



EXCLUSIVE  
PREVIEW  
INSIDE

*Preparing for Marriage as a*

# PROVERBS 31 WOMAN

BECOMING THE WOMAN GOD  
CALLED YOU TO BE

WHILE NAVIGATING DATING  
APPS WITH PURPOSE

JESSICA CLARICE

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Find prayers focused on becoming a Proverbs 31 woman, for your future spouse, and for wisdom in dating.



# HEY, I'M JESSICA

**Dating as a Proverbs 31 Woman is no easy journey—it requires strength, wisdom, and discernment to navigate the many challenges along the way.**

This e-book focuses specifically on the world of online dating and the unique opportunities and pitfalls it presents. You'll discover practical guidance on how to stand out as the woman God created you to be, even in the sea of endless swipes. Plus, you'll learn how to recognize the qualities of the man God has prepared for you.

*Jessica Clarice xoxo*

**LET'S BEGIN!**



31 PROJECT

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*Welcome*

# PROVERBS 31 WOMAN

The Proverbs 31 Woman Project is a faith-driven movement combining fashion, fellowship, and spiritual growth to equip women for the Proverbs 31 mantle. Central to the project are Proverbs 31 Varsity Jackets, released monthly in limited quantities of 500. Each jacket represents the strength and dignity of a Proverbs 31 woman and is prayed and fasted over by our intercessory team for 31 hours. Included with each purchase is this ebook, 'Preparing for Marriage as a Proverbs 31 Woman', a guide to becoming the woman God called you to be while navigating dating apps with purpose.

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The P31 Project extends beyond fashion, offering a subscription-based community where women engage in monthly fellowships with godly dating experts, share inspiring testimonials, and grow together in Christ. Members are also invited to the annual P31 Project Conference, a transformative event centered on prayer, teaching, and empowerment.

Founded by Jessica Clarice, The P31 Project also features exclusive merchandise celebrating godly womanhood. Through this initiative, women are reminded that preparing for marriage is about embracing their God-given identity and purpose for His glory.

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THE P31 PROJECT

WHO CAN  
FIND A *virtuous*  
AND CAPABLE

*wife?* SHE IS  
MORE PRECIOUS  
THAN RUBIES.

PROVERBS 31:10

# CHAPTER



# NUMBER 4

**KNOWING WHAT YOU WANT IN  
A GODLY MAN**

6 PAGES

*What you will learn*

Embarking on the journey to find a life partner requires clarity and discernment. Understanding the essential traits of a man who submits to Christ and reflecting on your own spiritual, emotional, and relational needs are pivotal steps in this process.



# THE ESSENTIAL TRAITS OF A MAN WHO SUBMITS TO CHRIST

A godly man prioritizes his relationship with God, embodying the fruits of the Spirit such as love, patience, and kindness (Galatians 5:22-23). He demonstrates integrity, humility, and self-discipline, striving to live a life that honors God (Titus 1:7-8).

In the context of online dating, observe how a potential partner communicates: does he speak with respect, show patience, and reflect Christ-like behavior in his interactions? For instance, a man who is consistent in his words and actions, treats others with kindness, and maintains respectful conversations online exemplifies these godly traits.

## Creating Your List: Reflecting on Spiritual, Emotional, and Relational Needs

To identify the qualities you seek in a partner, consider the following steps:

**1. Self-Reflection:** Spend time in prayer and meditation, asking God to reveal the qualities that are essential for your future spouse. Reflect on your own values, strengths, and areas where you seek complementary traits.

**2. Categorize Your Needs:** Divide your list into three sections:

- **Spiritual Needs:** Shared faith, commitment to spiritual growth, participation in church community.
- **Emotional Needs:** Empathy, emotional intelligence, ability to communicate effectively.
- **Relational Needs:** Compatibility in life goals, family values, and social interactions.

**3. Prioritize Non-Negotiables:** Identify which traits are non-negotiable and which are flexible. This clarity will guide your interactions and decisions in the dating process.

By thoughtfully creating this list, you align your desires with God's purpose, facilitating a more focused and intentional approach to finding a godly partner.

# CHECKLIST: EVALUATING POTENTIAL PARTNERS

Name: .....

Date: .....

Essential Traits of a Godly Man	
SPIRITUAL COMMITMENT	✓
INTEGRITY	
SELF-CONTROL	
COMPASSION	
HUMILITY	
HARDWORKING	
GENEROSITY	
EMOTIONAL INTELLIGENCE	
RESPECTFULNESS	
COMMITMENT TO GROWTH	
SHARED FAITH	
COMMUNICATION SKILLS	
SENSE OF HUMOR	
LIFE GOALS ALIGNMENT	
FAMILY VALUES	
FINANCIAL RESPONSIBILITY	
PHYSICAL ATTRACTION	
EMOTIONAL SUPPORT	
CONFLICT RESOLUTION	
SHARED INTEREST	

## Instructions for Use:

**1. Reflect:** Before meeting, review this checklist and pray for discernment.

**2. Observe:** During interactions, pay attention to how he demonstrates these traits.

**3. Evaluate:** After each meeting, assess which traits were evident and which were lacking.

**4. Pray:** Seek God's guidance in interpreting your observations and feelings.

**5. Decide:** Use your evaluations to determine the potential for a deeper relationship.

**Remember, no one is perfect.** This checklist serves as a guide to help you identify key qualities that align with biblical principles and your personal desires. Trust in God's timing and guidance as you navigate this journey.



