Dealing with the Flesh

Saturday, February 14, 2026 4:26 PM

PETER

Good Evening,

To start, did you all bring your notebooks, Bible's and notecards? Did you listen to the sermons?

Let's go around at your table and both you and your spouse offer up something that stuck out to you from each of the sermons.

The reason we have you watch these each week is so that it dominates your thoughts and conversations between you and your spouse. It will make what you receive each week that much more rich.

Let's begin our evening covering what the central theme of tonight's teaching will be.

> *Using the story of David, Abigail and Nabal in 1 Samuel 25, you will learn to walk in the Spirit or "Abigail" traits by identifying a heaven born perspective of your spouse. This will help you succeed in becoming one by learning to see each other as God intended. This is the design of marriage. You will deal with your flesh "Nabal traits" so that what remains in your own behavior and perspective of your spouse is only Abigail. You will see how the only future for the flesh or "Nabal" is death, and how in the Spirit or with "Abigail" there is a beautiful marriage to the King. This will lead to a blessed relationship with God and each other.*

Lesson one, Dealing with the Flesh is aimed at oneness with your spouse and the Lord by seeing each other as God sees you, the goal is to Cultivate the Spirit in your spouse and deal with the flesh in you!

NICK

Last week you all read 1 Samuel 25 as couples, we have a few questions for you:

- What was your favorite part of the story? *3 responses maximum
- Were you surprised by anything? *3 responses maximum
- What else stood out to you? *3 responses maximum

Let's begin by reading the chapter together as a group.

LYNDIE

- **1 Samuel 25 (NIV84)**
  25 Now Samuel died, and all Israel assembled and mourned for him; and they buried him at his home in Ramah.
  Then David moved down into the Desert of Maon. 2 A certain man in Maon, who had property there at Carmel, was very wealthy. He had a thousand goats and three thousand sheep, which he was shearing in Carmel. 3 **His name was Nabal** and his wife's name was Abigail. **She was an intelligent and beautiful woman**, but her husband, a Calebite, was surly and mean in his dealings.

NICK

Nabal means "fool", Abigail means "fathers delight"

JODY

4 While David was in the desert, he heard that Nabal was shearing sheep. 5 So he sent ten young men and said to them, "Go up to Nabal at Carmel and greet him in my name. 6 Say to him: 'Long life to you! Good health to you and your household! And good health to all that is yours!
7 "'Now I hear that it is sheep-shearing time. When your shepherds were with us, we did not mistreat them, and the whole time they were at Carmel nothing of theirs was missing. 8 Ask your own servants and they will tell you. Therefore be favorable toward my young men, since we come at a festive time. Please give your servants and your son David whatever you can find for them.'"
9 When David's men arrived, they gave Nabal this message in David's name. Then they waited.
10 Nabal answered David's servants, "Who is this David? Who is this son of Jesse? Many servants are breaking away from their masters these days. 11 Why should I take my bread and water, and the meat I have slaughtered for my shearers, and give it to men coming from who knows where?"
12 David's men turned around and went back. When they arrived, they reported every word. 13 David said to his men, "Put on your swords!" So they put on their swords, and David put on his. About four hundred men went up with David, while two hundred stayed with the supplies.
14 One of the servants told Nabal's wife Abigail: "David sent messengers from the desert to give our master his greetings, but he hurled insults at them. 15 Yet these men were very good to us. They did not mistreat us,

and the whole time we were out in the fields near them nothing was missing. 16 Night and day they were a wall around us all the time we were herding our sheep near them. 17 Now think it over and see what you can do, because disaster is hanging over our master and his whole household. He is such a wicked man that no one can talk to him."
18 **Abigail lost no time**. She took two hundred loaves of bread, two skins of wine, five dressed sheep, five seahs of roasted grain, a hundred cakes of raisins and two hundred cakes of pressed figs, and loaded them on donkeys. 19 Then she told her servants, "Go on ahead; I'll follow you." But she did not tell her husband Nabal.
20 As she came riding her donkey into a mountain ravine, there were David and his men descending toward her, and she met them. 21 David had just said, "It's been useless — all my watching over this fellow's property in the desert so that nothing of his was missing. He has paid me back evil for good. 22 May God deal with David, be it ever so severely, if by morning I leave alive one male of all who belong to him!"
23 When Abigail saw David, she quickly got off her donkey and bowed down before David with her face to the ground. 24 She fell at his feet and said: "My lord, let the blame be on me alone. Please let your servant speak to you; hear what your servant has to say. 25 May my lord pay no attention to that wicked man Nabal. He is just like his name — **his name is Fool, and folly goes with him**. But as for me, your servant, I did not see the men my master sent.
26 "Now since the Lord has kept you, my master, from bloodshed and from avenging yourself with your own hands, as surely as the Lord lives and as you live, may your enemies and all who intend to harm my master be like Nabal.

BEN

David could not kill Nabal, David was right in his judgment, and the truth is only the Lord can actually kill him, they will have to trust that he will die in the Lord's timing. Abigail's perspective is important for you to consider in light of your spouse's Nabal.

You cannot put to death your spouse's Nabal. That is something only the Lord can do as He works in their heart and they partner in his killing. The best way for you to help them in this process is to continually tell them how they **ARE ABIGAIL (which will also help you kill your Nabal :).**

JOY

27 And let this gift, which your servant has brought to my master, be

given to the men who follow you. 28 Please forgive your servant's offense, for the Lord will certainly make a lasting dynasty for my master, because he fights the Lord's battles. Let no wrongdoing be found in you as long as you live. 29 Even though someone is pursuing you to take your life, the life of my master will be bound securely in the bundle of the living by the Lord your God. But the lives of your enemies he will hurl away as from the pocket of a sling. 30 When the Lord has done for my master every good thing he promised concerning him and has appointed him leader over Israel, 31 my master will not have on his conscience the staggering burden of needless bloodshed or of having avenged himself. And when the Lord has brought my master success, remember your servant."

32 David said to Abigail, "Praise be to the Lord, the God of Israel, who has sent you today to meet me. 33 May you be blessed for your good judgment and for keeping me from bloodshed this day and from avenging myself with my own hands. 34 Otherwise, as surely as the Lord, the God of Israel, lives, who has kept me from harming you, if you had not come quickly to meet me, not one male belonging to Nabal would have been left alive by daybreak."

35 Then David accepted from her hand what she had brought him and said, "Go home in peace. I have heard your words and granted your request."

36 When Abigail went to Nabal, he was in the house holding a banquet like that of a king. He was in high spirits and very drunk. So she told him nothing until daybreak. 37 Then in the morning, when Nabal was sober, his wife told him all these things, and his heart failed him and he became like a stone. 38 About ten days later, the Lord struck Nabal and he died.

PETER

NABAL IS DEAD!

2*confetti!

David was right that Nabal must die, but it was God that had to put him to death. You must partner with the Holy Spirit inside you who will help you put Nabal to death. You must resolve in your mind that YOUR NABAL MUST DIE. And it has to be a supernatural work from the Lord.

Only God can kill Nabal, it may take more time than we originally want but with God it is inevitable.

