

Abigail

READ

- You might like to read 1 Samuel 25 or listen to it [here](#)
- Abigail means 'My Father's Joy'
- Abigail is a gifted woman
 - She sees the issues
 - She acts quickly
 - She is quick to ask for forgiveness
 - She judges well
 - She is sent home in peace
- As you read about Abigail, what do you notice?



Abigail
Francis Holl Engraver
Gustavo Staal Artist

REFLECT

- You might like to read the story once more and pause at a word or phrase that strikes you.
- Meditate over this word or phrase with God until you come to a point of stillness.
- What do you sense God's invitation to you might be and how do you want to respond?
- As you finish your time of prayer you might like to thank God for the life of Abigail and what God has to teach you through it.
- You might like to close your time of prayer by praying the Lord's Prayer.



RESPOND

- At some point this week you might like to pray practically with the narrative of Abigail.
- You could do this through collage, poetry, bible art journalling, or another creative approach.
- You could seek God as to how you, like Abigail, can help provide food for others.



ABIGAIL

My name - such a gift

my Father's joy

I think about it - ponder it.

For you are Abba,

you are my Father

and you are Amma

you are my Mother.

You wait with open arms

for me to run in

jump up

be held.

Tenderly you turn me around,

placing me securely

on my feet,

looking forward.

'I am here, always here, you can do it!'

And so I take the first few wobbly steps