



**Women's History Month**  
**Celebrate Women of the Bible.**





# Abigail's Story

**Seek God's H.E.A.R.T. & Don't H.A.L.T. your blessings!**





# Text: 1 Samuel Chapter 25

## The Voice Version

**Seek God's H.E.A.R.T. or risk a H.A.L.T. of your blessings!**

- **H.E.A.R.T.** (Allow God's Holy Spirit to direct your thoughts, words, and actions) Abigail demonstrates a solid relationship with the Father where her actions are motivated through a spiritual anointing that led to influential, impactful, and profoundly riveting (life-altering) results.
- **H.A.L.T.** (Avoid Rash, Impulsive, and Negative Consequences) Abigail was skilled at Crisis Intervention and Management. She knew how to pivot when it was crunch-time this resulted in recognition, reward, and rebirth of her station in life.



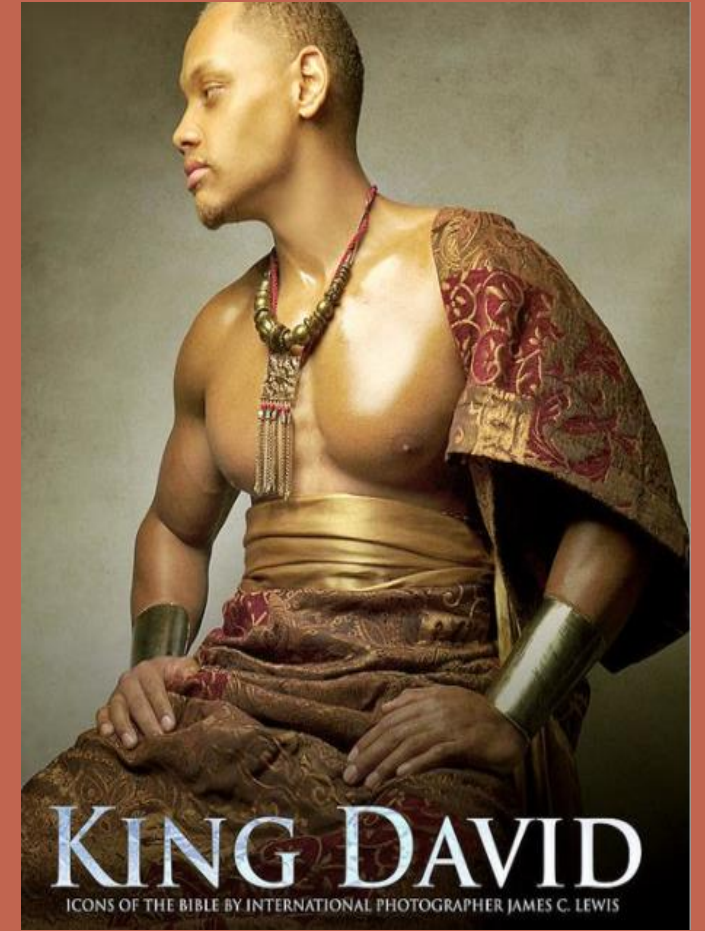
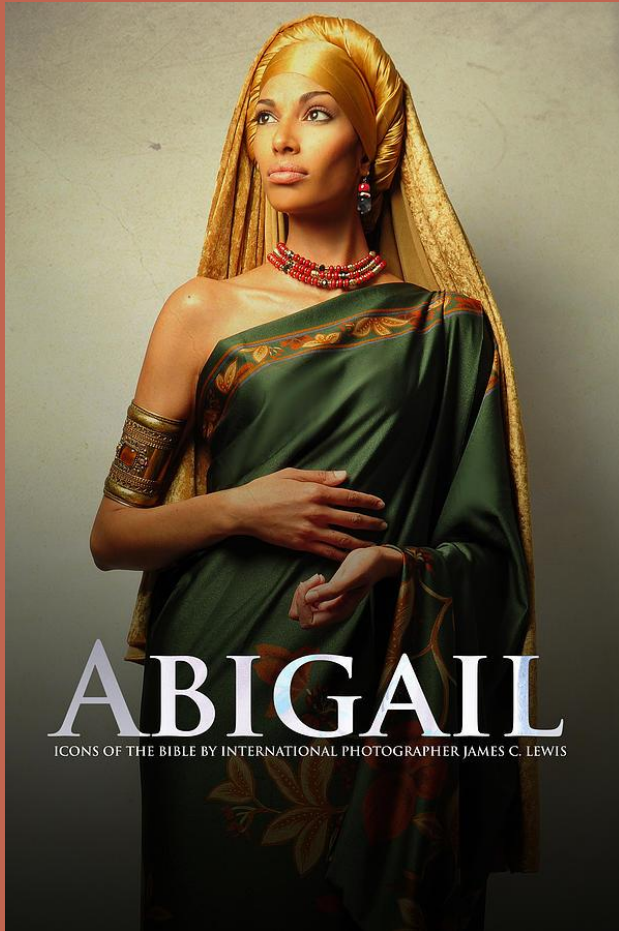
# Some Key Focus Points

