

RESIST Week 5: Be Like Abigail

Scripture: 1 Samuel 25

Big Idea: Peace isn't passive—it's a courageous choice.

Focus: Resisting conflict by becoming peacemakers

GROUP OPENER

What's something small that has triggered a big overreaction in your life?

Why do you think we tend to escalate things so quickly?

SCRIPTURE ENGAGEMENT

Read or summarize key parts of 1 Samuel 25: David's request, Nabal's response, David's reaction, Abigail's intervention, and David's response.

TEACHING RECAP

1. Don't be like David (reactive, emotional)
2. Don't be like Nabal (prideful, dismissive)
3. Be like Abigail (wise, humble peacemaker)

DISCUSSION 1

Where do you see yourself—David, Nabal, or Abigail? Why?

What assumptions might David have made?

Why was Nabal so harsh?

DISCUSSION 2

Is your heart at war? With who or what?

How does internal conflict affect your relationships?

THE ABIGAIL WAY

1. She spoke when others stayed silent
2. She gave when others wanted to take
3. She chose humility over pride
4. She asked for forgiveness even when not at fault

DISCUSSION 3

Which of these is hardest for you?

Where might God be asking you to go first?

APPLICATION

Take one step toward peace this week: text, call, apologize, show kindness, or let something go.

PRAYER

Ask God to reveal where your heart is at war and give you courage to choose peace.