

DAVID

WAITING ON A KING

DAVID & ABIGAIL

Day 1 — READ 1 Samuel 25:1-13

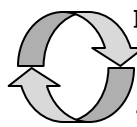
On your outline from this week, **UNDERLINE** the sections that explain the cycle of disrespect in the story. Can you relate? Do you find you have circles of disrespect in your life too? At school? At work? At home? With friends? **SPEND** some time today slowing down, and **IDENTIFY** the cycles that cause hurt and bitterness. Where do you see contempt in your relationships? What is your first response when someone hurts you? How do you feel your soul shrinking? **CONFESS** your hurt to God and **PRAY** for His intervention and healing.

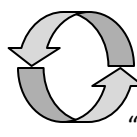
Day 2 — READ 1 Samuel 25:14-19

Let's take a look today at the wisdom of Abigail. The passage states, "Abigail lost no time." **EXPLAIN** in your own words how her immediate action showed her wisdom. What sort of action can you take in your own life to bring humility to a cycle of disrespect? How would that cost you in the beginning? What could you gain in the end?

Days 3&4 — READ 1 Samuel 25:20-31

On your outline, **UNDERLINE** the phrases that indicate an attitude of humility. **CIRCLE** the phrases that speak of respect.

 **DRAW** a circle with arrows going in one direction. **LIST** some attitudes around that circle that breed even more disrespect. E.g. power, pride, arrogance, contempt. **LABEL** your circle "Cycle of Disrespect."

 **DRAW** a second circle and point the arrows in the opposite direction. **CHOOSE** some attitudes that reverse the cycle of disrespect. E.g. humility, respect, grace. **LABEL** the circle "Cycle of Humility and Respect."

Under each of your cycle diagrams, **LIST** your primary relationships according to the type of cycle you are currently on. **THINK** about how you can reverse the negative cycles?

Day 5 — READ 1 Samuel 25:32-39

Who reminds you who you are? Who builds you up in your life? Who helps you become quiet and relaxed? Who shows you mercy? Who brings you back to God?

Likewise, how do you remind the people in your life who they are? Who do you build up? Who do you quiet down? To whom do you show mercy? Who do you bring back to God?

ALLOW some time today to **QUIET** yourself, **BREATH**, and **LISTEN** to God. This may be a regular practice to you or it may be a foreign concept. In the hustle of life, it can be lost easily, so it's a good reminder for us all.

REMEMBER that God has given you mercy.

You are loved.

You are accepted.

You are forgiven.

CONFESS your hurt and anger.

PRAY to be established in God's love.

...for courage.

...for blessing.

...for your enemies.

...to find the words you need to break a negative cycle.

...to let go of the past.

...to focus on the best moments.

...for God to give you vision.

...to love deeply.

...to have courage.

...to give courage.