

The woman who stopped a massacre

1 Samuel 25:14-35

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

Abigail puts herself between two angry, armed men. What does she actually do, step by step?

2. What does it show me about people — and about myself?

What does this show you about wisdom and courage — and which one comes harder for you?

3. What will I obey this week? (a concrete step, with a day)

Where is a conflict building around you right now, and what could you say or do this week to stand in the middle of it?

4. Who will I tell?

Who do you know who's about to do something they can't take back?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, give me Abigail's kind of courage — the kind that moves fast, tells the truth, and stops something terrible before it starts.



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