- It is important to glean from those who came before us.
- Abigail embodies a woman on a mission. She quickly responds in a CRISIS.
- Sharing Abigail's Story helps points us towards Jesus.



A.N.D.

## Main Characters





# Back Story – Set The Stage

## Text Highlights:

- **Samuel** – David's mentor died. (David was in mourning)
- **David** fled from King Saul with his posse into the wilderness Paran. There, David and his men were on protection detail for shepherds and their herd.
- **Nabal and Abigail** are introduced as wealthy with 3000 sheep and 1000 goats. It was sheepshearing time, which is always accompanied by a feast and festival.
- **Verse 3** gives insight into the character of Nabal and Abigail, "This *rich* man's name was **Nabal, which means "foolish,"** and his wife was **Abigail, which means "my father is joy."** She was smart and beautiful, but he was **mean-spirited and bad-tempered, an embarrassment** to his Calebite tribe." (1 Samuel 25:3 The Voice)

**And now the story unfolds further...**



**David was about to  
H.A.L.T. his blessing!**

**HOW?**

**H = Hungry**

**A = Angry**

**L = Lonely**

**T = Tired**







How many times have we either been Hungry, Angry, Lonely, and/or Tired and then acted emotionally, rashly, and out of the character that God desires for us to emulate?

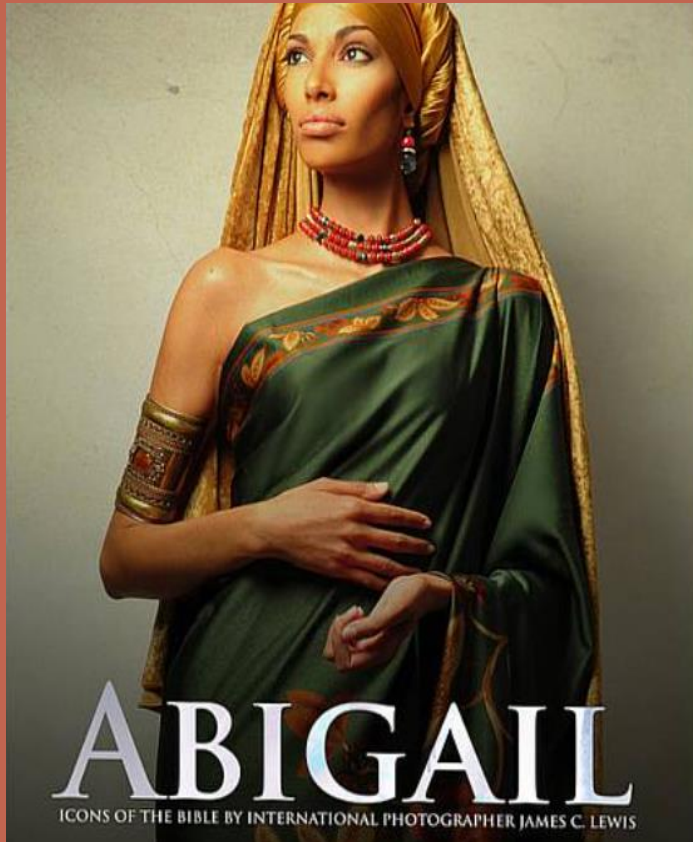
Do we H.A.L.T. our blessings?





