

Cultivate Reflection Guide

She Her | A Story That's Not Just for Mothers
Melody Workman | May 13-14, 2023

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The Bible teaches that God created mankind in His image; male and female He created them. While gender is sacred and unchanging, the historical roles of men and women in the church have varied over time. Together, we'll discover what the Bible teaches about the role of women in the church.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to reflect and respond to the weekend message as you cultivate personal spiritual growth, lead your community group discussion or start a conversation with a trusted friend as you grow together. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

Cultivate Truth

Read: [1 Samuel 25:1-43 NLT](#)

Reflect: It's a story fit for reality tv. Anger, arrogance and revenge have their way, and then in a plot twist, wisdom saves the day. As you reflect on the story of David, Nabal and Abigail, what was God's word to you?

Respond: Abigail intervened for her household at just the right time exercising humility, wisdom and discernment. Think about a time in your life when God used your strength or wisdom to bring hope to a difficult situation. As best as you can, summarize the lesson learned or your "takeaway" from that experience.

Feed Yourself

Read: [1 Samuel 25:18-19 NLT](#)

Dig Deeper Opportunity: [1 Peter 2:2-3 NLT](#), [John 6:24-35 NLT](#), [Psalm 119:11-16 NLT](#), [2 Peter 3:17-18 NLT](#)

Reflect: Abigail wasted no time in responding with wisdom because wisdom was within her. She had none of the modern tools at our fingertips, but she knew God, and was seeking Him for herself. What does it look like for you to feed yourself and pursue personal growth in God's presence?

Live it Out: Abigail saved David from himself. Who in your life needs your instruction or wisdom to help them learn how to seek God's truth for themselves? What's a first step you could take to model and lead the way?

God was With Her

Dig Deeper Opportunity: [Job 23:1-12 NLT](#)

Reflect: Abigail's story has a happy-ish ending, but we can be certain of this, God was with her in the difficulty, discomfort and disillusion that lay ahead. How have you experienced that to be true in your own life? If you have not, how does Abigail's story [or the passage from Job] encourage you?

Be REAL: God is not committed to our comfort, but He goes with us wherever He sends us. Where in your life do you need to surrender your circumstances, comfort or control and trust God for provision and direction?

Cultivate Prayer: Jesus, thank you for your word that leads me into truth and reveals how I need to grow and change. Like Abigail, help me to live from a posture of humility, wisdom and surrender. Help me to see what I'm holding too tightly and give me the courage to lay that at your feet. I want to trust that your plans for me are perfect, even when I think my plans are better. Remind me that you are working, moving and healing to bring about your purpose in me, through me and around me. Amen.