

**Chapter 7 Resources**  
Beauty From Ashes

**Beauty**  
*Rises*  
**Again**

From Brokenness to New Beginnings



Whitney Sparks

# G.R.O.W.

## Bible Reading Strategy

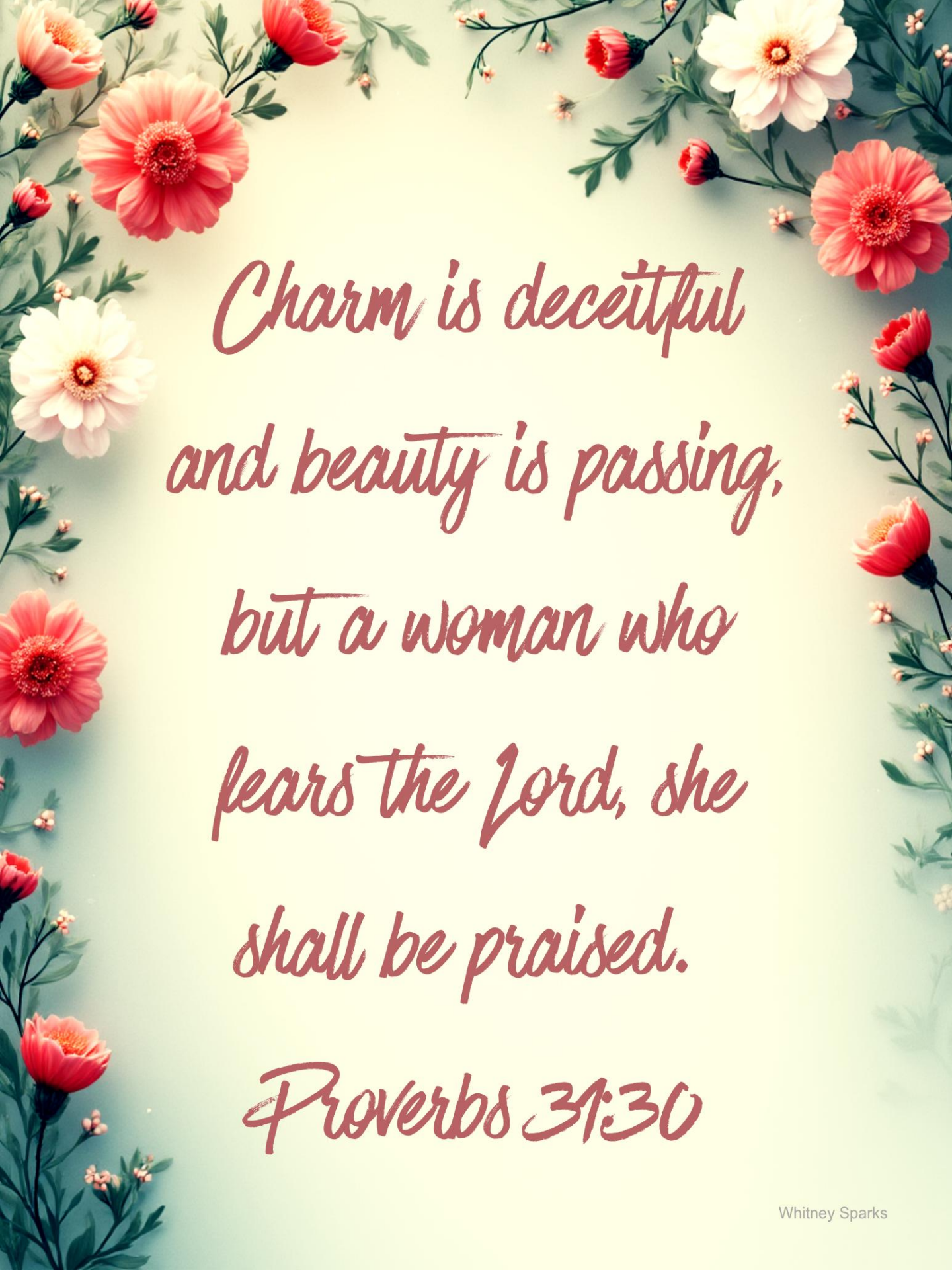
**G** Glance over the passage. Identify subheadings, unknown words, and repeated words. What do you think this passage will be about?

**R** Read the passage three times. What new information did you uncover each time you read?

**O** Observe what you read. Pray that God show you what He wants you to learn through this passage. Observe glimpses of Jesus.

**W** Write out your thoughts, repeated phrases or words, and how they relate to your situation.





*Charm is deceitful  
and beauty is passing,  
but a woman who  
fears the Lord, she  
shall be praised.*

*Proverbs 31:30*

## **1 Samuel 25:23-29**

When Abigail saw David, she quickly got off her donkey and bowed down before David with her face to the ground.

