

# Young Women Active for Christ



November 2010

***"Choices, no matter how small, do matter. Your day-to-day decisions have a way of determining your destiny. The person you are becoming—situation by situation, decision by decision, choice by choice—is the person you will be forever."***

—David Ausberger

DECISIONS. We face them every day. Whether it's something simple like deciding what to wear to school or something big like deciding where to go to college, we all must make decisions. With all these decisions comes a big question: How do we know that we are doing the right thing?

What is the right thing, anyway? It's hard to know sometimes. Especially when we have so many people telling us what we should and shouldn't do. How does a girl decide what's right and what's wrong?

***"If ever someone knew exactly the right thing to do—and did it—it was a woman named Abigail."***

—Max Lucado, *Facing Your Giants* (Teen Edition)

Right in the middle of the story of David, we are introduced to Abigail. According to 1 Samuel 25:3, "she was a woman of good understanding, and of a beautiful countenance." Her husband, Nabal, was exactly her opposite. Nabal, whose name means "fool," was exactly that. He was loud and prideful and just plain mean. But he was rich; so he usually got his way.

Because Nabal was so foolish, Abigail had to make a lot of decisions that other women didn't normally have to worry about. In 1 Samuel 25 we find that David and his army camped in the fields near Nabal's shepherds and their flocks. David and his men protected Nabal's flocks and kept his people safe while they were in the fields. Once the shepherds returned home, David sent some of his men to ask Nabal to share some of his food and supplies with them. But Nabal refused and insulted David.

When David's men told him what Nabal had said, David was angry. He declared that he would kill everyone in Nabal's house as punishment for Nabal's insults. On his way to Nabal's house, he ran into Abigail. One of her servants had told her what Nabal did, so she loaded down two donkeys with food and wine and rode out to meet David and ask for his forgiveness. She knew exactly what had to be done to save her family, and she didn't waste any time doing it.

***"It's not the words we know that show wisdom, but how and when we use them."***

—Dennis Fisher, "Well-Chosen Words," *Our Daily Bread*

*Read what Abigail said to David in 1 Samuel 25:23-31.* When she spoke, David listened and his heart melted. This woman's wise words reminded him of what a mighty God he served. She urged David not to do anything he might regret and begged him to lay Nabal's sins on her. She asked forgiveness for her husband's actions.

David took Abigail's offering of food and supplies and did what she asked. He spared her home and family and rode back to his camp. She went back home to her husband and found him drunk and impossible to talk to, so she left him alone until the next morning. Once he was sober, she told him what she had done and how she had saved their family from death. His heart stopped and "he became [like] a stone" (1 Samuel 25:37). Ten days later, God struck Nabal and he died.

**Henry: "How do you do it?"**  
**Danielle: "What?"**  
**Henry: "Live each day with this kind of passion. Don't you find it exhausting?"**  
—Ever After

After Nabal's death, David praised God for keeping him from evil and for punishing his enemies. Then, he sent some of his servants to Abigail to ask her to be his wife. Beautiful, wise Abigail is almost like Cinderella. She gets to trade in her foolish husband for a king anointed by God.

In Max Lucado's book, *Facing Your Giants* (Teen Edition), he says:

*"Abigail teaches so much... Her greatest lesson, however, is to take our eyes from her beauty and set them on someone else's. She lifts our thoughts from a rural trail to a Jerusalem cross. Abigail never knew Jesus. She lived a thousand years before his sacrifice. Nevertheless, her story prefigures his life.*

*Abigail placed herself between David and Nabal. Jesus placed himself between God and us. Abigail volunteered to be punished for Nabal's sins. Jesus allowed heaven to punish him for yours and mine. Abigail turned away the anger of David. Didn't Christ shield you from God's?*

*He is our 'Mediator...' (1 Timothy 2:5-6). Who is a mediator, but one who stands in between? And what did Christ do, but stand in between God's anger and our punishment? Christ intercepted the wrath of heaven.*

*Who does that? What kind of person would take the blame for something he didn't do?"*

Think about how passionate Abigail must have been to put herself in that place. David and his men could have killed her. But she was passionate about saving her family.

Now think about how passionate **Jesus** was about us. He *was* killed, for you and me. He suffered a horrible death on the cross so that you and I could be saved. He took God's anger and punishment for sins that you and I committed. All He asks in return for that sacrifice is that we believe in Him.