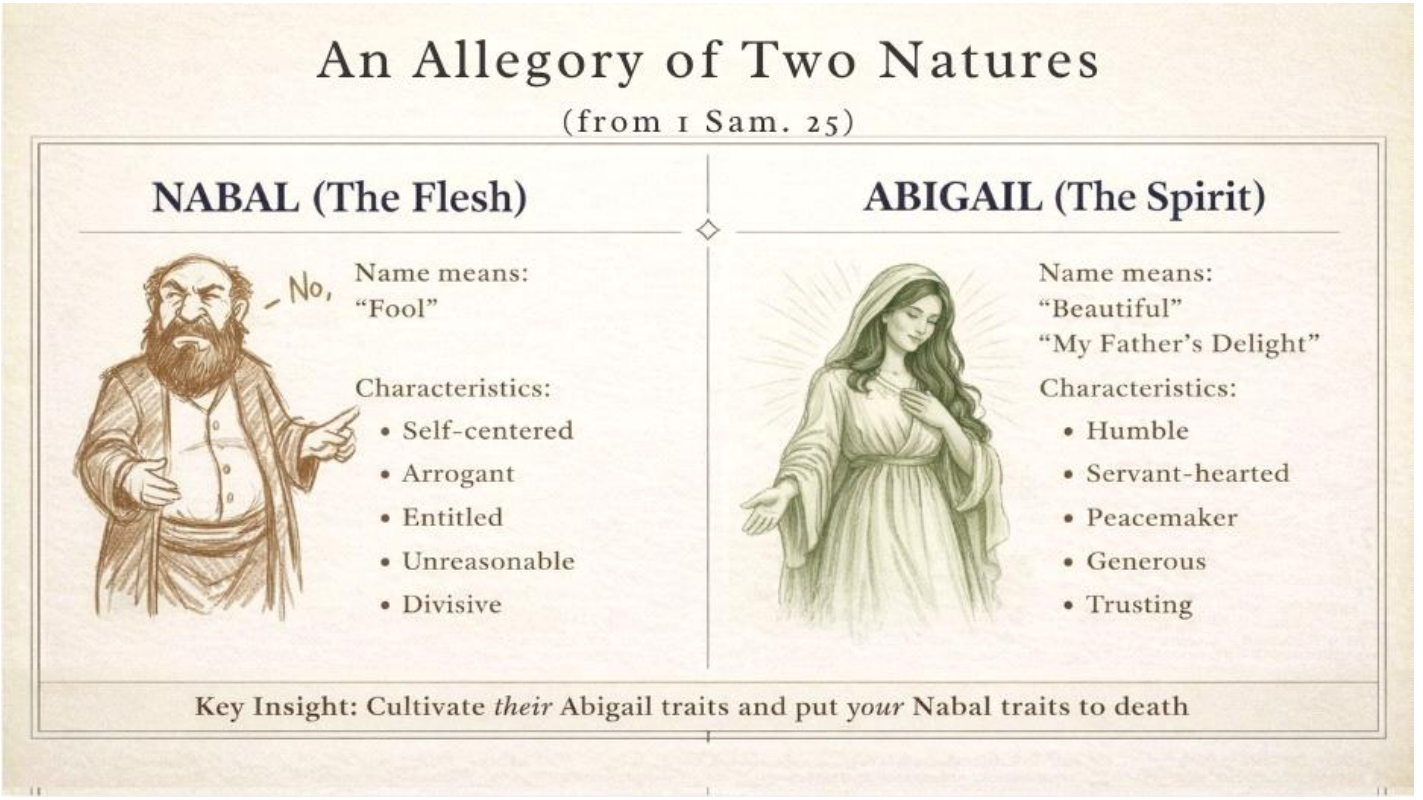
LYNDIE

39 When David heard that Nabal was dead, he said, "Praise be to the
Lord, who has upheld my cause against Nabal for treating me with
contempt. He has kept his servant from doing wrong and has brought
Nabal's wrongdoing down on his own head."
Then David sent word to Abigail, asking her to become his wife. 40 His
servants went to Carmel and said to Abigail, "David has sent us to you to
take you to become his wife."
41 She bowed down with her face to the ground and said, "Here is your
maidservant, ready to serve you and wash the feet of my master's
servants." 42 Abigail quickly got on a donkey and, attended by her five
maids, went with David's messengers and became his wife.

NICK

Now, after reading the story and seeing the qualities of both Abigail and Nabal:

- What do you imagine Nabal looks like? *2 responses maximum
- What do you imagine Abigail looks like? *2 responses maximum



What we hope you should be understanding by now is that Nabal in the story is representative of the Flesh in you. His name literally means *fool.* Throughout the story you could see the flesh in him in every action. Nabal has no future, he is

destined to die.

- Self Centered: he is only concerned about his personal provision
- Arrogant: He is throwing a party for himself
- Entitled: despite being helped By David he does not think he should give anything to anyone
- Unreasonable: The people around him know "no one can talk to him"
- Divisive: Tries to sow division between David's men and David.

PETER

Moreover, Abigail in the story is representative of your Spirit. Her name means "*my fathers delight*". In every circumstance she is led by the spirit and her life displays righteous deeds regardless of the circumstances. Abigail has a future and it is beautiful—she marries the King of Israel.

- Humble: despite Nabal's actions she says "let the blame be on me alone"
- Servant-hearted: she is ready to wash the feet of David's servants
- Peacemaker: She risks her life to go make peace for her entire household
- Generous: she acts quickly and gives in abundance
- Trusting: She trusts the Lord will deal with Nabal in his timing.

When you see the duality between how Nabal and Abigail both act, it should be plain to see that Nabal and Abigail are in every one of us. When you are walking in the desires of the Flesh you are like Nabal—self-centered, arrogant, entitled, unreasonable and divisive. But when you are walking in accordance with the Spirit you are like Abigail—humble, servant-hearted, peacemaker, generous, and trusting.

Last week you were all instructed to write out your own Abigail and Nabal traits on index cards.

What are your Nabal / Abigail traits?

Allen

Have Husband begin with his Nabal

1. Pride

2. Selfish

3. Indifference

4. Stubborn

5. Appeasing

Then have Wife read her Nabal

1. Despair

2. Keeps record of wrongs

3. Unrepentant

4. Prideful

5. Critical

Then Husband reads Wife Abigails

1. Faithful

2. Diligent

3. Peacemaker

4. Wise Discerner

5. Trusting

Then Wife is to read Husband's Abigails

1. Humble

2. Willing

3.Hopeful Encourager

4. Bold

5. Patient

Slaughter

Nick's Nabal Traits:

1. Selfish
2. Negligent
3. Impulsive
4. Provocative
5. Manipulative

Lyndie's Nabal Traits:

1. Rebellious
2. Mean
3. afraid
4. Self righteous
5. Stubborn

Lyndie's Abigail Traits

1. Hard working
2. Diligent
3. Wisdom
4. Speaks Truth
5. Integrity

Nick's Abigail Traits

1. Humble-hearted
2. Vision
3. Faith
4. Worship and Prayer
5. Love for the Word

Hefner

Have Husband begin with his Nabal

1. Seek my own desires

2. Fear of man

3. Resisting Boundaries/rules

4. Hiding/Isolating

5. Apathetic of Consequences

Then have Wife read her Nabal

1. Judgmental

2. Jealous/Envy

3. Words that tear down

4. Impatient

5. Harsh/Angry

Then Husband reads Wife Abigails

1. Takes ownership

2. Brave

3. Discerning

4. Truthful

5. Servant

Then Wife is to read Husband's Abigails

1. Compassion & empathy

2. Servant

3. Generous

4. Longsuffering

5. Love of the Word

BREAKOUT SESSION - This week, some of you had time to pray into your Abigail and Nabals. Share what you discovered with your tables.

