

The Life of David, part 6

Abigail: Beauty of Heart

Introduction:

- Study on how beauty effects the human brain from The Scientific American resource article “How the Brain Responds to Beauty”.
- **“There is a very radical and widespread tendency in all of humanity to observe beauty and to value it.” George Santayana The Sense of Beauty (SLIDE 1)**
- Connect study on beauty to what we will learn about together in our next teaching on David and Abigail
- Review series thesis
- **“The story of David trains us to see the miracles of what God is doing in everyday life.” (SLIDE 2)**
- Short opening prayer

Main Scripture/Main Idea/Point

- Set the stage for 1 Samuel 25
- Explain how it is written as a narrative
- Share about the main people in the narrative * **see e-mail links for video clips**
- Abigail = Elizabeth Bennett – Pride & Prejudice
- Nabal = Lord Farquaad from Shrek
- David = Wyatt Earp from Tombstone
- Instead of reading the entire chapter, give a brief synopsis
- Pick up reading with 1 Samuel 25:23
- **1 Samuel 25:23-35 (SLIDES 3-6)**
- Make connection to series thesis
- **The miracle found in this account of David is the beauty of a heart changed by God. (SLIDE 7)**
- Why does this matter?

- **People who are marked by a heart of beauty are more postured to experience a fullness of God and are able to love others deeply. (SLIDE 8)**
- God is able to help us cultivate a heart of beauty if we are willing to partner with what he is doing.
- Make comparison of our hearts to a beautiful garden Go
- Share what we can learn from the beauty and wisdom of what Abigail displayed to cultivate a beauty of heart

3 Teaching Points

- Abigail feared the Lord. #1
- What does it actually mean to fear the Lord and how does it cultivate a beauty of heart?
- **The fear of God is the healthy relationship between awe and respect. (SLIDE 9)**
- **God is loving and grace-filled and his righteous indignation is actually a subcategory of his love for humanity. (SLIDE 10)**
- **Genesis 3:8-11 (SLIDE 11)**
- **Genesis 15:1 (SLIDE 12)**
- **Exodus 34:6 (SLIDE 13)**
- Abigail's heart wanted to obey God out of love for who HE is.
- Abigail started right where she was at. #2
- **As we allow God to deeply form our hearts towards beauty, we will recognize that we have something to offer that will serve the Kingdom even as God is shaping us. (SLIDE 14)**
- Share personal story of how this has impacted your life
- Give examples of how this point is encouraged in scripture
- **Jeremiah 29:5-7 (SLIDE 15)**
- Abigail allowed peace to reign in her heart #3
- Abigail had so many reasons to be worried about what could happen to her but because of the peace of God and peace with God in her heart she could act with boldness.
- Share the modern parable of "The Bird"
- Show painting **(SLIDE 16) *see e-mail attachment**

- **Psalms 91:4 (SLIDE 17)**
- Scripture doesn't say that there will not be storms of suffering in our lives but that there is One who sits with us through the storm.
- Abigail knew this too. She could have lost her life and yet she stepped forward from a place of peace because of her devotion to God and the deep, moral goodness He was working out in her heart.

Application:

- Brief review of 3 main points
- Share practices
- **Enjoy being with God (SLIDE 18)**
- **Resources:**
- **Spiritual Disciplines Handbook by Adele Ahlberg Calhoun & Discovering Your Spiritual Identity by Trevor Hudson (SLIDE 19)**
- **Do the hard work of weeding (SLIDE 20)**
- Go back to illustration from the beginning about how the garden is within our hearts.
- The cultivation of a heart of beauty is not one that happens overnight or in a month or a year and it's nothing I can claim in my life but it's a lifelong journey that worth it for yourself those who you influence and God may use your heart to help someone else like Abigail and David.

Closing Prayer