<sup>24</sup> She fell at his feet and said: “Pardon your servant, my lord, and let me speak to you; hear what your servant has to say. <sup>25</sup> Please pay no attention, my lord, to that wicked man Nabal. He is just like his name—his name means Fool, and folly goes with him. And as for me, your servant, I did not see the men my lord sent. <sup>26</sup> And now, my lord, as surely as the LORD your God lives and as you live, since the LORD has kept you from bloodshed and from avenging yourself with your own hands, may your enemies and all who are intent on harming my lord be like Nabal. <sup>27</sup> And let this gift, which your servant has brought to my lord, be given to the men who follow you. <sup>28</sup> “Please forgive your servant’s presumption. The LORD your God will certainly make a lasting dynasty for my lord, because you fight the LORD’s battles, and no wrongdoing will be found in you as long as you live. <sup>29</sup> Even though someone is pursuing you to take your life, the life of my lord will be bound securely

## **1 Samuel 25:29-35**

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. <sup>30</sup>When the LORD has fulfilled for my lord every good thing he promised concerning him and has appointed him ruler over Israel, <sup>31</sup>my lord will not have on his conscience the staggering burden of needless bloodshed or of having avenged himself. And when the LORD your God has brought my lord success, remember your servant.”

<sup>32</sup>David said to Abigail, “Praise be to the LORD, the God of Israel, who has sent you today to meet me. <sup>33</sup>May you be blessed for your good judgment and for keeping me from bloodshed this day and from avenging myself with my own hands. <sup>34</sup>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.” <sup>35</sup>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.”

# 5-Day Study

## Humility in Action

### Day 1

**Read:** 1 Samuel 25:23-25

**Key Verse:** “Please pay no attention, my lord, to that wicked man Nabal.” (v. 25)

**Reflection:** Abigail approached David with deep humility, bowing low and taking responsibility, even though she was never at fault. Her response showed emotional intelligence and spiritual maturity. Instead of reacting defensively, she chose peace over pride.

### **Questions:**

1. How do you typically respond when someone else’s mistake affects you?

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2. What does Abigail’s humility teach you about handling conflict?

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**Challenge:** Choose humility today. In a tense moment, pause and respond gently instead of reacting quickly.

**Complete:** \_\_\_\_\_

# 5-Day Study

## Taking Responsibility and Seeking Peace

### Day 2

**Read:** 1 Samuel 25:26-28

**Key Verse:** “The Lord has kept you from bloodshed...” (v. 26)

**Reflection:** Abigail recognized that God was at work even in difficult situations. She stepped in as a peacemaker, seeking to prevent destruction. Her actions remind us that sometimes God uses us to intervene and bring calm into chaos.

### **Questions:**

1. Have you ever stepped in to resolve a conflict? What happened?

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2. How can you become a peacemaker in your family or friendships?

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**Challenge:** Act as a peacemaker today by encouraging, reconciling, or bringing calm to a stressful situation.

**Complete:** \_\_\_\_\_

# 5-Day Study

## Speaking Truth with Wisdom

### Day 3

**Read:** 1 Samuel 25:29-31

**Key Verse:** “The life of my lord will be bound securely in the bundle of the living by the Lord your God...” (v. 29)

**Reflection:** Abigail boldly spoke truth to David, but she does so with wisdom and respect. She reminded him of God’s promises and his future. Her words redirect David from acting out of anger to acting in alignment with God’s will.

### **Questions:**

1. Are you comfortable speaking truth when it is needed? Read John 8:37-47.

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2. Who in your life needs wise, encouraging words today?

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**Challenge:** Think of the person you listed above. Write a prayer asking God to guide you on how to show grace while speaking truth into their life.

**Complete:** \_\_\_\_\_

# 5-Day Study

## Trusting God's Justice

### Day 4

**Read:** 1 Samuel 25:32-34

**Key Verse:** "Praise be to the Lord...who has sent you today to meet me." (v. 32)

**Reflection:** David recognized that Abigail was sent by God to stop him from making a terrible mistake. This moment highlights the importance of trusting God's justice instead of taking matters into our own hands.

**Questions:**

1. How can you trust God more in situations where you feel wronged?

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2. Have you ever experienced God redirecting you at the right moment?

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**Challenge:** Release control of one situation today. Pray and trust God to handle it.

**Complete:** \_\_\_\_\_

# 5-Day Study

## Obedience Brings Peace

### Day 5

**Read:** 1 Samuel 25:35

**Key Verse:** "Go home in peace. I have heard your words and granted your request." (v.35)

**Reflection:** Because of Abigail's courage and obedience, disaster was avoided. Her actions brought peace not only to her household but also to David. One person's faithfulness can impact the lives of many.

