



Women's History Month

Exploring the Women of the Bible





Abigail's Story

H.A.L.T. (Pause for the Cause)

&

H.E.A.R.T. (Led by God's Spirit)



The Thankful Revolution

Presents

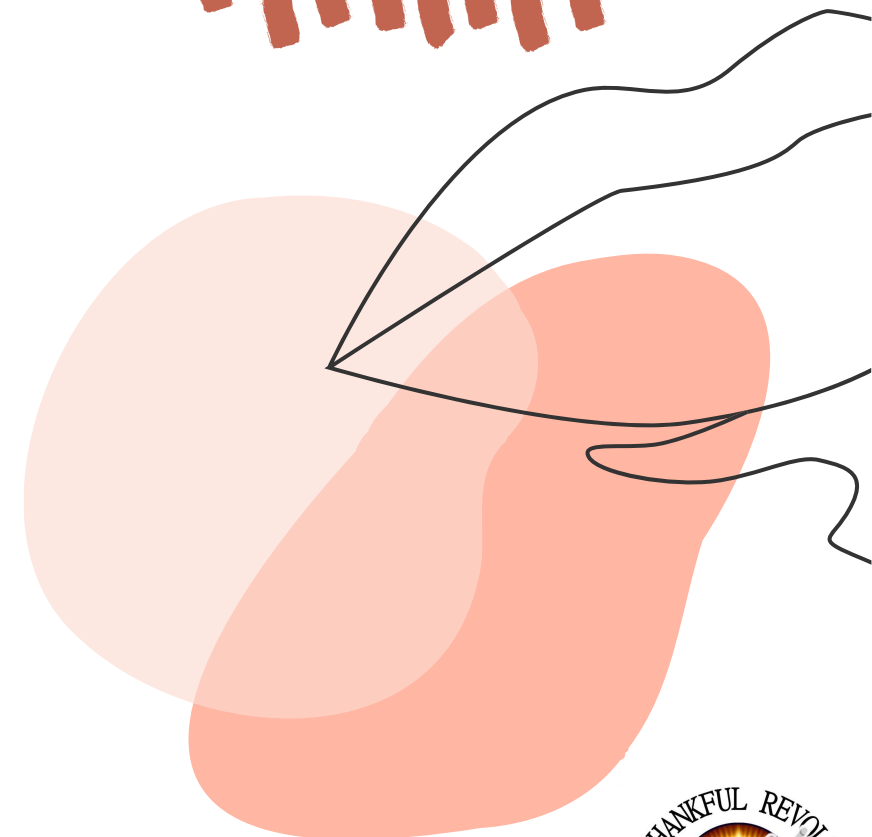
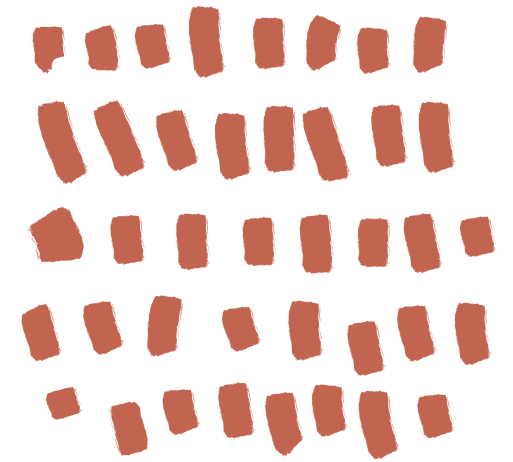
Abigail's Story

Honoring a Woman in the Bible who made a significant impact

- It is important to glean from those who came before us.
- Sharing Abigail's Story helps points us towards Jesus.

H.A.L.T. 2 ✓ Your H.E.A.R.T.

- **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.
- **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.



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



"911, What's your
Emergency?"



We are in a **CODE BLUE** Situation:

Humanity is at Risk of having a
Global Heart Attack!

What we need is **C.P.R. N.O.W.**

Let's learn more about Abigail's **CRISIS, Pivot, and
Rebirth** that segues into a
New-Beginnings is Our Witness life-lesson
ministry!



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

1 SAMUEL 25:1-4 The Voice

At last, Samuel died, and all of the people of Israel gathered to mourn him. They buried him at his home in Ramah *on the border of Benjamin and Ephraim*. Once the mourning period was over, David and his men went down to the wilderness of Paran^[a] *(the desert area far to the south)*.

² A certain man in Maon owned property in Carmel, *a town south of Hebron near the Dead Sea*. This man was very rich: he owned 3,000 sheep and 1,000 goats. It was sheepshearing time in Carmel, *which was celebrated with feasting and generosity*. ³ 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*.





Scriptural Text 1 Samuel 25

The Voice Version

Introduction 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...



