



GROWTH GROUP DISCUSSION QUESTIONS
Fall Quarter – Lesson 6 – Week of October 19, 2025
Lesson: ABIGAIL'S APPROACH TO CONFLICT RESOLUTION

Bible Verses: I Samuel 25:14-31; Psalm 34:9; Deuteronomy 10:12; Proverbs 31:10-31

GETTING TO KNOW YOU

1. If you had to sing one worship song on repeat for a week, what would it be?
2. Share a wow moment from last week.

DISCUSSION

The Bible recounts the stories of many women who were honored by God due to their significant roles in special ministries. One of them is Abigail, who was described in 1 Samuel 25:3 as “a woman of good understanding and a beautiful countenance.” Abigail had both beauty and brains.

Situation: The escalating tensions between Nabal and David were at a dangerous point. David has ordered his men to equip their swords, and now his 400-strong army is on its way to teach Nabal a lesson in respect. It seems that the only way for two powerhouses to determine supremacy in the region is through conflict. Read I Samuel 25:14-17.

But then, in the middle of the chaos, a pretty and intelligent woman appears. Abigail, Nabal's wife, stands on the trail. And she is nothing like her ill-behaved husband. Abigail has been placed in the middle of a conflict for a reason.

Abigail puts her brain and her good looks to work. When she learns of Nabal's crude response, she springs into action. With no word to her husband, she gathers gifts and races to intercept David. As David and his men descend a hill, she takes her position armed with “two hundred loaves of bread, two skins of wine, five sheep dressed out and ready for cooking, roasted grain, and raisin cakes all loaded on some donkeys (verse 18).” David's 400 men stop in their tracks when they see Abigail. Some look at the food, while others cannot take their eyes off this beautiful and brave woman.

Abigail is no fool. She knows the importance of the moment. She stands as the final barrier between her family and sure death. Falling at David's feet, she issues a plea. Read I Samuel 25:24-28.

1. Review I Samuel 25:18-20. What was Abigail's response to her servant's warning about David? What can you gather from the text about her demeanor?
2. What actions of Abigail in this passage do you consider to be wise?
3. Abigail took time to encourage David in verses 28-31. What does she say? How do you think these words sounded to David?
4. Which traits of this "wife's character" do you wish to model more in your life? How do you think exhibiting those traits by a wife affects a marriage?
5. Read Proverbs 31:10-31. Which traits of this woman does Abigail possess, and how do you see these traits surface?

Abigail's story illustrates how to navigate difficult people and situations by using faith and integrity to save relationships and preserve peace. Abigail was wise, God-fearing, and strong. To be wise like Abigail, we must "fear the Lord" (Deuteronomy 10:12).

1. How do you deal with difficult people in your church?
2. Have you ever been involved in a church conflict? How did you resolve the situation?

In the face of conflict, Abigail's calm, diplomatic, and wise approach not only prevented violence but highlighted her character and faith. Her actions serve as a model for resolving conflict.

Lessons We Can Learn from Abigail's Story

1. How to resolve conflicts.
2. How to have a diplomatic approach to conflict.
3. How to offer peace in conflict.
4. How to trust God during conflict.
5. How to use wisdom and persuasion during conflict.
6. How to have a respectful departure in a conflict.

Prayer for this Week: Lord God, you tell us in your Word that when we ask for wisdom, you will grant it. So today, we ask for more. In all our relationships and decisions, grant us your wisdom and understanding. We want to reflect you all we do. In the name of Jesus, we pray.