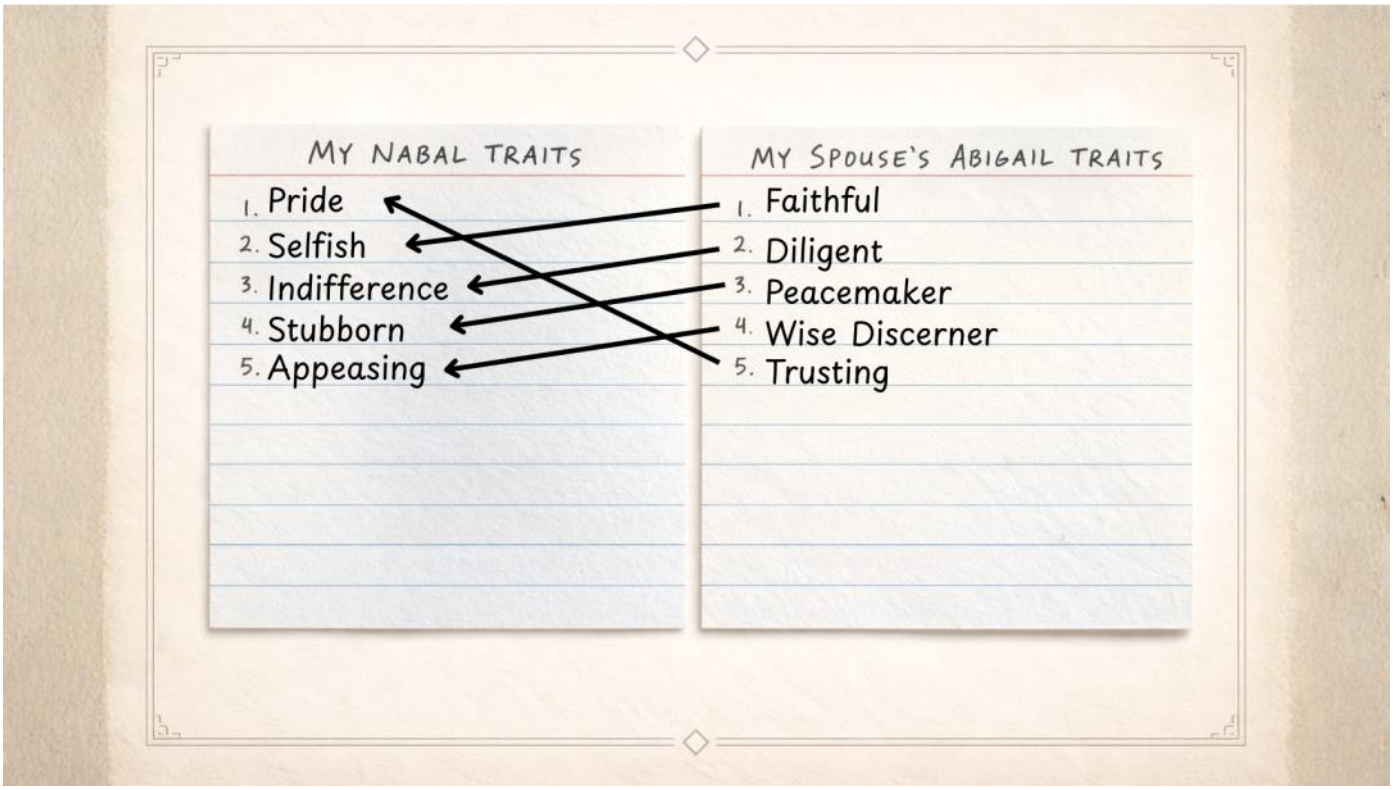
Compatibility Test:

Allen

Nabal ↔ Nabal



- **Nabal ↔ Abigail**

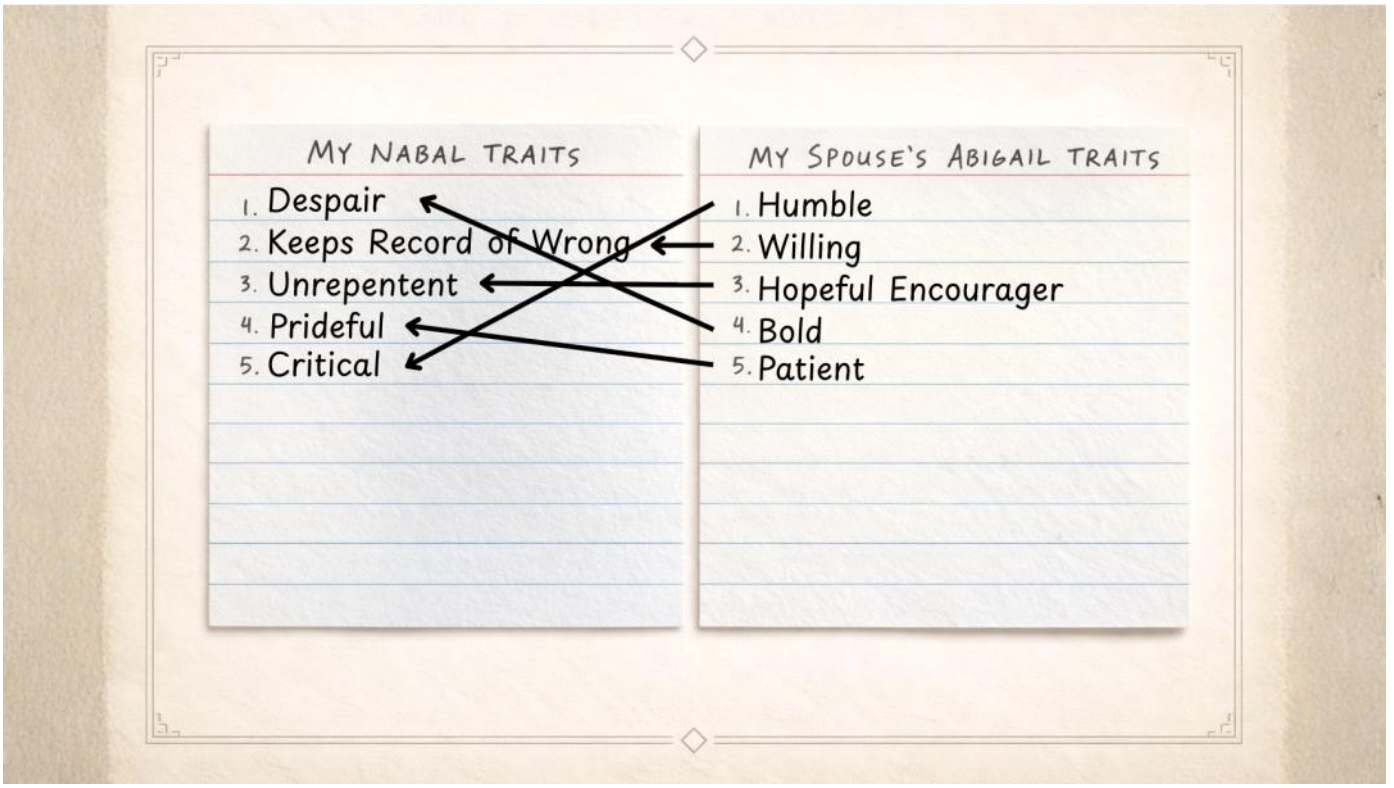


What you can see is if at least one of you is walking in your Abigail traits, how much hope there is for the couple.

*make this quick

1. Joy's **Diligence** to work for the Lord and others make **indifference** fade away!
2. Joy Being a **peacemaker** is the solution to **stubbornness,** when shalom is the goal getting your own way is no longer the priority.

Now let's swap it and do it again.