# Abigail acted with her **H.E.A.R.T.**

## Keys for us to follow in a CRISIS ...



**HOLY SPIRIT LED** actions is how Abigail operated in this Crisis Situation  
She represented (God with us - our resident life guide)

**EVOKED AN APPROPRIATE CALL TO ACTION** - bring or recall to the conscious mind. (verb definition) Without skipping a beat she instructed the servants what provisions to provide David and how to carry this action out on her behalf. Allowed her to present herself as a humble servant riding on a donkey to present her (future King) homage.

**ANOINTED** – Full of grace, wisdom, and courage that breaks down walls, provides the appropriate instructions, and leads as an example of mountain moving faith. She represented a woman who was confident that God was with her and was on a mission to fulfill that which she had to carry forth. This was her purpose, and she did not deny that gift.

**RIGHTEOUS RESPONSE** – instead of being a “hot head” like all the other major characters in this story; Abigail with haste walked in dignity, uprightness, and as a blessed woman of God.

**THWARTS TEMPTATIONS** to yield to sin (sinful nature) – Her actions preemptively impeded David from committing a bloodbath stain on his ministry and allowed God’s answers to be revealed with a righteous intervention.



A large, three-dimensional red heart is the central focus of the image. It has a glossy finish with highlights and shadows. Three bright yellow, four-pointed stars are positioned around the heart: one in the upper left, one in the upper right, and one in the lower left.

**H = HOLY SPIRIT LED**  
**E = EVOKED AN APPROPRIATE CALL TO ACTION**  
**A = ANOINTED**  
**R = RIGHTEOUS RESPONSE**  
**T = THWARTS TEMPTATIONS**





When we are faced with a  
CRISIS how do we react?

Do we H.A.L.T. the blessings  
or seek God's H.E.A.R.T. on the  
matter?



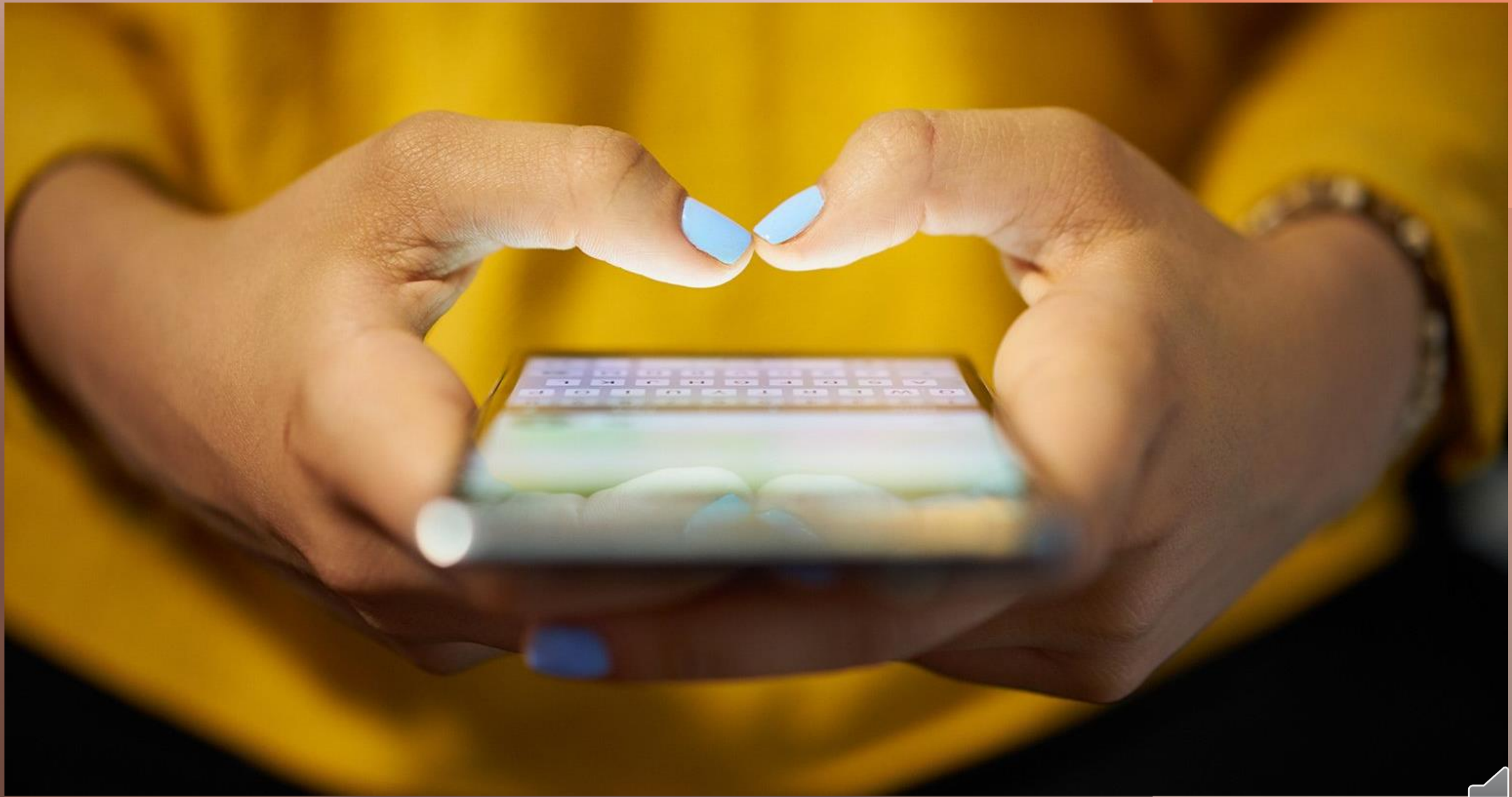
# How is Abigail's story relevant today?

