



# LIFEgroup STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

## **PURSUING LIFE TOGETHER** *SUNDAY MESSAGE REVIEW*

**NOTE to the LIFEgroup Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

### **OPEN IN PRAYER**

### **STARTER QUESTIONS:**

**Where have you seen God at work in your life since we last met?**

**What stood out to you from the message this week?**

### **MAIN IDEA:**

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

**How did this verse speak to you in your life?**

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

**Is there an area that you feel God is speaking to you through this message?**

### **FINAL THOUGHTS:**

- SUMMARIZE the main idea of this message.

**Would anyone like to share your thoughts about what we discussed today?**

**How can we pray for you as a group?**

### **CLOSE IN PRAYER**

## UNBREAKABLE THREAD

“Love is not easily angered...”

“And so she became his wife...”

1 Samuel 25:42 (NLT)

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is **not easily angered.**” 1 Corinthians 13:4-5 (NIV)

“The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.” Proverbs 11:29 TLB

“And so **she** became **his wife**...”

1 Samuel 25:42 (NLT)

“11 days earlier...”

### A description of Nabal from 1 Samuel 25:

1. Vs. 3: “...was surly and mean in his dealings.”
2. Vs. 17: “...no one can talk to him.”
3. Vs. 25: “...pay no attention to that wicked man Nabal.”
4. Vs. 39: “When David heard Nabal was dead, he said, “Praise the Lord”

### How to Diffuse Anger

#### Don't Delay

- Vs. 18: “Abigail wasted no time...”

#### Body Language is Important

- Vs. 23: “Abigail... bowed low before him.”

#### Accept Responsibility

- Vs. 24: “I accept all blame in this matter.”

#### Give a Brief Explanation

- Vs. 25: “I never saw the young men you sent.”

#### Make Things Right

- Vs. 27: “Here is a present...”

## Ask For Forgiveness

- Vs. 28: “Please forgive me...”

*“Then David told her, “Return home in peace. I have heard what you said.”*

1 Samuel 25:35 (NIV)

### Questions to ask if you want to stop being so easily angered:

1. Ask: What am I telling myself about this relationship?

*“As she was riding down the trail on her donkey, she met David coming toward her. David had been saying to himself, “A lot of good it did us to help this fellow. We protected his flocks in the wilderness so that not one thing was lost or stolen, but he has repaid me bad for good. All that I get for my trouble is insults.”*

1 Samuel 25:20-21 (TLB)

*“If you love someone, you will ...always **believe in him**, always **expect the best of him**.”*

1 Corinthians 13:7 (TLB)

2. Ask: What will happen if I stay on this path?

Abigail to David: *“You will not have to **feel regret or remorse**, sir, for having killed without cause or for having taken your own revenge.”*

1 Samuel 25:31 (GNT)

*“Don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for **anger gives a foothold to the devil**.”*

Ephesians 4:26, 27 (NLT)

3. Ask: What/Who is my life built around?

Vs. 26: *“...the LORD has kept you from bloodshed”*

Vs. 28: *“...the LORD will certainly make a lasting dynasty for you”*

Vs. 28: *“You fight the LORD's battles.”*

Vs. 29: *“...the LORD your God*

Vs. 31: *“...the LORD has brought my master success.”*

Vs. 32: *“David said to Abigail, “Praise be to the LORD... who has sent you today.”*