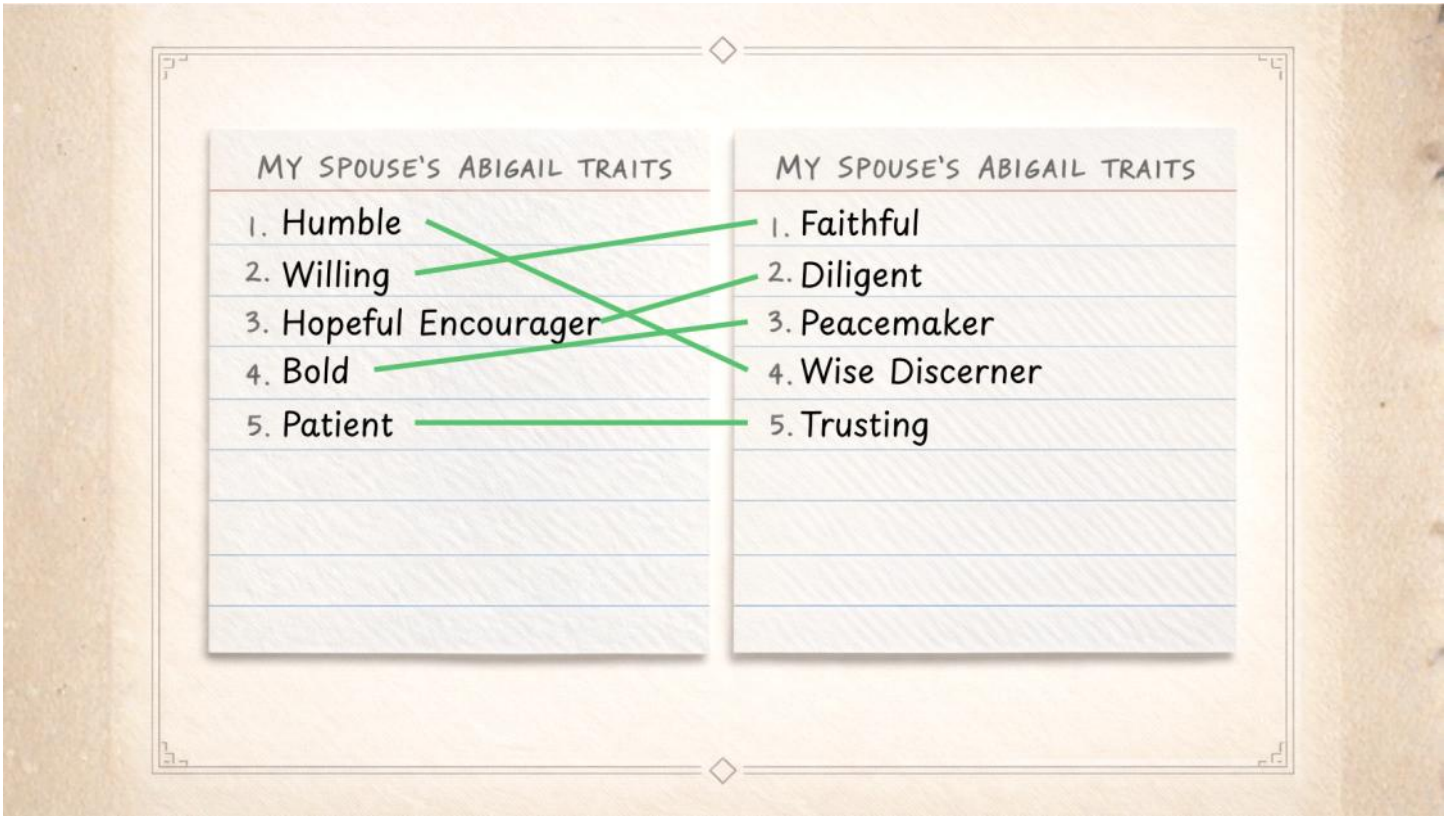


*make this quick

JOYs

1. Peter's **humble** heart is the cure for being **critical**. When we view ourselves properly there's no room to criticize others.
2. His **patience** helps me remove a **prideful** perspective

