides** for women who feel unsure how to begin.

- “Lord, help me to listen to Your instruction even when it is uncomfortable.”
- “Teach me to trust Your wisdom above my own understanding.”
- “Give me a heart that fears You more than I fear people.”
- “Where I have been proud or resistant, lead me to humility.”
- “Lord, help me to receive Your correction with humility rather than defensiveness.”
- “I want to fear You more than I fear disappointing others.”
- “Teach me to begin each decision with reverence for You.”

Later in the gathering, you may invite a **brief corporate prayer** thanking God for His wisdom and asking for teachable hearts as the study begins.

Benefits

- Establishes the **theological foundation** of Proverbs
- Creates a quiet moment of spiritual seriousness within joyful fellowship

STATION 5

Today’s Proverb: The Proverb of Your Season

Purpose

- Engage with Proverbs as **living wisdom for real seasons of life**
- Practice meditation through slow, attentive interaction with Scripture
- Leave with a tangible reminder of our discussions

Station Setup

- Printed instructions and name of station
- Pre-printed cards, bookmarks, or half-sheets with decorative borders

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- Blank paper for practice
- Pens, pencils, fine-tip markers, or simple calligraphy pens
- A printed list of selected Proverbs (grouped by theme)
- Chairs available for seated reflection

Instructions

Consider how God may be inviting you to walk in wisdom. Choose one proverb that reflects your current season. Write it out on the provided cards and take it home with you!

Step 1: Consider the list of verses provided or other verses from **Proverbs**.

Step 2: Choose one or two verses that **reflect your current season** of life or a way God may be inviting you to grow.

Step 3: Slowly write the verse on a card. As you write, ask the Lord to help you walk in this wisdom.

Step 4: Take the card home as a reminder this week.

Proverb List (Optional)

You may want to offer **12–15 verses**, clearly printed and easy to scan. Below is a sample.

Trust & Dependence

- Proverbs 3:5–6 “Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”
- Proverbs 16:3 “Commit your work to the Lord, and your plans will be established.”
- Proverbs 16:9 “The heart of man plans his way, but the Lord establishes his steps.”

Guarding the Heart

- Proverbs 4:23 “Keep your heart with all vigilance, for from it flow the springs of life.”
- Proverbs 13:20 “Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.”

Speech & Relationships

- Proverbs 13:3 “Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin.”
- Proverbs 17:27 “Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.”

- Proverbs 18:13 “If one gives an answer before he hears, it is his folly and shame.”

Generosity & Care for Others

- Proverbs 11:24 “One gives freely, yet grows all the richer; another withholds what he should give, and only suffers want.”
- Proverbs 22:9 “Whoever has a bountiful eye will be blessed, for he shares his bread with the poor.”

Teaching & Wisdom

- Proverbs 1:5 “Let the wise hear and increase in learning, and the one who understands obtain guidance.”
- Proverbs 2:6-7 “For the Lord gives wisdom; from his mouth come knowledge and understanding; he stores up sound wisdom for the upright; he is a shield to those who walk in integrity.”

Optional Enhancements

1. Theme Grouping

Color-code the proverb list by theme so women can quickly locate verses that resonate.

2. Sharing (Optional)

Invite women to share:

- The verse they chose
- The reason (if they feel comfortable sharing) or simply the theme (e.g., trust, speech, generosity)

3. Integration with the Proverbs Study

At the close of the gathering, you might say:

“As we begin our study of Proverbs, this verse can serve as a personal anchor—a way God is inviting you to walk wisely in this season.”

This reinforces continuity between the event and the study.

4. Other Resources

Here are a few excellent resources to prepare to study the book of proverbs:

- [The Bible Project video overview of the book of Proverbs](#)
- [The Bible Project poster overview of the book of Proverbs](#)
- 31-day reading plan for the book of Proverbs that can be used each month (See PDF resources.)

Closing Reading & Prayer

Read Proverbs 2:1-7 aloud together.

“My son, if you receive my words and treasure up my commandments with you, making your ear attentive to wisdom and inclining your heart to understanding; yes, if you call out for insight and raise your voice for understanding, if you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God. For the Lord gives wisdom; from his mouth come knowledge and understanding; he stores up sound wisdom for the upright; he is a shield to those who walk in integrity...”

Close by praying that God would shape this group into women who seek wisdom, walk humbly, and encourage one another in faith.

Short devotional – Who Needs Proverbs?

Here is a suggestion for a short devotional topic for introducing Proverbs and encouraging engagement. Adapt to suit your audience.

OPEN IN PRAYER

How many of us remember studying the book of Proverbs as a child? How many of us here in this room read Proverbs or were asked to memorize portions of Proverbs by our parents?

Proverbs is an especially appropriate group of passages for parents and children to memorize together. It even has this relationship embedded into the text:

Proverbs 1:8 “Hear, my son, your father's instruction, and forsake not your mother's teaching.”

Childhood is the classroom of our lives—it is a time full of instructions and lessons. It makes sense that the book of Proverbs, full of instructions and advice, starts out with a greeting to the author's own son.

Sometimes, though, we might be tempted to view the book of Proverbs as a book primarily for children. Because of the many references to “my son,” we might assume that it's a book to focus on when you are young and then graduate from at a later date.

We can see that this definitely isn't the case. If we want to know what kind of people benefit from and need Proverbs, we can look at the very beginning, where God tells us the purpose of this book: (verses 2 to 5)

- 2 To know wisdom and instruction,
to understand words of insight,
- 3 to receive instruction in wise dealing,
in righteousness, justice, and equity;
- 4 to **give prudence to the simple**,
knowledge and discretion to the **youth**—
- 5 Let **the wise** hear and increase in learning,
and **the one who understands** obtain guidance,

Yes, **proverbs are for those of us who are young, and those of us who are “simple”**—in need of training and knowledge.