Write down the following verses:

Romans 3:23 \_\_\_\_\_

Romans 6:23 \_\_\_\_\_

Romans 5:8 \_\_\_\_\_

Romans 10:9 \_\_\_\_\_

Romans 10:10 \_\_\_\_\_

Romans 10:13 \_\_\_\_\_

John 3:16 \_\_\_\_\_

After reading those verses, what choice would a wise girl like Abigail make? Would she choose to believe? Have you already decided to follow Christ? If you haven't, I pray that you will make that decision today. You can pray to accept Christ as your Savior right now. Talk to your parents or a trusted friend about your decision and ask him or her to pray with you, or you can pray this sample prayer:

*Dear Lord,*

*I know that I am a sinner and that I need Your forgiveness. I believe that You are the Son of God and that You are the only way that I can be saved. Thank You for the sacrifice that You made for me on the cross. Please come into my heart and life and cleanse me from my sins. Help me to follow You. Amen.*

# YWAC in Action

## GIRLS' NIGHT IN!

Before all the craziness of the holidays sends everyone off in a million directions, get together with some of your friends or your Young Women Active for Christ group for a girls' night in. Get the movies *Ever After* and *Beauty and the Beast* and settle in for some Girls Only fun! I have included some of my favorite easy recipes for snacks, or you can just pop some popcorn and order a pizza. There are also some questions to go with each movie that will get you and your friends thinking a little more about this month's study and how we can follow Abigail's example and become women of wisdom.

### ~ Recipes for Girls' Night In ~

#### TOUCHDOWN TACO DIP

*(Recipe from Pampered Chef)*

- 1 can refried beans
- 8 ounces cream cheese, softened
- 1 cup sour cream
- 2 tablespoons taco seasoning mix
- 2 garlic cloves, pressed
- ½ cup cheddar cheese, shredded
- 1 medium tomato, chopped and seeded
- 4 green onions with tops, thinly sliced
- ½ cup olives, pitted and sliced
- 2 tablespoons fresh cilantro or parsley, chopped
- Additional sour cream (optional)
- Tortilla chips

Preheat oven to 350 degrees. Spread beans on bottom of a round baking dish. Combine cream cheese and taco seasoning mix. Add garlic and mix well.

Spread cream cheese mixture evenly over beans. Sprinkle cheddar cheese over the top. Bake for 15 to 20 minutes, or until cheese is melted.

To prepare topping, mix together the chopped tomato, sliced green onions and olives, and cilantro or parsley. Sprinkle this mixture over the dip. Garnish with additional sour cream, if desired. Serve with tortilla chips.

#### TRIPPLE-CHOCOLATE NUT CLUSTERS

*(Recipe from Christmas Cooking Southern Style, Taste of the South Special Issue 2009)*

- 12 (1 ounce) squares chocolate-flavored candy coating, such as Almond Bark or CandiQuick
- 1 (12 ounce) package milk chocolate morsels
- 1 (12 ounce) package semi-sweet chocolate morsels
- 2 (16 ounce) jars roasted peanuts
- 1 cup cashews
- ½ cup coarsely chopped pecans

In a large microwaveable bowl, combine candy coating and chocolate morsels. Microwave on High (100% power) until chocolate melts, about 2 minutes, stirring after 1 minute. Add peanuts, cashews, and pecans. Stir until combined.

Drop the mixture by tablespoonfuls onto waxed paper. Let stand until firm (about 4 hours).

\*The chocolate mixture will be VERY HOT when it comes out of the microwave. Get your mom to help you and be careful so you don't get burned.

## Discussion Questions for *Ever After*



1. Even though her step-mother discourages her, Danielle is very smart and enjoys reading. Why does she like to read so much?
2. Wisdom isn't something that you are born with. There were probably people in Abigail's life that taught her and encouraged her to gain wisdom. Who encouraged Danielle to do this? Who has encouraged you or been an example of wisdom in your life?
3. How is Prince Henry similar to David in the story of Abigail?
4. Prince Henry is very impulsive. Is it wise to just react to things without thinking them through? What should we do instead?
5. How are Danielle's step-mother and Marguerite like Nabal? What happens to them at the end of the movie? Do you think their punishment is fair? Would you have spoken up for them like Danielle did to keep them from getting sent to America and sold into slavery?

## Discussion Questions for *Beauty and the Beast*



1. How does Belle end up being the Beast's prisoner? How does this make her similar to Abigail?
2. Like Abigail, Belle is smart and beautiful. Who in the movie is most like Nabal – the Beast or Gaston? Why do you think so?
3. Why did the old woman put a spell on the Beast? Do you think he deserved this punishment for his selfish actions?
4. When Nabal heard what Abigail had done, his heart turned to stone and he died a few days later. When the Beast saw what Belle was willing to do to save her father, his heart of stone started to soften. What about Belle changed the Beast's life? (Answer: Her ability to love.)
5. Abigail's wisdom wouldn't have meant much without her passion to save her family. Belle's passion to save her father wouldn't have changed anything if she hadn't taught the Beast how to love. Why do you think passion and love are so important in the life of a Christian?

### ABOUT THE AUTHOR

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