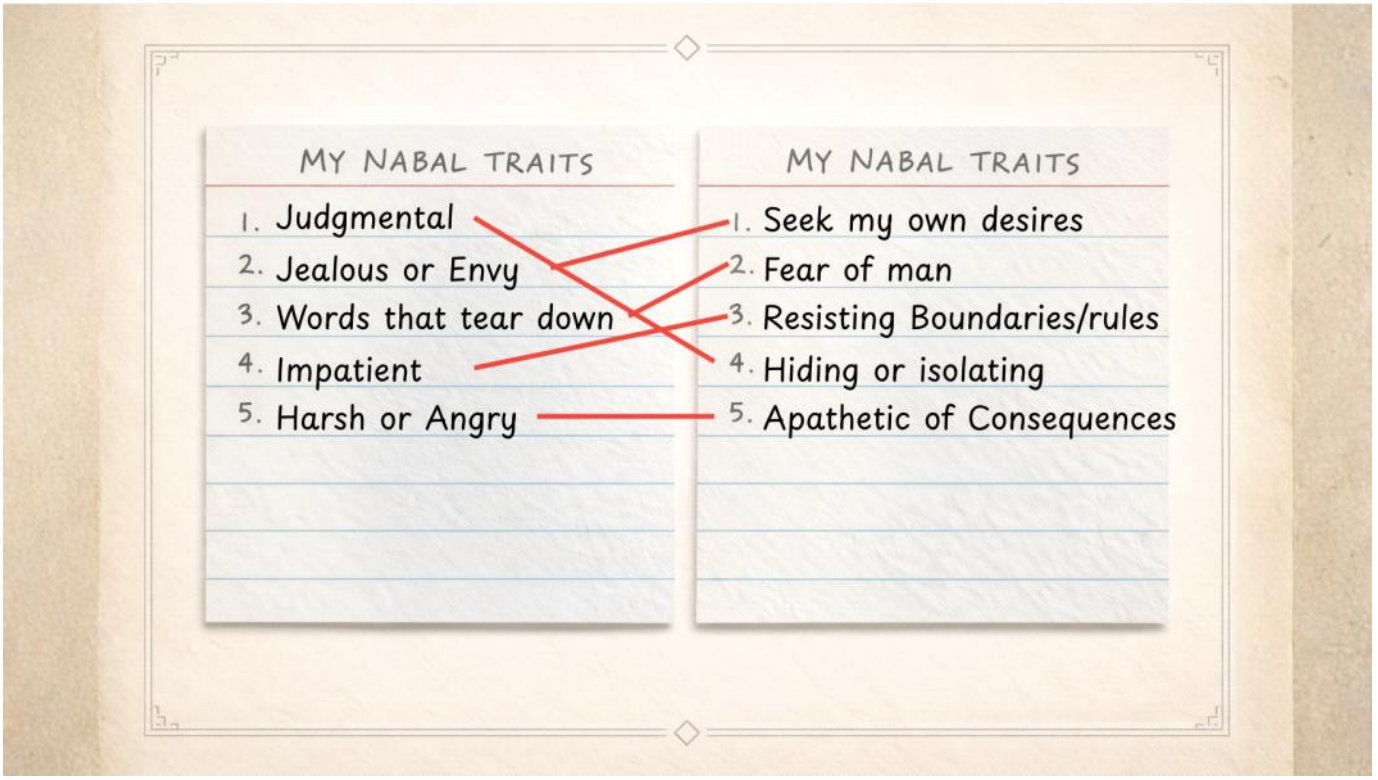
- Abigail ↔ Abigail



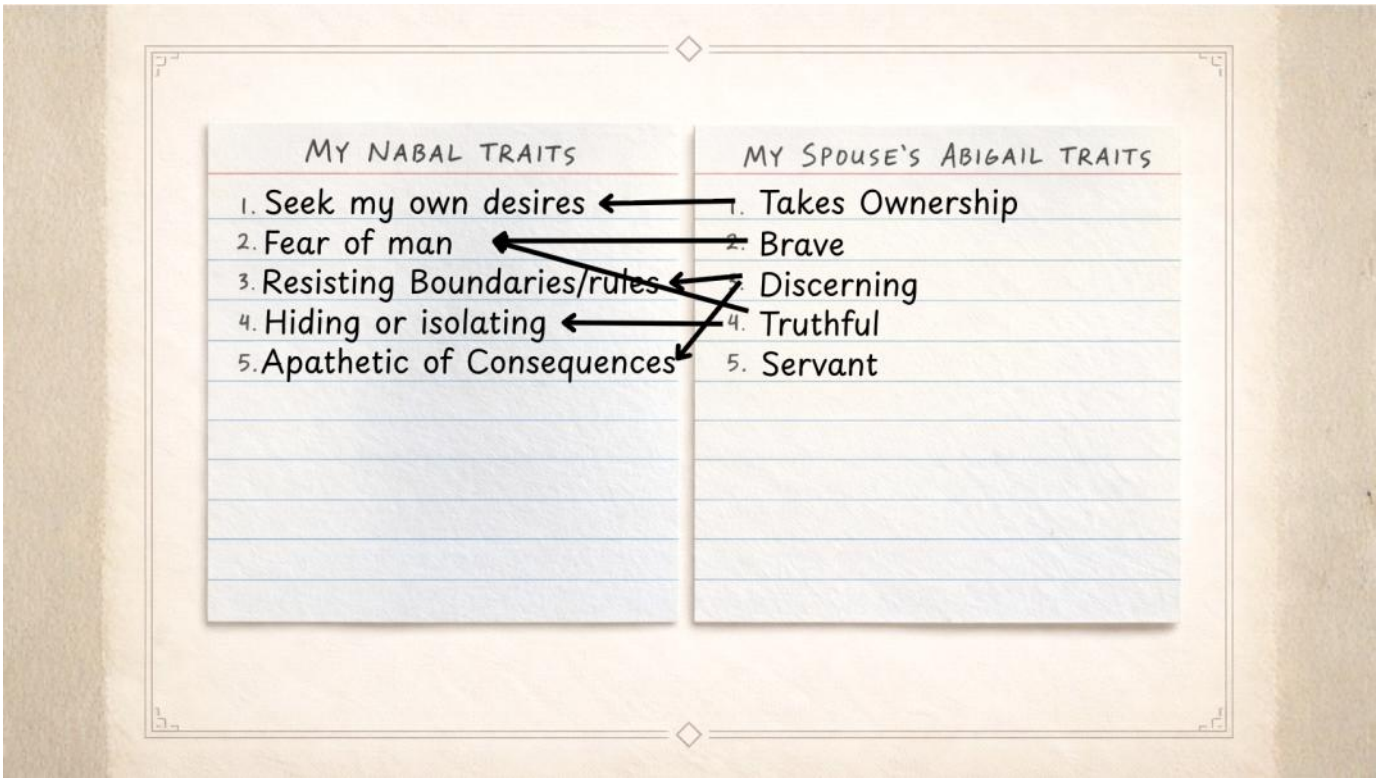
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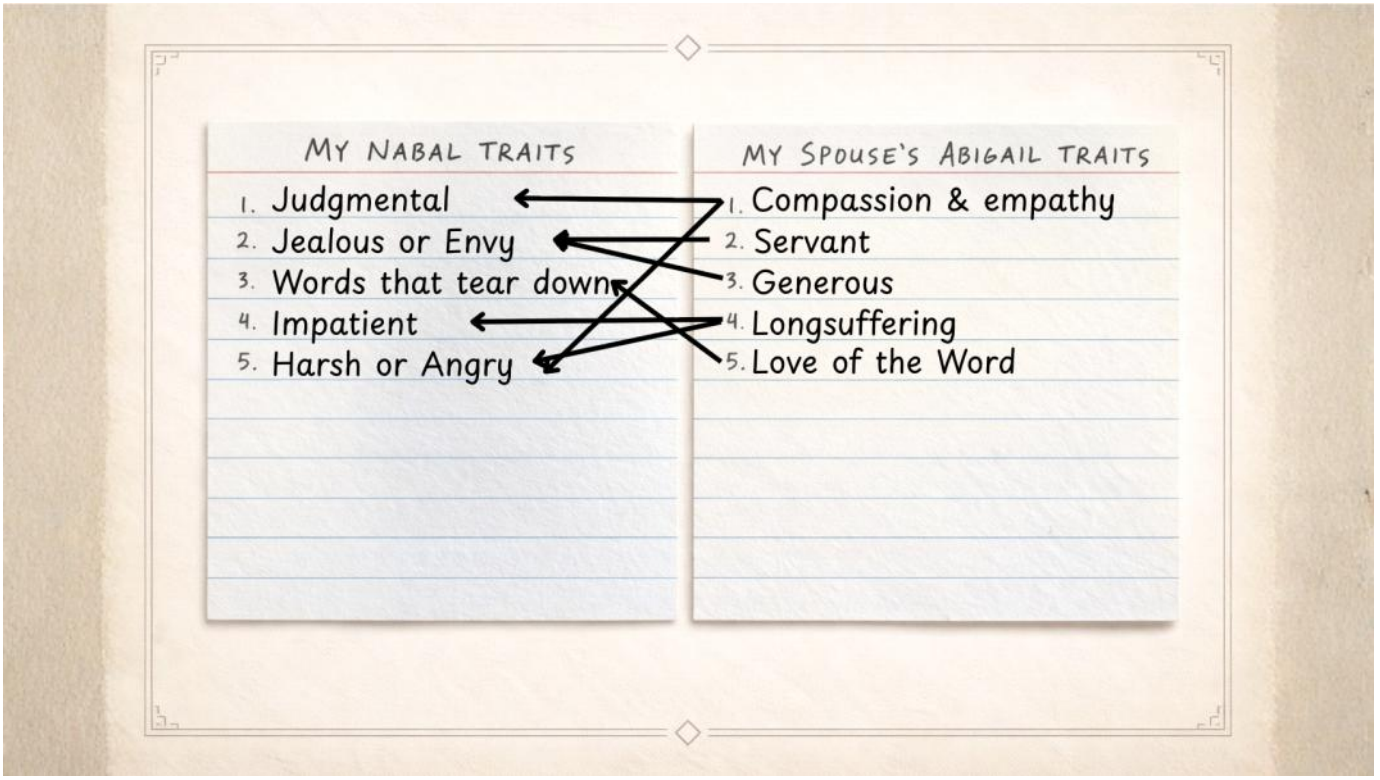
Hefner