## ESSENTIAL TRAITS OF A GODLY MAN:

- **Spiritual Commitment:** Does he prioritize his relationship with God?
- **Integrity:** Is he honest and trustworthy?
- **Self-Control:** Does he exhibit discipline and control over his actions?
- **Compassion:** Is he empathetic and caring towards others?
- **Humility:** Does he demonstrate humility and avoid arrogance?
- **Hardworking:** Is he diligent and committed to his responsibilities?
- **Generosity:** Is he willing to share his time, resources, and talents?
- **Emotional Intelligence:** Does he understand and manage his emotions effectively?
- **Respectfulness:** Does he treat others with respect and honor?
- **Commitment to Growth:** Is he open to personal and spiritual development?

## PERSONAL DESIRES AND NEEDS:

- **Shared Faith:** Does he share your core beliefs and values?
- **Communication Skills:** Is he able to express himself clearly and listen attentively?
- **Sense of Humor:** Does he have a compatible sense of humor?
- **Life Goals Alignment:** Do your long-term goals and aspirations align?
- **Family Values:** Does he value family and relationships?
- **Financial Responsibility:** Is he responsible and prudent with finances?
- **Physical Attraction:** Are you physically attracted to him?
- **Emotional Support:** Is he supportive and encouraging during challenging times?
- **Conflict Resolution:** Does he handle disagreements respectfully and constructively?
- **Shared Interests:** Do you have common hobbies or activities you enjoy together?





# QUESTIONNAIRE: WHAT ARE YOU LOOKING FOR IN A GODLY MAN?

Here's a thoughtful questionnaire to help you identify the qualities you're looking for in a Christian man who not only loves the Lord but also complements you emotionally, spiritually, and relationally. Take your time to reflect on these questions:

## **Spiritual & Faith-Based Questions:**

1. What does it look like for a man to make Jesus the Lord of his life in his daily decisions?
2. How important is it for him to lead prayer, Bible study, or worship together as a couple?
3. How should he demonstrate submission to God in his work, relationships, and personal life?
4. What level of spiritual maturity or theological understanding is important to you in a partner?
5. How do you envision him supporting and encouraging your personal walk with God?

## **Emotional & Relational Questions:**

6. What specific ways would you like him to make you feel seen, heard, and appreciated?
7. How should he respond when you're feeling vulnerable, emotional, or insecure?
8. What does healthy communication in a relationship look like to you?
9. What actions or qualities would help you feel deeply loved? (e.g., words of affirmation, acts of service, quality time, etc.)
10. How important is it that he takes the time to understand your unique quirks, interests, and passions?

## **Character & Personal Values:**

11. What character traits are non-negotiable for you in a partner? (e.g., humility, integrity, patience, etc.)
12. How should he handle conflict or disagreements in a godly way?
13. What are your expectations regarding his leadership role in the relationship?
14. How should he balance his relationship with God, you, family, and work?
15. What kind of work ethic or sense of purpose are you looking for in him?

**Family & Healing Needs:**

16. In what areas do you feel your parents fell short in your childhood?
17. What specific emotional or relational gaps do you want a partner to help fill in a healthy way?
18. How can he provide a sense of stability and security that you may not have experienced before?
19. How important is it for him to be nurturing, patient, and intentional about building a loving environment?
20. How should he handle moments when you need reassurance or healing from past wounds?

**Shared Vision & Kingdom Partnership:**

21. What does a Kingdom partnership look like to you?
22. How should he align with your vision and calling from God?
23. What kind of teamwork do you expect in fulfilling your joint purpose for God's Kingdom?
24. What qualities should he possess to effectively support and uplift your spiritual gifts?
25. How important is it that he initiates and takes ownership of the vision God has given him?

**Personal Preferences & Compatibility:**

26. What kind of personality traits would you like him to have (e.g., outgoing, reserved, funny, serious)?
27. How important is physical attraction, and what specific qualities are you drawn to?
28. What shared interests, hobbies, or values are important to you?
29. How should he support your personal growth outside of the relationship?
30. What does a balanced relationship look like for you in terms of love, respect, and mutual appreciation?

Answering these questions can give you a clear picture of the type of man who aligns with your values, emotional needs, and spiritual aspirations.

*Thank you*  
**FOR READING**

**VISIT MY WEBSITE TO DOWNLOAD MY ENTIRE EBOOK  
AND CONTINUE YOUR JOURNEY AS A PROVERBS 31  
WOMAN!**



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