



Abigail 1 Samuel 25:1-35

Memory Verse:

Be strong and courageous. Do not
be afraid for the Lord your
God goes with you.
Deuteronomy 31:6 NIV

The true story from the Bible begins with a woman named Abigail. Abigail and her husband Nabal had a lot of sheep.

One day, Nabal's shepherds brought all of his sheep to a place where a man named David and his men were.

When David and his men saw all those sheep, they helped protect the sheep and the shepherds so nothing bad would happen to them.

Sometime later, Nabal's shepherds were giving all of those floofy sheep haircuts. It was such a fun time! They even had a party!

So David sent a few of his men to ask if they could have some food from the party.

But Nabal was very mean, and he said, "No! Why should I give you any food?"

David was upset! David and his men had helped Nabal's men and sheep, and Nabal did not want to help them!

David wasn't just upset. He was angry! And he was going to do something about it.

Abigail heard about what happened. She knew that if she didn't do something to help, a lot of people would get hurt. It was time for Abigail to be brave and help!

Abigail quickly grabbed a lot of food and drinks and put them on some donkeys to carry to David and his men.

When Abigail got to David and his men, she kneeled down and told David the food and drinks were a gift for him and his men. Abigail hoped David would not be angry anymore.

David was so happy! David and his men took the food and drinks and told Abigail, "thank God for you and for your help!"

Abigail was brave and helped a lot of people!

God can help us be brave!

Questions:

- **Who does the true story from the Bible begin with?** (A woman named Abigail.)
- **What did Abigail and her husband Nabal have a lot of?** (Sheep.)
- **Who did Nabal's shepherds bring the sheep to?** (David.)

- **What did David and his men do?** (They helped protect the sheep and shepherds so nothing bad would happen to them.)
- **What did Nabal say to David's men when they asked for some food?** ("No! Why should I give you any food?")
- **Why was David upset?** (David and his men had helped Nabal's men and sheep, and Nabal did not want to help them.)
- **What did Abigail do when she heard about what happened?** (Abigail quickly grabbed a lot of food and drinks and put them on some donkeys to carry to David and his men.)
- **What did David told Abigail after he and his men took the food and drinks?** ("Thank God for you and for your help!")
- **What happen when Abigail was brave?** (She helped a lot of people.)
- **Who can help us be brave?** (God.)

Prayer:

Dear God, Thank You for hearing us when we pray to You. Help us remember that we can talk to You when we have hard things to do, and You will help us be brave. In Jesus' name. Amen.

Parent Cue:

- **Morning Time:** When you go into your child's room, cuddle them and say: "Good morning, [child's name]! Are you ready to wake up and be a super kid? God can help you be brave and help others. And when we help others, we are SUPER KIDS!"
- **Cuddle Time:** Cuddle with your child and pray: "God, No one can help like You can. You are the most SUPER helper ever! Please help [child's name] and me see people who need help and be brave enough to help them. We want to be super like YOU! We love You, God."
- **Drive Time:** While on the go, look for people who are helping others. Talk about how they are helping. Then talk about ways your child can help others. Sometimes we have to be brave to help others, and God will help us be brave.
- **Bath Time:** Add a basket and toy foods to bath time. Set a timer on your phone and tell your child to put all of the food in the basket before the timer goes off. Repeat several times. Talk about how Abigail was brave and quickly took food to David, and she helped a lot of people not get hurt!