1 SAMUEL 25:4-12 The Voice

⁴ *From his hiding place* in the wilderness, David heard that Nabal was shearing his sheep, ⁵ so David gathered 10 young men to send to Nabal *asking for gifts*.

David *(to the young men)*: Go up to Carmel *in Judah*, to Nabal, and greet him in my name: ⁶ “*Live long*. Peace be to you, your entire household, and all you possess. ⁷ I hear that it is time to shear the sheep. *I want you to know that* your shepherds have been among us *in the wilderness*, and not only did we not harm them, but not an animal was taken during their time among us in Carmel. ⁸ Ask your young men; they will tell you *this is true*. Please *return our kindness and* look on my young men with favor since we come on this feast day. Please give whatever you can spare to them and to your son David.”

⁹ When David’s young men came to Nabal, they delivered David’s message and waited *for Nabal’s response*.

Nabal: ¹⁰ Who is David? Who is this son of Jesse? *I’ve never heard of him*, so he must be nothing more than a slave who abandoned his master. ¹¹ Should I take bread and water and meat from my own servants and give it to men who come from who knows where?

¹² So David’s young men returned to him by the same road and told him what had happened.

David *(ordering his men)*: ¹³ Strap on your swords!

All of them put on their swords, including David, and about 400 of his men followed him while 200 remained behind with their supplies.



David was going to H.A.L.T his blessings! Why & How?

David, just loss his spiritual mentor and most likely a father figure for him. He was on the run from King Saul who at one time thought of him as a friend but now thinks of him as a foe because of envy. David and all he is responsible for is out in the wilderness. As the leader for all his men and their families, a great weight falls on his shoulders to make sure they have provisions necessary to sustain life.

I can imagine provisions are running low and David is trying to avoid his troop from going hungry. David seems to be in a spiritual place of isolation and loneliness due to the death of Samuel. He may not be thinking clearly. David and his men are probably exhausted from lending their services to Nabal's Shepherds – Being on protection detail is a 24-7 watch guard service! They had to ensure no bandits and wolves harm the flock or Nabal's employees. David has just had his character attacked and mocked by this rich man.

AFTER GETTING INSULTED DAVID SHOULD PAUSE A MOMENT BEFORE ACTING RASHLY.





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?



David should take a moment and H.A.L.T. before he commits an action that he can not take back. When you are hungry (HANGRY), and your character has been insulted you may act emotionally belligerent. Not to mention, David's Spiritual Advisor and Prophet who anointed him just died. So, he is in a state of mourning. As a leader we sometimes carry the burdens of everyone we support and without his back up support Samuel he is out there on his own in the wilderness without someone he could truly trust to have his best interest at hand. He is lonely without Samuel there to provide the "Word from God" that he needs to hear before acting out of anger. Not to mention, his supplies are most likely diminishing so he needs to quickly obtain some provisions for all that are in his team. Therefore, asking for a simple portion of sustenance after providing security services is commonplace in that time and should have been honored without question. David is fed up with being chased by Saul and character assassinated by this foolish man Nabal. He is on a mission to wipe out and take what was rightfully his with an army full of hungry, angry, lonely from being in the wilderness, and tired from working hard without fair compensation. There is a storm brewing and heading right to Nabal and Abigail's doorsteps!



1 Samuel 25: 14-23 The Voice

One of Nabal's servants *recognized his master's insolence and* told Abigail, Nabal's wife, *what was happening*.

Servant: David sent messengers from the wilderness to salute our master, and Nabal returned their honor with insults. ¹⁵ David's men have been very good to us. Nothing happened to us while we were with his company, and we never lost a single sheep in the fields in the time we were there. ¹⁶ They were like a wall protecting us day and night the whole time we were near them keeping the sheep.

¹⁷ You should know this and think about what to do next. Evil is coming to my master and his entire household *if you don't do something*. Nabal is so worthless that no one can talk to him.

¹⁸ Then Abigail, *knowing the stakes*, rushed about gathering *gifts similar to what her husband should have offered*: 200 loaves, 2 jugs of wine, 5 sheep (butchered and dressed), more than 50 quarts of roasted grain, 100 clusters of raisins, and 200 fig cakes. She had these loaded on donkeys.

Abigail (to her servants): ¹⁹ Go ahead of me *with all the gifts*. I'll be right behind you.

But she never stopped to speak to her husband Nabal. *She had decided to approach David herself*.

²⁰ As she rode down the mountain on a hidden trail, David and his men were approaching, and they met.

²¹ Earlier David had made an oath.

David: It looks as though we protected everything this guy owns—so that he lost none of the things belonging to him—for nothing. *We did him a good turn*, and now he rewards us with evil. ²² May the True God do so to my enemies^[b]—and more—if tomorrow morning I've left alive a single male of Nabal's household.

