

WOMEN IN  
THE BIBLE:  
ABIGAIL  
AND ME

WISDOM AND  
INDEPENDENCE



4  
LESSON

## WOMEN IN THE BIBLE: ABIGAIL AND ME

### INTRODUCTION

In I Samuel 25 we read the story of Abigail, the wife of Nabal. She was “a woman of good understanding and of a beautiful countenance.” This chapter tells the story of a woman who asserted her independence and wisdom to avert a potential disaster.

Abigail was a courageous woman who made the best of a difficult situation. Years of living with Nabal had not made her bitter or vengeful. The Lord honored Abigail for her consistency, her generosity, and her willingness to do right no matter how difficult.

### DISCOVER

- \* Her Character
- \* Her Sorrow
- \* Her Joy

### GOING DEEPER

1. As chapter 25 opens, what were Nabal and his servants doing? (Verse 2)
  2. When David sent his men to Nabal to ask for food, what was Nabal's surly answer? (Verses 4-11)
  3. David's servants returned to David and reported what had happened. What was David's reaction? (Verses 12-13)
  4. One of Nabal's servants told Abigail what had happened. What did the servant call Nabal? (Verses 14-17)
- Note: The name *Belial* means *son of wickedness or son of worthlessness*. These words by the servant give us a picture of the character of Nabal.
5. As a woman of understanding and a peacemaker, what did Abigail do? (Verses 18-20) List the supplies she took. What would this suggest about her?
  6. Why do you think she did not tell Nabal?
  7. As David approached Nabal's property, what did he plan to do? What do you think of his reaction? (Verses 21-22)
  8. When Abigail saw David, what did she do? (Verses 23-24)



## MY PRAYER FOR TODAY

Dear heavenly Father, thank You for providing examples for us so we are encouraged to follow the leadings of Your Holy Spirit to promote peace and understanding.

## SHARING

Abigail was courageous, taking decisive action although it was dangerous to do so. One occasion when it may be very difficult to go against a spouse or person in authority is when one suspects, or is aware of, physical or psychological abuse. However, it is important to know how to respond to such a situation. Make it a goal to become educated on the various types of physical and psychological abuse that abound in homes today. Learn how to respond appropriately to provide safety and confidentiality. Be alert to the signs of abuse. Never believe it can't happen in Christian homes and institutions. Listen when a woman shares her concerns. Be willing to stand up for abused women and children and to wrap them in your arms of love. Help them to find the appropriate resources or agencies. Don't allow information about such situations to be withheld from the proper authorities when necessary.



For further information:

[womensministries@gc.adventist.org](mailto:womensministries@gc.adventist.org)

301-680-6608

Department of Women's Ministries  
General Conference of Seventh-day Adventists  
12501 Old Columbia Pike  
Silver Spring, MD 20904-6600 USA