Nabal ↔ Nabal

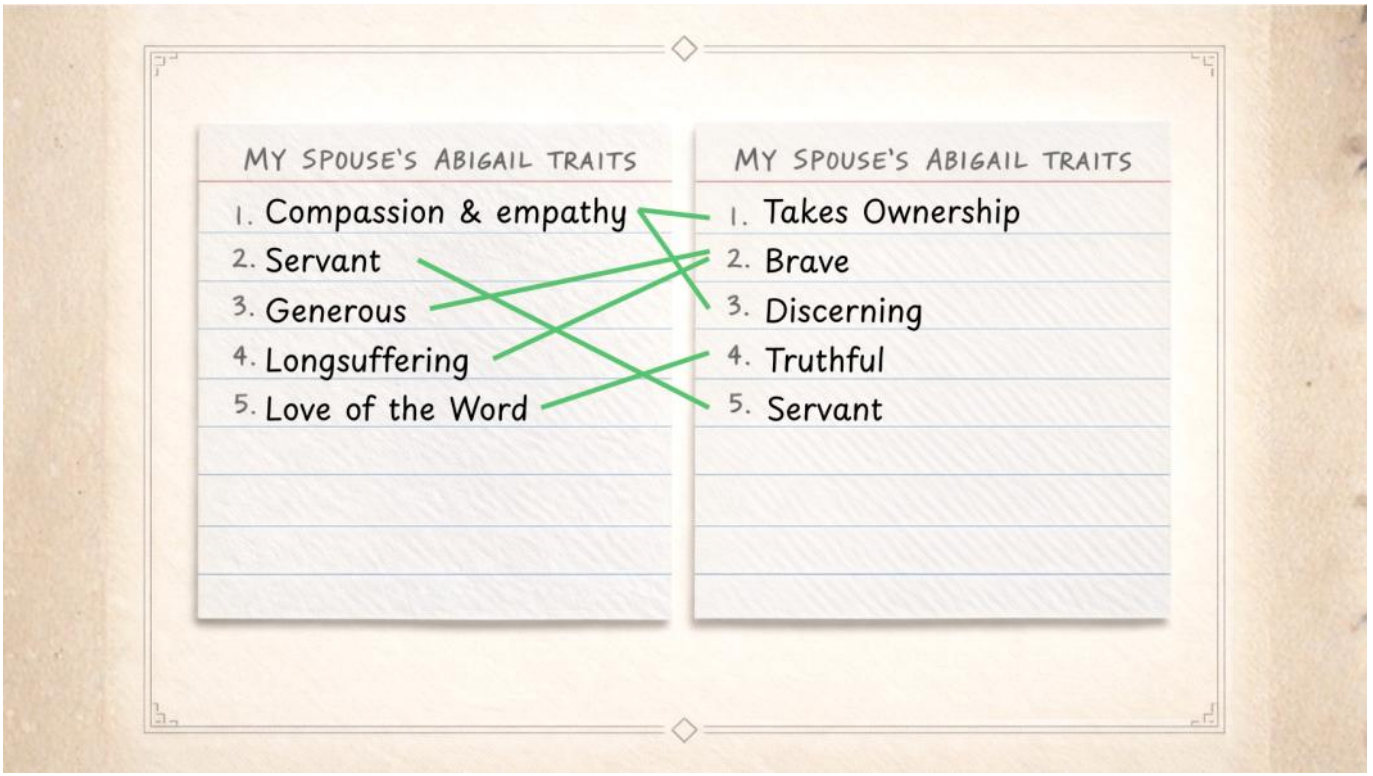


- **Nabal ↔ Abigail *MAKE THIS QUICK**



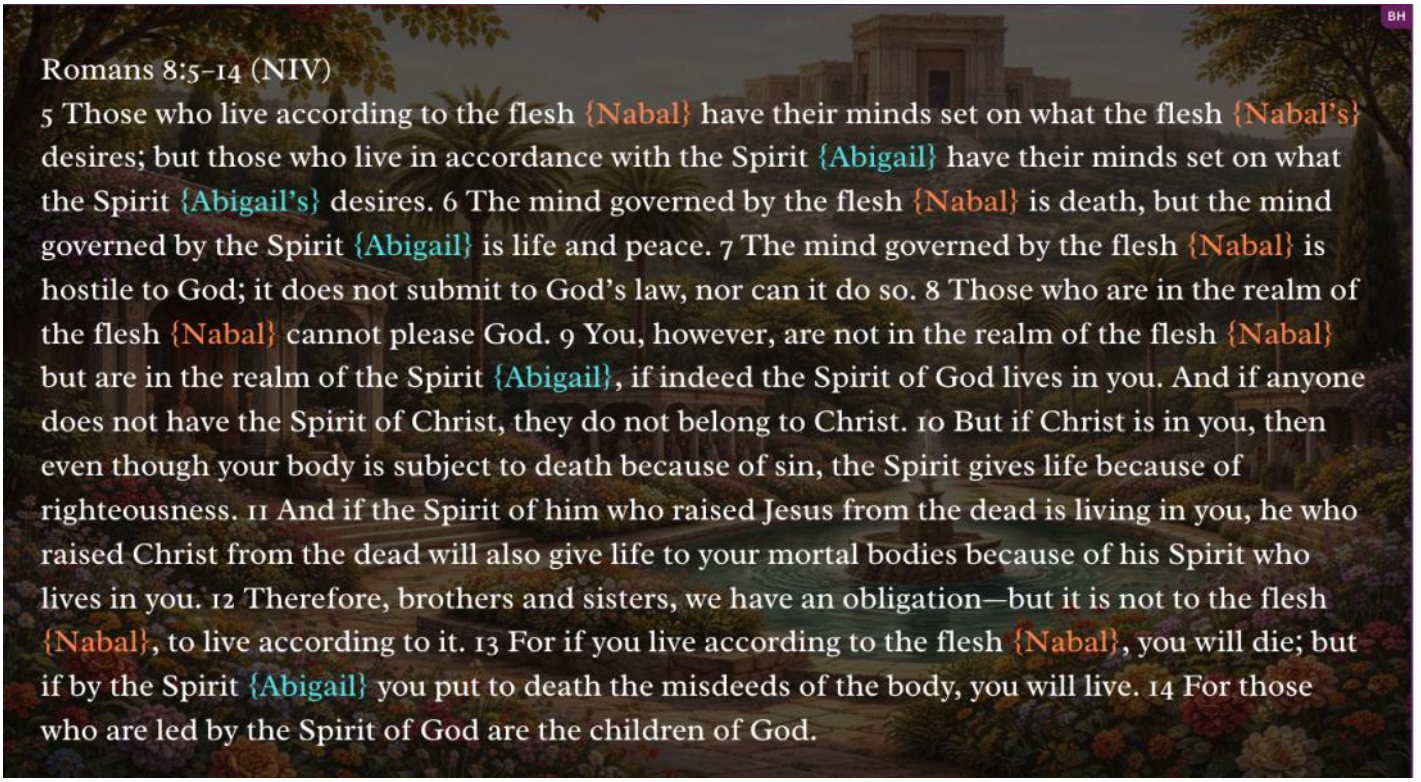


- **Abigail ↔ Abigail**



BREAKOUT SESSION - Compatibility Test

LYNDIE

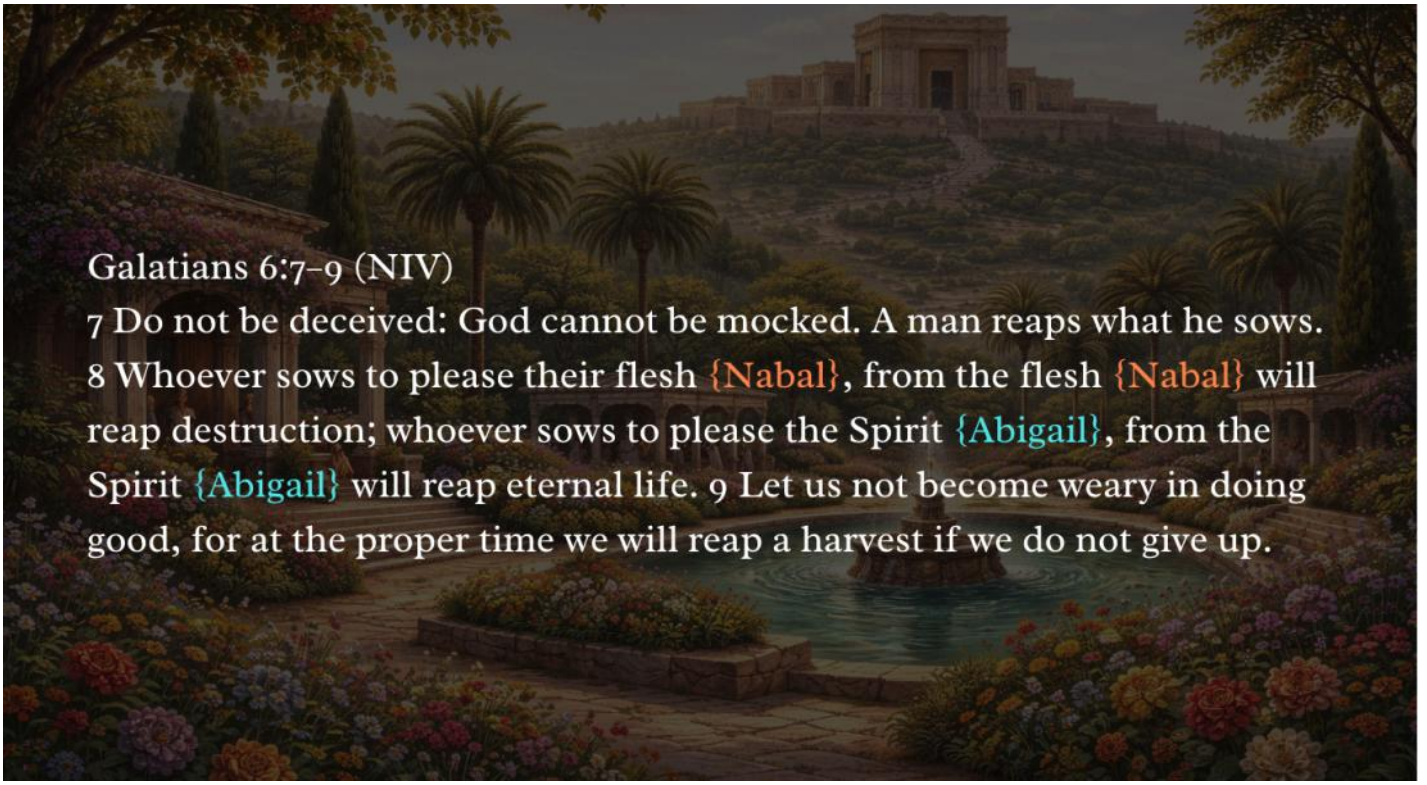


NICK

The Scripture makes it clear that those who live according to their Nabal or their flesh are living in and producing death, but those who are living according to their Abigails, or the Spirit are producing life and peace.