## She used her V.O.I.C.E.

- **Victory often comes with a cost.**
- **Obstacles are always present.**
- **Intentional Actions.**
- **Choice Words to Influence an Outcome.**
- **Epitome of Courage, Wisdom, and Tact.**









Abigail was a highly sought after **"Influencer"** of her time. Why? Because she knew how to shut down a **"Bully"** to obtain a **"Blessing!"**

She swayed the actions of David and **"WOKE"** him up to remember that he is the soon to be appointed King.

She didn't allow the **"Cancel Culture"** & slanderous words that her foolish husband Nabal said . prevent her from acting with haste, wisdom, and grace.

She was **BOLD & Beautiful!** She didn't let the **SCANDAL** that Nabal caused scare her away from her Godly **ROOTS**.

She was on a **"Mission Impossible"** to course correct David's intentions and save her household. Abigail had to become an **"Avenger"** and step in to save the day even if it could cost her life.

So, in a **"Flash"** instructions were ushered forth and her journey on a donkey occurred. She was not hesitant or **"FROZEN!"**

On the contrary, she had a legacy to preserve and a **"DYNASTY"** to keep intact.

She had no idea that **"The Best Was Yet To Come"** when she **"Walked by Faith and Not by Sight!"**

She **"Never Would Have Made IT"** without God leading, directing, and making a **"Way out of No Way."** Truly, **"He's an ON TIME God!"**











## **Abigail a Godly Woman points us be more like Christ:**

She humbly carried out Godly commands. ***Blessed are they who are meek for they will inherit the earth.***

She stood in the gap for mankind (men like Nabal and David) who had no thought for acting with honor, righteously, or mercifully. ***Christ stands in the gap for all humanity 24-7!***

She took on her person the sins of unworthy men. With courage she asked that the punishment be all hers to carry even though Nabal was the one without honor. ***(Sounds like how Christ took on the sins of mankind so that we could receive redemption, salvation, and liberation)!***

She declared the prophetic word of God and it came to pass! ***When we ask God to direct us, He does just that and provide us the words, actions, and "things" needed.***

She was rewarded and elevated because of her wisdom, grace, and beautiful character. She was able to be seated as the queen to King David. Her station in life ascended as a Royal inheritor. ***Salvation brings forth Royal inheritance as Kingdom with God Residence!***



# Questions for us to ponder:

1. Think of times in your life when you have acted out like an Abigail, Nabal, and David. Why did this happen?
2. What are the lessons learned from those situations?
3. How can you incorporate the principles of H.E.A.R.T. in your daily life? Psalm 51 Prayer
4. What will you do when you start to get into a moment where you should H.A.L.T.? Will you recognize these triggers and pause moving forward?
5. How does learning about the life of Abigail point us towards living a life with Christ and like Christ?
6. What is your most prevalent take-a-way from the lesson today?
7. What areas of your life is your pride in control?
8. Ask God to continue to unveil His word to uniquely speak to you purpose, position, and posture so that your paradigm shift occurs. Will you seek Him diligently, fervently, without hesitation, and when it is inconvenient?





