



SOAP BIBLE STUDY FOCUS

# AWESOME



ABIGAIL  
1 SAMUEL 25



MAYFLY MOMENTS MICRO MODULES

# Mayfly Moments Micro Modules Series

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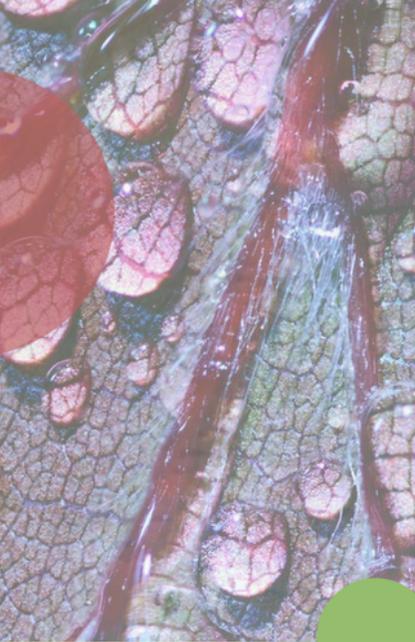
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May this study aid inspire deeper faith, renewed hope, and purposeful living in Christ.

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# Introduction

Sometimes life can throw some curveballs our way. Sometimes we see them coming, and other times they completely catch us off guard. As women, we juggle relationships, responsibilities, and decisions that don't just affect us but everyone around us. And when things get tough, it's so easy to react in the moment—whether it's snapping back at someone, stressing out, or letting fear take over.

But what if we hit pause and chose wisdom, grace, and trust in God instead? That's exactly what Abigail did. Her story in 1 Samuel 25 is such a beautiful example of how godly wisdom can turn a messy situation around.

You are THE LORD, even you alone. You have made heaven, the heaven of heavens, with all their army, the earth and all things that are on it, the seas and all that is in them, and you preserve them all. The army of heaven worships you. (Nehemiah 9:6 )

## Introduction, cont'd

Abigail was smart, quick on her feet, and full of faith. She was married to Nabal, a wealthy but reckless man whose poor choices nearly brought disaster to their household. Instead of standing by helplessly, she acted with courage and humility—preventing bloodshed and changing the course of her life. Her story is a powerful reminder that wisdom, patience, and trust in God's justice are so much stronger than reacting on impulse.

Get out your notetaking tools, Sisters. You'll want to capture some of the nuggets on this one!





# SCRIPTURE

**Read 1 Samuel 25 carefully.**

This chapter tells the story of Abigail, a woman of wisdom and discernment who acted quickly to prevent disaster.





## OBSERVATION, cont'd

Abigail, "a woman of good understanding and beautiful appearance" (1 Samuel 25:3), acted swiftly. She gathered food and supplies and hurried to meet David before he could carry out his plan (1 Samuel 25:18).

With humility and wisdom, she fell before him and pleaded for mercy, acknowledging David's future kingship and urging him not to seek revenge (1 Samuel 25:30-31).

Moved by her words, David blessed her for her wisdom and accepted her offering (1 Samuel 25:32-35).

Later, when Abigail told Nabal what she had done, he suffered a heart attack and died ten days later (1 Samuel 25:37-38). David then sent for Abigail, and she became his wife (1 Samuel 25:39-42).

Abigail's quick thinking, humility, and faith in God not only saved lives but also changed the course of her own.



# APPLICATION

So what can we take away from this inspection of Abigail's life?



## APPLICATION, cont'd

- Abigail's story teaches us the power of wisdom, discernment, and humility. Instead of reacting with fear or anger, she responded with wisdom and grace. In our own lives, we may encounter difficult people or challenging situations, but like Abigail, we can choose to respond in a way that honors God. Proverbs 15:1 reminds us, "A soft answer turns away wrath, but a harsh word stirs up anger." Her actions remind us to trust God's timing and not take matters into our own hands.
- Abigail's story also points us to Romans 12:19, where Paul says, "Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, 'Vengeance is Mine, I will repay,' says the Lord." She trusted that God would handle the situation, and He did. When we feel wronged or tempted to act in anger, we can learn from Abigail and choose wisdom, patience, and faith over impulsive reactions.
- Abigail's boldness also reflects James 1:5, which encourages us, "If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him." When we seek God's wisdom, He equips us to handle difficult situations with grace.



# PRAYER

Dear Lord,

thank You for the story of Abigail, a woman of wisdom, courage, and faith. Help us to respond to difficult situations with discernment and grace rather than fear or anger.

Teach us to seek Your wisdom daily, trusting that You will guide our steps. May we walk in humility and faith, knowing that You are in control of every circumstance.

Amen



# SOAP BIBLE STUDY

DATE

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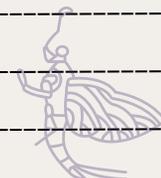
## FAVORITE SCRIPTURE



## OBSERVATION

## APPLICATION

## PRAYER



# MY NOTES



A vertical column of 20 horizontal dashed lines, intended for writing notes.

A large, empty rectangular box with rounded corners, intended for drawing or additional notes.

A rectangular grid of 10 columns and 15 rows of small purple dots, intended for drawing or additional notes.

# RESOURCES



Scan the QR Code to hear an inspiring word from the latest Mayfly Moments podcast.



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# Thank You!

Thank you for reviewing our focus topic:  
AWESOME.

We pray that this micro-mod has opened the door to helping you engage in active, positive dialog as you share your learning with others.

Please contact us if you have any further questions or want to explore other chapters.

May your continued study of God's Word be filled with wisdom, inspiration, and a renewed passion to fulfill the divine purpose God has for your life.

*Kyystal G. Livingston*

Servant Leader