²³ When Abigail saw David, she dropped quickly from her donkey and fell to the ground in front of him, bowing.

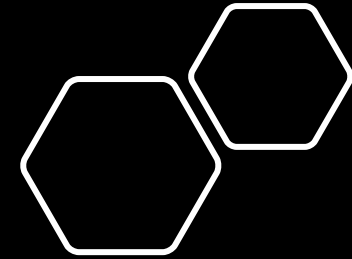




When we are faced with a
CRISIS how do we react?

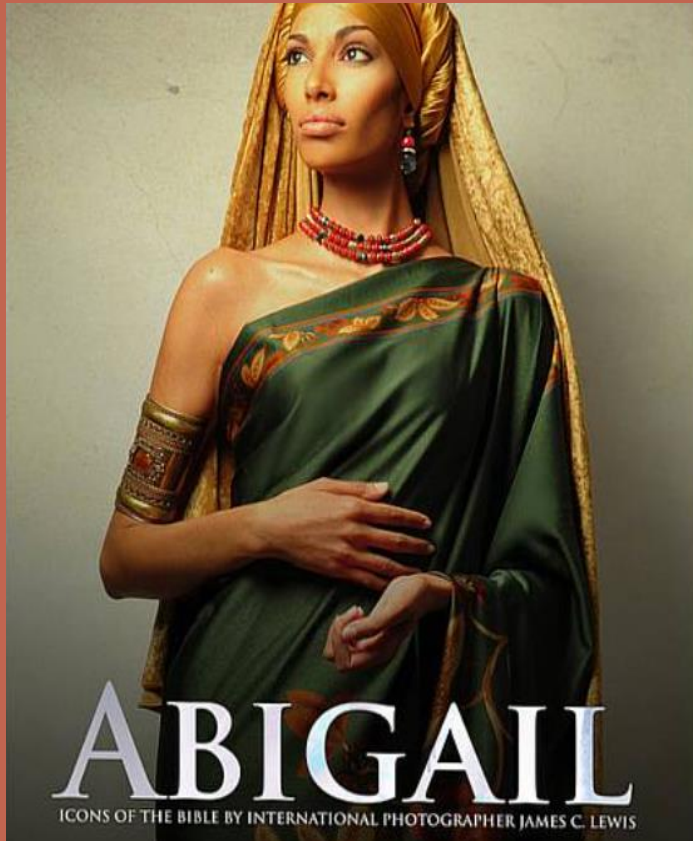
Do we H.A.L.T. the blessings
or seek God's H.E.A.R.T. on the
matter?





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.

THWARTSTEMPTATIONS 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.





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!”**



1 Samuel 25: 24-35 The Voice

Abigail (*at David's feet*): ²⁴ My lord, any guilt here falls on me. Please let me, your servant, speak, and may you hear the words I speak. ²⁵ My lord, you must not take seriously the words of this worthless man, Nabal. His actions have proven that his name and his nature are the same: Nabal is a fool. Unfortunately, I, your servant, did not see the young men you sent.

²⁶ Now, my lord, as the Eternal One lives and as you live, since the Eternal has kept you from senseless killing and from seizing vengeance yourself, may your enemies and all who seek to harm you, my lord, be like Nabal.

²⁷ Now, *please*, accept my gift and distribute it among the young men who are with you. ²⁸ Please forgive your servant's shortcomings. The Eternal will certainly make my lord's house into a lasting dynasty because you fight on behalf of Him, and no evil will be found in you as long as you live. ²⁹ If anyone dares to rise up against you and seek your life, then you will be protected by the Eternal One, your True God, who will launch the lives of your enemies like stones from a sling.

³⁰ When the Eternal has done for my lord all the good things He has promised and has installed you as ruler over all Israel, ³¹ you will never have to be grieved or conscience-stricken for having shed blood needlessly or for taking vengeance into your own hands. When He has dealt generously with my lord, I pray you will remember me, your servant.

David (*to Abigail*): ³² Blessed is the Eternal God of Israel, who sent you here today to intercept me. ³³ And blessed is your wisdom—blessed are you—for keeping me from shedding blood *needlessly* and from taking vengeance into my own hands. ³⁴ For as surely as the Eternal God of Israel lives and sent you to me, if you had not hurried out to meet me, tomorrow there would not have been a single male left alive in Nabal's household.

³⁵ Then David accepted her gifts.