# **Abigail's Story:**

## **Seek God's H.E.A.R.T. & not H.A.L.T. your blessings!**

### **Let Us Pray:**

Thank you, Lord, for allowing us to hear your words today. We ask you to create in us a clean heart and renew a right spirit within us. Let us not become so quickly provoked to anger where we lose sight of our purpose, position, and posture.

This day we repent of any Nabal like characteristic in us that would be brazen, hard-hearted, foolish, stubborn, and selfish. Let us also not become so proud that we want to wreak havoc to all who come into our lives when we feel betrayed, slighted, and ignored.

Help us Holy Spirit to always be reminded that we represent a Royal Priesthood. We are citizens of the MOST High God. We continue to pray for humanity, there are so many who are under siege physically, mentally, emotionally, and spiritually.

Let us intervene through intercession on their behalf. Let us hold up the banner of hope, love, and peace. We can learn much from Abigail so let the seed of growth that was planted today never be quelled, swashed, choked, or stagnated. Thank you, Lord for this day, this season, and this word that will prosper where it lands and not become void.

Selah/Shalom

Amen Indeed





# The Thankful Revolution further explores Abigail's Story

**The Thankful Revolution Presents: Study of Abigail with some additional studies in a 4 Part Series.**

Scriptural Backstory | Samuel 25: 1-42 The Message Version

Part 1: Abigail's Story: From the PITTS to the Palace

Part 2: Abigail's Story: P.R.A.A.Y.S. & Where are my receipts?

Part 3: Abigail's Story: She Understood the Assignment!

Part 4: Abigail's Story: How to change the narrative of your story with only a few seconds?

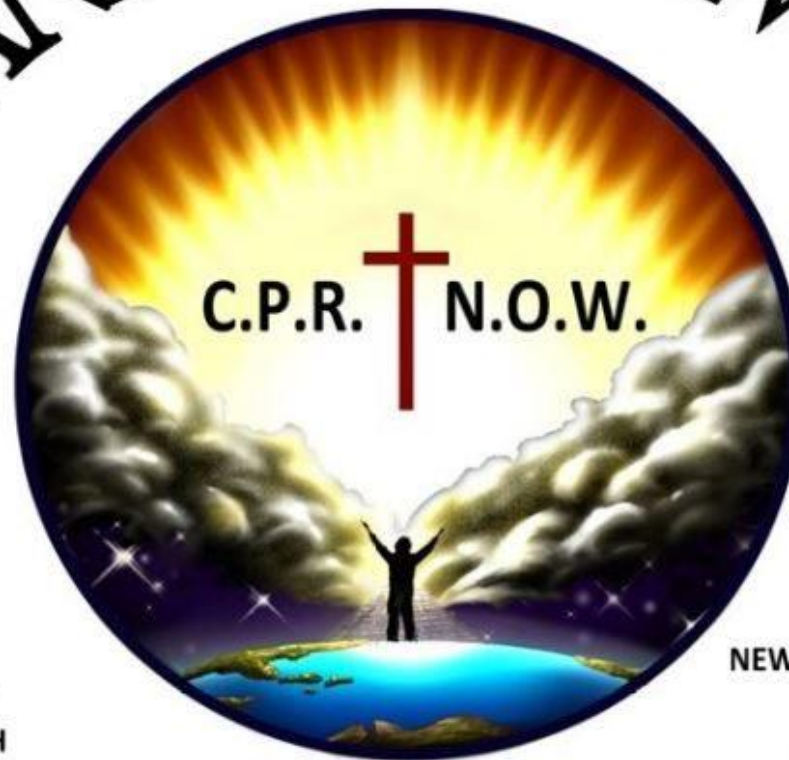
**Learn more by visiting us:**

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**"Making life better for you and others here on Earth as it is in Heaven." Matthew 6:10 KJV**