### **Questions:**

1. How has obedience to God brought peace in your life?

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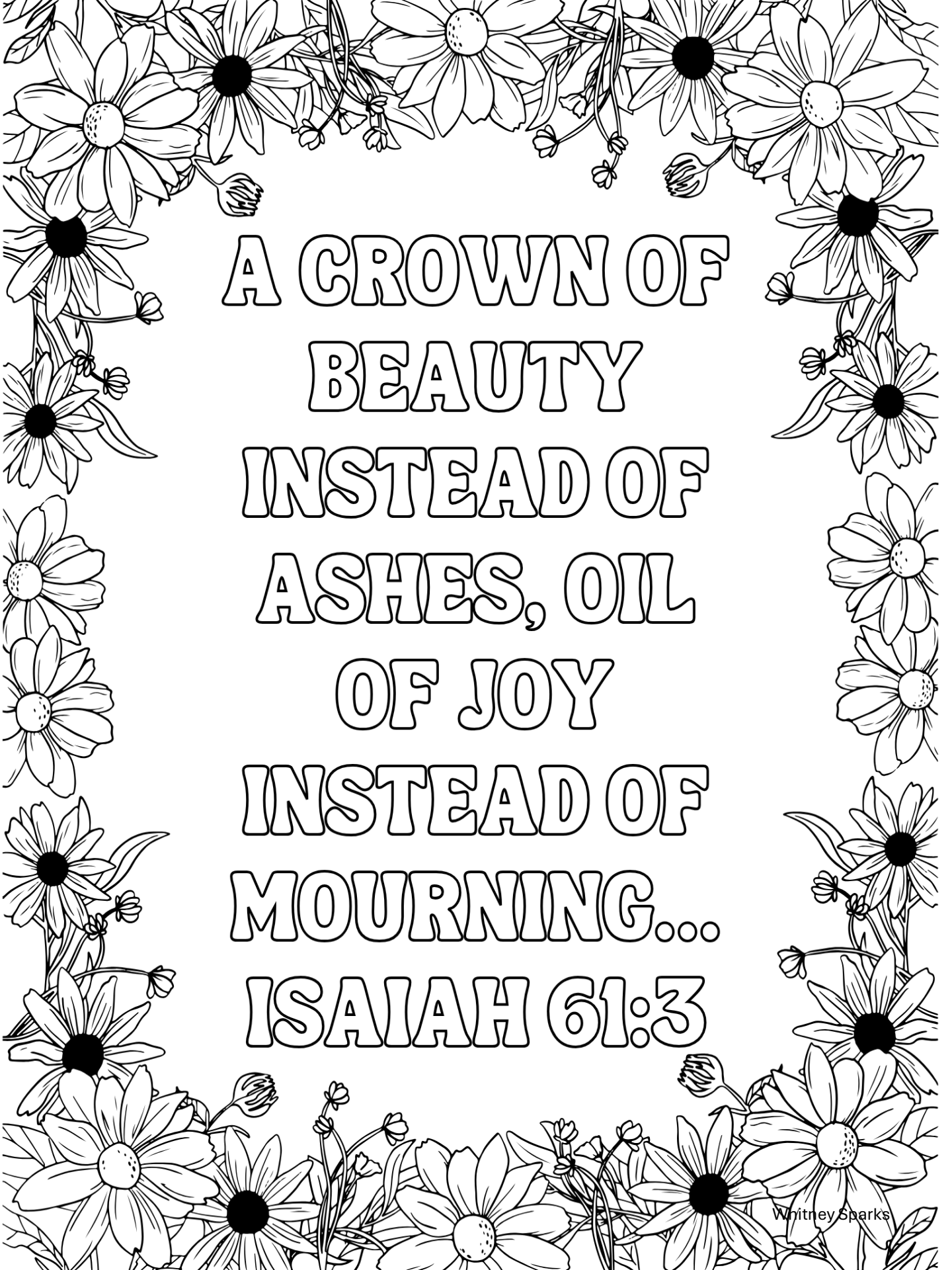
2. What step of obedience is God asking of you right now?

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**Challenge:** Take one step of obedience today, even if it feels uncomfortable. Trust God for the outcome.

**Complete:** \_\_\_\_\_



A CROWN OF  
BEAUTY  
INSTEAD OF  
ASHES, OIL  
OF JOY  
INSTEAD OF  
MOURNING..  
ISAIAH 61:3

# Beauty Rises Again

## Ladies Devotional Book

Every minute of the day, you attempt to survive in a world consumed with loss, heartache, natural disasters, war, abuse, trafficking, hopelessness, and fear. Depression and anxiety make it difficult for you to find the strength to climb out of bed each morning. You want to press on and move forward, but shame and regret keep you chained to your past.

But then, you meet a man named Jesus. Through Him, you discover joy unimaginable and your life is transformed. You realize your past does not define you; Jesus does. You glance in the mirror and notice a chain is gone. Jesus' unconditional love for you broke it. Another chain falls to the floor because He forgave you.

One by one, His strength slowly breaks the chains of bondage and heals you from the inside out. You begin to grow in your spiritual walk and others see Jesus living in you. Then beauty rises again as you heal from the inside out and your brokenness becomes an opportunity for a new beginning.

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