An important takeaway from this passage is that you have no obligation to listen to Nabal! In fact, as you by now have figured out, Nabal is destined to be put to death! You have an obligation to kill the flesh and YOU cannot do it without God helping you! Rather, through listening to the Spirit, or operating in our Abigails, Nabal will be put to death by God. In this way we are showing ourselves to be His children.

JOY



PETER

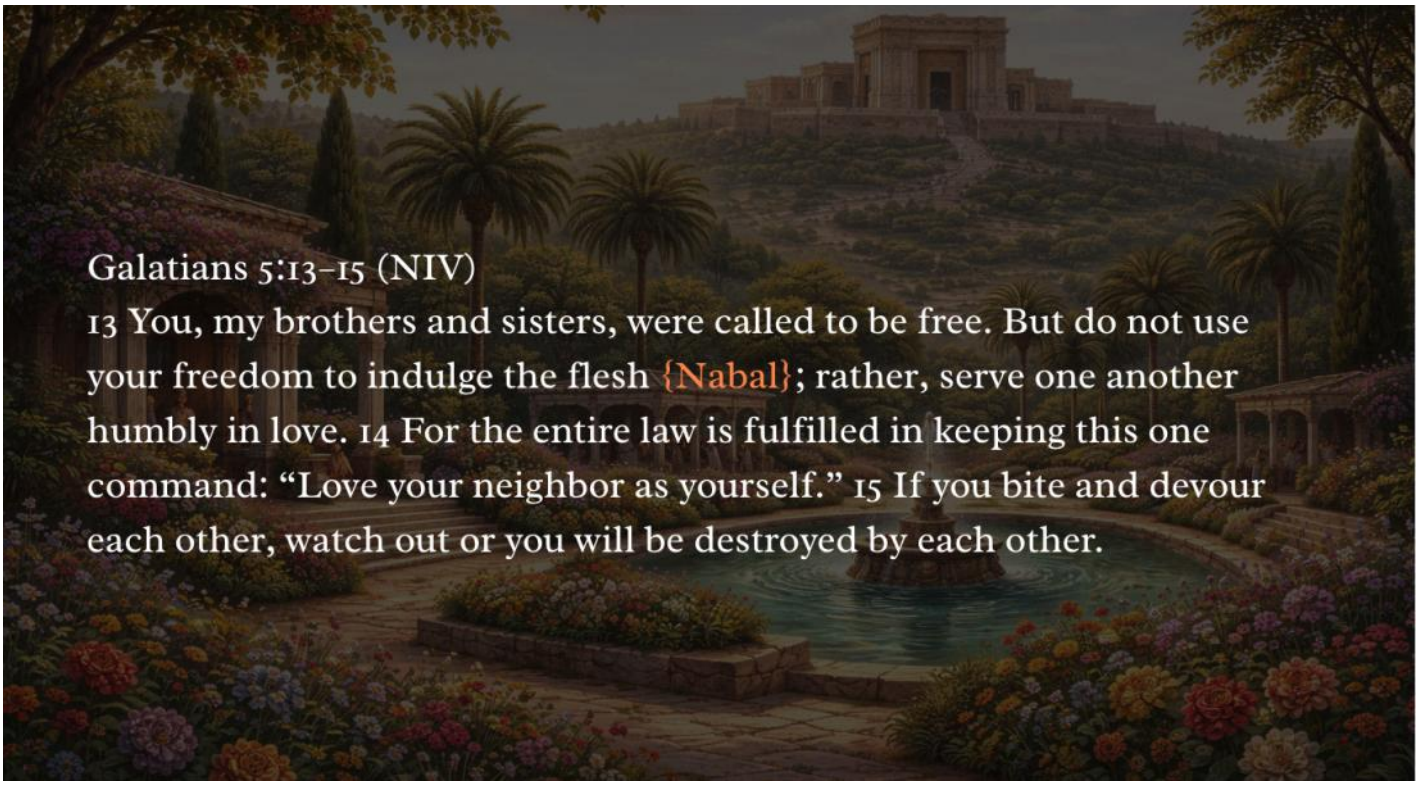
Scripture describes our choices as seeds. Whatever nature we follow — whether the flesh or the Spirit — is like sowing into a field. In time, that field will produce a harvest.

