

## Abigail Calms the Storm 1 Samuel 25

The Importance of Emotional Maturity:

How does this show up when living or working with a difficult person.

Our emotions can sometimes be volatile, swinging effortlessly from contentment to bitter envy or from euphoric happiness to biting anger. All Christians struggle with the battle of who will be in control: the self-centered "flesh" or the Spirit, who infuses us with gentleness, patience, and self-control. ([Galatians 5:17-25](#))

Not only do we have to deal with our own feelings and behaviour; we also have to know how to respond to the emotions of those around us. You might experience the verbal hailstorm of a co-worker pushed over the edge by a demanding boss. As a parent, you may be surprised by your toddler's fierce explosion about a forbidden piece of candy, or confused by your teenager's outburst stemming from a broken heart. Either we can allow these emotional windstorms to suck us in, or we can act as agents of God's grace, restoring calmness and safety.

Let's do a meditation on this chapter. Three major characters in this passage.

Samuel has died .... David is affected by this. He fleeing from Saul ..... he is stressed, his temper is short.

v15-16 He's protecting local flocks from wild beasts.

v2 Describe Nabal ... stupid, arrogant, rich, rough, harsh and ungrateful.

Lineage from Caleb - perhaps hardened by life's experiences.

Someone said - "No worse than my man."

v3 Abigail his wife was the opposite - beautiful, gracious and full of understanding.

I want her to become your model (pin-up).

Unfortunately she married her polar opposite -- Nabal.

V4-9 David sends greetings. He and his 600 men had been hiding in the hills, trying to elude a jealous King Saul. While in seclusion, these valiant soldiers were graciously protecting local shepherds and their sheep from bandits and wild animals. Nabal and his household benefited from their watchful care.

When David heard that Nabal was shearing his sheep and preparing for a celebration, he sent to collect a customary payment, instructing them to approach the landowner with due respect and humility.

V10-11 Nabal's reception was rude.

He insultingly refused to send David and his entourage any token of appreciation, and the messengers returned empty-handed. Nabal behaved true to his name.

V12-13 David completely over-reacts --- wants to kill.

V14-17 Abigail hears about it.

V18-20 Abigail - the peacemaker moves into action. She could have taken sides with her husband. Could have reacted to David fleshly attitude and blamed him.

V21 David feels justified by his reaction. "Nabal has repaid me evil for good."

V23-30 Abigail - what humility! What grace! Listen to her words!

V30 She takes the blame. She shows such honour --- to David she calls him "lord" 8 times, and herself maidservant several times.

V31 But, she is clear about his over reaction.... "shed blood without cause", "avenge himself".

These truths may have stung David's raw and emotional heart at first, but, like ointment applied to an open sore, they soon began to heal his wounded pride. When emotions are high and logic is skewed, truth is our best choice as well as grace.

Abigail reminded David of who he was and where he was going. This wise lady kindly but firmly steered him away from thoughts of retaliation by recalling God's promise of "an enduring house." (v. 28) While David seemed focused solely on immediate revenge, she reminded him of God's plans for his life. She encouraged him to look past his momentary anger to his future.

V32-35 David's anger is calmed by her grace, her skill, her ability to understand him. He declares peace... heeds her voice..... respects her person. ABIGAIL CALMS THE STORM!

So often when people around us explode with destructive emotion, be it anger or jealousy, self-pity or impatience, we find that they have somehow temporarily lost their way. The here and now can be all-consuming, and problems easily get blown out of proportion. Abigail's example shows us

how to re-cast a vision for the hurting person so that he or she can once again see things from God's perspective.

V36 God avenges --- Nabal dies, and David marries Abigail.

V41 Note her response as a new wife. Wives if you be an Abigail (source of joy) your man will want to marry you again.

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