

Proverbs 31: 10 – end

‘Superwoman’

Prayer

That reading from Proverbs can appear to be outlining a ‘Superwoman’: One commentator describes it as an A – Z of excellence – it is actually written as an acrostic – going through the letters of the Hebrew alphabet.

It could all leave us feeling somewhat inadequate – whether man or woman; married or single!

However, I’m going to suggest a way to use it in a more creative manner.

It begins: ‘**A capable wife**’ – let’s change ‘wife’ to ‘friend’ ... we are all friends of others – and of Jesus too. And our Gospel reminds us that Friendship with him is not about ‘being better’ than others – but about service.

So let’s alter the first phrase to **A Capable Friend** – and the word ‘capable’ in the Hebrew carries the connotation of ‘strength’... **A strong friend** or **A friendship of strength**. How would you continue it ... you could have a go at home later. For now – here’s one possibility – followed by a prayer:

Ode to being a capable friend.

Proverbs 31: 10 – 31; John 15: 15

A capable friend both gives and receives and finds pleasure and purpose in each

A capable friend both listens and speaks and discerns when the right time is for each

A capable friend shares worries and joys and is there for the other in each

A capable friend shares the load of the other and doesn’t struggle alone with their own

A capable friend doesn’t drain the other, there’s a balance, with sustenance for both

A capable friend looks out for the other and is quick to counter untruths

A capable friend trusts the heart of the other and is slow to find fault or to blame

A capable friend is alert to the needs of the other and moves quickly in loving response

A capable friend spots the hopes of the other and gives out to bring them to life

A capable friend stays close in tough times in silence or in words or in deeds

A capable friend is a life-long companion God’s gift and a means of his grace.

Lord Jesus, I desire to be this kind of a friend to you and to others

and for you to be this kind of a friend to me.

Grant me the grace I need for this to take place. Amen.