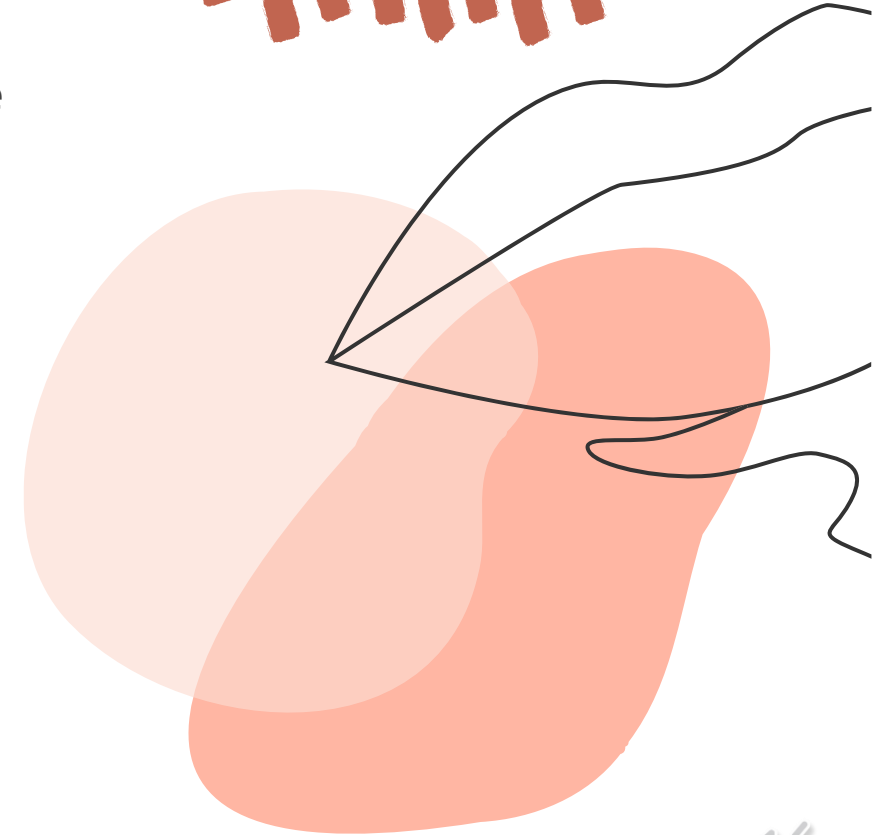
David: Arise and return home in peace. I have listened to your words, and I have granted your request.



Take the moment to ask God what is His H.E.A.R.T. on the matter. The Victory is ours if we allow God to direct our pathway.

So, in the final part of our text we see how God intervenes:

- Abigail courageously approached David with the offering he should have received initially.
- Abigail stood in the gap and tactfully reminded David of who He is (The Future King) and whose He is – God's Appointed & Anointed. She put a reflective mirror in his face allowing him to realize that any vengeful action he would take against Nabal would be to his own detriment. Abigail woke David up out of his "Temporary Insanity!"
- Abigail used wisdom and waited patiently to advise Nabal of how his actions could have caused death to his entire household. She allowed Nabal to become sober enough to hear what transpired. Thus, his heart could not comprehend what his wife did and became hardened to the point of death in 10 days.
- When we allow God to lead us, God will provide all of our needs according to His riches in glory. Not only was the residents in Nabal's household spared; but Abigail won the favor of the future King David and became his new wife. She proclaimed prophetically what was going to happen to all of those who go against the chosen of God. She also obtained her blessing. She spoke the word and got the fruit.



1 Samuel 25: 36-43 The Voice

³⁶ Abigail returned to Nabal, who was holding a kingly feast in his house. Nabal's heart was light because he was very drunk, so Abigail chose not to tell him anything until the next morning. ³⁷ The next morning, when he was sober, Abigail told him about her meeting with David and he went cold inside. ³⁸ About 10 days later, the Eternal One struck down Nabal, and he died.

³⁹ When David heard this news, he blessed God.

David: Blessed is the Eternal One, who protected my honor from Nabal's insults and who kept *me*, His servant, from executing evil. Instead, the Eternal One turned Nabal's evil back on him.

⁴⁰ Then David sent servants to Carmel asking Abigail to be his wife.

Servants: David has sent us to bring you to him so that you can be his wife.

⁴¹ She stood, and then bowed to the ground before David's servants.

Abigail: I am your servant, willing to wash the feet of my lord's servants.

⁴² Then Abigail quickly got up, mounted her donkey, and went with the messengers of David attended by her five handmaidens. *Not long after*, she married him.

⁴³ David also married Ahinoam of Jezreel; she and Abigail were both wives of David. ⁴⁴ *By this time*, Saul had given his daughter Michal, David's *former* wife, to Palti (the son of Laish) from Gallim.





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!***





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



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?





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:

<https://thethankfulrevolution.com/>



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