But these proverbs are also written directly for **those who have already lived and matured and acquired some wisdom**. We are never too old for the book of Proverbs. In fact, those who are wise—the ones we might expect to be *writing* the proverbs, are described as benefitting from Proverbs (v 5). Studying and learning from Proverbs doesn't indicate a lack of maturity. Even the wise will continue to learn from this book, being reminded of truth and even *increasing* in understanding.

However, there are some people who cannot benefit from Proverbs. Who are they?

We might assume that Proverbs was written for fools so that they could become wise, but Proverbs has a different explanation. Let's look now towards the end of the book to see a warning about the use of proverbs:

Fools and Proverbs: Prov 26:7–9

Like a lame man's legs, which hang useless,
is a proverb in the mouth of fools.
Like one who binds the stone in the sling
is one who gives honor to a fool.
Like a thorn that goes up into the hand of a drunkard
is a proverb in the mouth of fools.

Let's take a moment and look at these verses because it is an **important message** for us as we start out. It also provides a **great example** of how to study and understand Proverbs.

Notice the poetic symbolism here—it provides a picture, a bit of a story. The poetry of Proverbs often helps us to see how foolish something is by comparing it to something else.

Let's look at all of these parts and see what kind of story God is telling. These pictures give us a lot of opportunities for meditation.

7 Like a lame man's **legs**, which hang **useless**,
is a **proverb** in the mouth of fools.
8 Like **one** who **binds the stone in the sling**
is **one** who **gives honor to a fool**.
9 Like a **thorn** that goes up **into the hand** of a drunkard
is a **proverb** in the mouth of fools.

Structure:

1. Each of these forms a **parallel structure**. This is a common feature of Hebrew poetry, and it's a powerful way that God helps us to understand and remember these truths. The parallelism of Hebrew poetry makes it easier for us to memorize. It also aids our understanding. We can see how this commonly works by seeing the parallelism back in the first passage we read: (Proverbs 1:4)

4 to **give prudence to the simple,**

knowledge and discretion to the **youth**—

The poetic structure gives us two ideas that are parallel—structurally they are nearly identical, highlighting their similarities. We can see that prudence is connected to knowledge and discretion. It is not synonymous to knowledge, but they are closely related. In the same way, we can see that “the simple” are similar in many ways to “the youth”—both are untrained. But they are not identical either. These parallel structures give us a chance to meditate on the similarities of these two parallel ideas while also thinking through how the ideas build on each other and give more details. Here, it shows us in detail the benefits of God’s wisdom and the purpose of the book of Proverbs.

2. These three proverbs also **form a set**. The first and final parts are parallel, giving us more details about the dangers of fools using and applying proverbs in foolish ways. These two similar verses form book ends around the middle verse, which is more challenging to understand. They give context to it, assisting us in our interpretation.

As we study Proverbs, we should be looking for these structures to help us understand.

Symbolism:

***legs:** Proverbs are meant to take us somewhere; they are very practical for life.

***drunkard:** Senseless, doesn’t know how to grab something safely; he causes harm to himself.

(It can also be helpful to see *other translations*: NLT “A proverb in the mouth of a fool is like a thorny branch brandished by a drunk” ... This translation takes this complex poetry and emphasizes the harm that the fool can cause to others.)

***stone** in the sling (slingshot): A powerful weapon at that time; super useful and effective But binding it is a ridiculous and useless action.

Message:

Our initial thought might be that *any* use of Proverbs is good, but God says otherwise.... He wants us to know that fools:

1. Can make a proverb **useless**
2. Are **senseless** when it comes to how to use wisdom
3. Can apply them in ways that are **harmful** and not beneficial

He also wants us to know that if we honour someone who abuses truth—uses it in a useless or even a harmful way—we become complicit in his act.

Proverbs require wisdom to apply! We may run to the book of Proverbs for wisdom, but, ironically, **these proverbs demand wisdom to apply them properly.**

So what should we do in order to approach the book of Proverbs wisely and not as fools?

1. PRAY: (James 1:5–8)
“If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.”

We should pray to receive wisdom **from** them and **for** them. We should pray that we can use them for our good and not for harm.

2. START with a relationship with God.

The first chapter of Proverbs gives us **the key** to approaching Proverbs and the first step in understanding.

Do you already know what this key is? Proverbs 1:7

The fear of the Lord is the beginning of knowledge;
fools despise wisdom and instruction.

The first key to understanding wisdom is **a relationship.**

Fools don't recognize this, and they end up despising the very truth that could bring them life. Surprisingly, the type of person we might initially think of as needing Proverbs—the

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fool—is a person who cannot benefit from them **apart from a specific change in perspective.**

What words can we use for this “fear” of the LORD?

Respect, awe, reverence, recognition of His authority, etc.

Can we brainstorm this a bit? Why is this relationship with God the beginning, the necessary starting place for wisdom and knowledge?

In reality, we have to come to Proverbs with a certain recognition of who God is: He is the one who created us and the one who has authority in our lives. He is the author of truth, the Great Teacher.

He begins all life and wisdom with an invitation—an invitation to approach Him and be reconciled with Him. He made a way through Jesus Christ for us to be a part of His family and connected with Him for new life.

Today, let’s start our study of Proverbs by running to God first, acknowledging Him as the King of all, and praying for His gift of wisdom. Then we will be in a position to grow in wisdom, no matter what our age or maturity level.