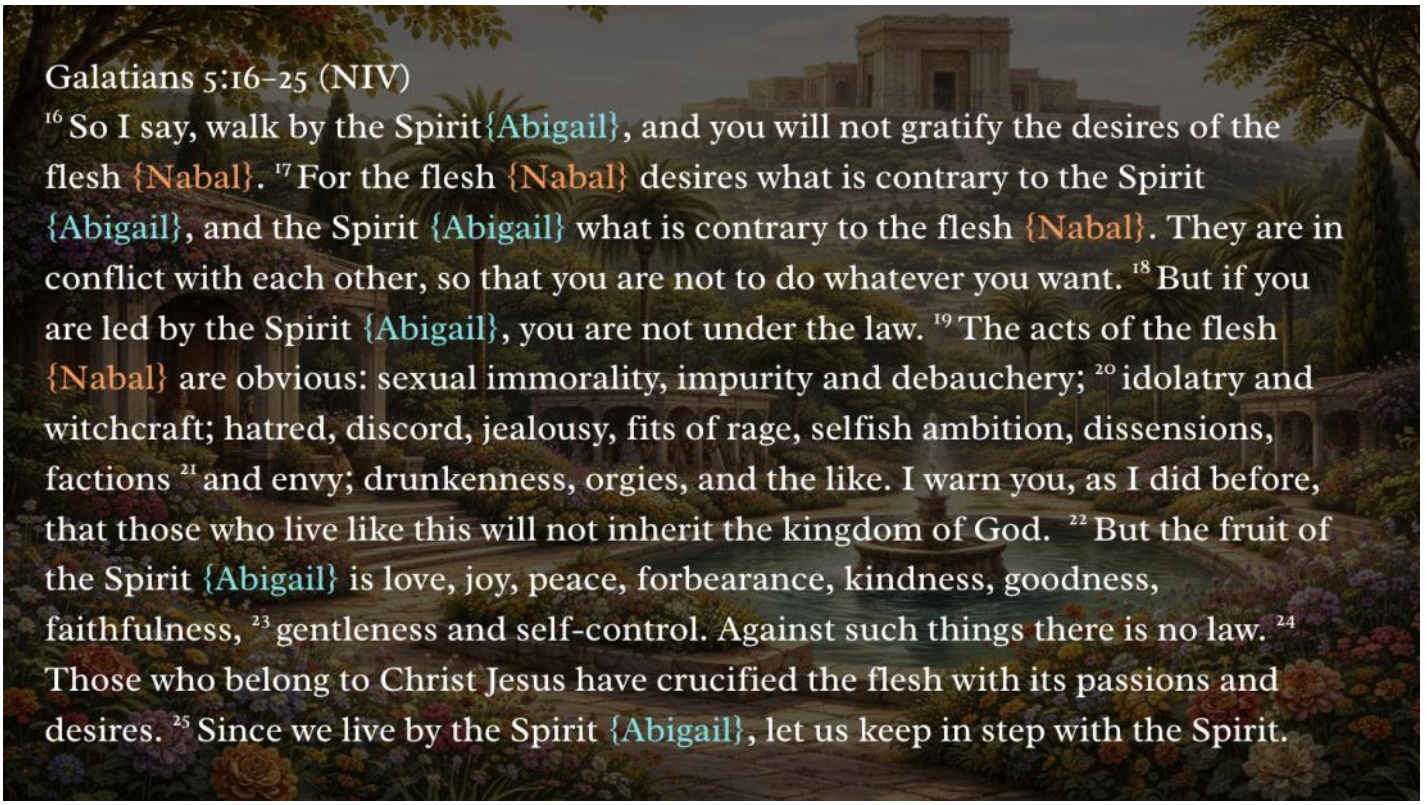
Growth does not happen overnight. But it does happen.

Every response shaped by patience, humility, forgiveness, and faith is a seed planted in the Spirit. And though you may not see immediate results, those seeds are not wasted. They are taking root beneath the surface.

Be encouraged: a Spirit-sown harvest is inevitable if you remain faithful. As long as you do not give up, what has been planted **will grow** — and in time, it will produce life, peace, and restoration.

JODY





BEN

In any situation you will have the choice to refuse Nabal and listen to the voice of Abigail, following her example and displaying love to your spouse. Nabal indulges his flesh, but Abigail serves others humbly in love.

Before we move to a closing, let's ask a key question from earlier: *Who did the King marry?*

- **1 Samuel 25:39–42 (NIV)**
  39 When David heard that Nabal was dead, he said, “Praise be to the Lord, who has upheld my cause against Nabal for treating me with contempt. He has kept his servant from doing wrong and has brought Nabal’s wrongdoing down on his own head.”
  Then David sent word to Abigail, asking her to become his wife. 40 His servants went to Carmel and said to Abigail, “David has sent us to you to take you to become his wife.”
  41 She bowed down with her face to the ground and said, “I am your servant and am ready to serve you and wash the feet of my lord’s servants.” 42 Abigail quickly got on a donkey and, attended by her five female servants, went with David’s messengers and became his wife.

This is the destiny for those who live according to the Spirit. This is who God is making us all into—Abigail, a spotless bride married to the King.

- **2 Corinthians 11:2 (ESV)**
  2 For I feel a divine jealousy for you, since I betrothed you to one husband, to present you as a pure virgin to Christ.

Christ is the one who is presenting you and your spouse to himself as pure. Marriage is an exciting adventure where we get to grow together into one entity before God while being continually transformed, becoming less and less like Nabal and more and more like Abigail.

NICK

In fact, let's see what David and Abigail's future was together. They have a son together who is named in 2 Samuel and 1 Chronicles.

LYNDIE



NICK

When you look at the etymology of these names it begins to tell a story. Kileab means *like my father*. When the Spirit marries the King of Israel the result is Godly offspring that reflects the character of the father.

Interestingly enough, he is referred to by a different name in Chronicles—Daniel, which means, "*God is my judge".* Nabal had to die, and he did so not by their hand, but by the hand of the righteous judge, the only one who could kill him.

You can see Abigail has a future, being married to the King and producing Godly offspring, Nabal does not, he is destined to die at the hand of the righteous judge.

Let's move on to our last passage.

JOY

- **1 John 1:5–7 (NIV)**
  5 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 6 If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

PETER

Scripture says, that if we claim to have fellowship with him while walking in darkness, we deceive ourselves; but when we walk in the light as he is in the light then we have true fellowship with one another.

Obviously, this is important for the closest relationship you have. Your marriage. It teaches us that our relationship with God and our spouse can't be separated.

If you want to know how your relationship with the LORD is, then you can look at your relationship with your spouse and the reverse is true.

This a mirror and a reticle



The two relationships reveal each other. In many ways, your marriage becomes a mirror that reflects your walk with God, and your walk with God becomes the source of life that transforms your marriage.

Start with the vertical, it will help you align with the horizontal.

The same principles applies in our marriage. When our relationship with the Lord is rightly aligned, our relationship with our spouse begins to come into proper focus as well.

We see this in Gen 3, when the first break happens vertically, between God and man…and immediately in Gen 4 the brokenness moves horizontally, between man and man. The order of this matters. When vertical alignment is restored, horizontal relationships can begin to heal. So as we look honestly at our

marriages, we should ask ourselves: what is this revealing about my walk with the Lord? Are we walking in the light together, allowing God to deal with our Nabal and cultivate our Abigail, or are we hiding sin that keeps us from true fellowship?

In order to facilitate the death of Nabal and the cultivation of Abigail, you should repetitiously use your stones that have your Nabal and their Abigail. These are tools should be kept with you and used in perpetuity and become the normative language that is used between you and your spouse. You never weaponize their Nabal traits, you shouldn't even know them. You will deal with your flesh "Nabal traits" so that what remains in your own behavior and perspective of your spouse is only Abigail. You will see how the only future for the flesh or “Nabal” is death, and how in the Spirit or with “Abigail” there is a beautiful marriage to the King. This will lead to a blessed relationship with God and each other.

BEN

Homework:

Be prepared to give a live demonstration of the proper use of the “cards” and give examples of their implementation from the week

Listen to LCM Sermons:

- A Decent Proposal (Wedding Story)
- ED and the Cure (Biblical Biology)

ERICS NOTES

Romans 6 do not let sin reign in your body

Put to death whatever remains of our flesh

You have an obligation to kill the flesh and YOU cannot do it without God helping you

Only God can kill the flesh…this is in relation to you dealing with your spouse…ben cannot kill jody's flesh…a bastardization of the teaching is the very thing that was meant to deemphasize nabal turned into you trying to kill your spouses nabal

Every person has the obligation to address your own nabal and only God can kill nabal

You cannot kill someone else's nabal

We must avoid focusing on our spouse's nabal

The emphasis of the card work is not that your spouse balances you out but that when abigail marries abigail you have gauranteed success…the emphasis needs to be the abigail traits lining up but not the balancing out of the traits

Ask what the takeaways were from the sermons they listened to

They are not extraneous they are meant to dominate your conversations throughout the week…we want to listen to their answers to judge whether or not they are getting it