- 1 **Health** (3 John 1:2 "I pray that you may enjoy good health and that all may go well with you...")
- 2 Strength (Prov. 31:25 "She is clothed with strength and dignity; she can laugh at the days to come.")
- 3 **Patience** (1 Thess. 5:14 "...encourage the fainthearted, help the weak, be patient with everyone.")
- 4 Cheerfulness (Col. 3:23 "Whatever you do, do your work heartily, as for the Lord rather than for men.")
- 5 Understanding (Prov. 2:2 "Make your ear attentive to wisdom, incline your heart to understanding.")
- 6 **Perseverance** (Gal. 6:9 "Let us not grow weary while doing good, for in due season we shall reap....")
- 7 **Gentleness** (Phil. 4:5 "Let your gentleness be apparent to all. The Lord is near.")
- 8 **Clarity** (2 Tim. 1:7 "For God hath not given us the spirit of fear; but of power, of love, & of a sound mind.)
- 9 **Affection** (Rom. 12:10 "Love each other with genuine affection, and take delight in honoring each other.")
- 10 **Rest** (Matt. 11:28 "Come to Me, all who are weary and heavy-laden, and I will give you rest.")
- 11 **Industry** (Prov. 14:1 "The wise woman builds her house, but the foolish pulls it down with her hands.")
- 12 **Love** (John 13:34 "A new command I give you: Love one another.")
- 13 **Joy** (Prov. 17:22 "A joyful heart is good medicine, but a broken spirit dries up the bones.")
- 14 Attitude (Phil. 2:5 "In your relationships with one another, have the same mindset as Christ Jesus...")
- 15 **Service** (Gal. 5:13 "Do not use your freedom to indulge the flesh; rather, serve one another humbly in love.")
- 16 Wisdom (Prov. 31:26 "She opens her mouth with wisdom, and faithful instruction is on her tongue.")
- 17 **Mercy** (Luke 6:36 "Be merciful, just as your Father is merciful.")
- 18 **Peace** (2 Pet. 1:2 "Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord.")
- 19 **Humility** (James 4:10 "Humble yourselves in the sight of the Lord, and He shall lift you up.")
- 20 Compassion (1 Peter 3:8 "...be sympathetic, love one another, be compassionate & humble.")
- 21 **Discretion** (Prov. 2:11 "Discretion will protect you, and understanding will guard you.")
- 22 Confidence (Eph. 3:12 "...in Him we may enter God's presence with boldness and confidence...")
- 23 Diligence (Prov. 31:27 "She looks well to the ways of her household & does not eat the bread of idleness.")
- 24 Kindness (Col. 3:12 "Clothe yourselves with compassion, kindness, humility, gentleness and patience.")
- 25 **Goodness** (2 Peter 1:5 "...make every effort to add to your faith goodness & to goodness, knowledge...")
- 26 **Holiness** (1 Peter 1:15 "But just as He who called you is holy, so be holy in all you do.")
- 27 **Obedience** (2 Cor. 10:5 "...take captive every thought to make it obedient to Christ.")
- 28 Faithfulness (Luke 16:10 "Whoever is faithful with very little will also be faithful with much.")
- 29 **Tenderness** (Eph. 4:32 "Be kind to one another, tender-hearted, forgiving each other...")
- 30 Respect (Eph. 5:33 "Each one of you is to love his wife as himself, and the wife is to respect her husband.")
- 31 Praise (Prov. 31:30 "Charm is deceitful & beauty is vain, but a woman who fears the LORD shall be praised.")