

# ANGER

Emotions: Getting A Grip On Your Heart & Mind

## Reminder #1

Don't Be \_\_\_\_\_

**1 Samuel 25:1a** Now Samuel died, and all Israel gathered for his funeral. They buried him at his house in Ramah. Then David moved down to the wilderness of Maon. **2** There was a wealthy man from Maon who owned property near the town of Carmel. He had 3,000 sheep and 1,000 goats, and it was sheep-shearing time. **3** This man's name was Nabal, and his wife, Abigail, was a sensible and beautiful woman. But Nabal, a descendant of Caleb, was crude and mean in all his dealings. *(NLT)*

## Reminder #2

Don't Be \_\_\_\_\_

**1 Samuel 25:4** When David heard that Nabal was shearing his sheep, **5** he sent ten of his young men to Carmel with this message for Nabal: **6** "Peace and prosperity to you, your family, and everything you own!" **7** I am told that it is sheep-shearing time. While your shepherds stayed among us near Carmel, we never harmed them, and nothing was ever stolen from them. **8** Ask your own men, and they will tell you this is true. So would you be kind to us, since we have come at a time of celebration? Please share any provisions you might have on hand with us and with your friend David." *(NLT)*

## Reminder #3

Don't Be \_\_\_\_\_

**1 Samuel 25:9** David's young men gave this message to Nabal in David's name, and they waited for a reply. **10** "Who is this fellow David?" Nabal sneered to the young men. "Who does this son of Jesse think he is? There are lots of servants these days who run away from their masters. **11** Should I take my bread and my water and my meat that I've slaughtered for my shearers and give it to a band of outlaws who come from who knows where?" **12** So David's young men returned and told him what Nabal had said. *(NLT)*

## Reminder #4

Don't Be \_\_\_\_\_

**1 Samuel 25:13** "Get your swords!" was David's reply as he strapped on his own. Then 400 men started off with David, and 200 remained behind to guard their equipment. *(NLT)*

**1 Samuel 25:21** David had just been saying, "A lot of good it did to help this fellow. We protected his flocks in the wilderness, and nothing he owned was lost or stolen. But he has repaid me evil for good. **22** May God strike me and kill me if even one man of his household is still alive tomorrow morning!" *(NLT)*

**Matthew 5:9** God blesses those who work for peace, for they will be called the children of God. **10** God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs. **11** "God blesses you when people mock you and persecute you and lie about you and say all sorts of evil things against you because you are my followers. **12** Be happy about it! Be very glad! For a great reward awaits you in heaven. And remember, the ancient prophets were persecuted in the same way. (NLT)

## Reminder #5 Don't Be \_\_\_\_\_

**1 Samuel 25:14** Meanwhile, one of Nabal's servants went to Abigail and told her, "David sent messengers from the wilderness to greet our master, but he screamed insults at them. **15** These men have been very good to us, and we never suffered any harm from them. Nothing was stolen from us the whole time they were with us. **16** In fact, day and night they were like a wall of protection to us and the sheep. **17** You need to know this and figure out what to do, for there is going to be trouble for our master and his whole family. He's so ill-tempered that no one can even talk to him!" **18** Abigail wasted no time. She quickly gathered 200 loaves of bread, two wineskins full of wine, five sheep that had been slaughtered, nearly a bushel of roasted grain, 100 clusters of raisins, and 200 fig cakes. She packed them on donkeys **19** and said to her servants, "Go on ahead. I will follow you shortly." But she didn't tell her husband Nabal what she was doing. **20** As she was riding her donkey into a mountain ravine, she saw David and his men coming toward her. (NLT)

**Matthew 5:38** "You have heard the law that says the punishment must match the injury: 'An eye for an eye, and a tooth for a tooth.' **39** But I say, do not resist an evil person! If someone slaps you on the right cheek, offer the other cheek also. **40** If you are sued in court and your shirt is taken from you, give your coat, too. **41** If a soldier demands that you carry his gear for a mile, carry it two miles. **42** Give to those who ask, and don't turn away from those who want to borrow. **43** "You have heard the law that says, 'Love your neighbor' and hate your enemy. **44** But I say, love your enemies! Pray for those who persecute you! **45** In that way, you will be acting as true children of your Father in heaven... (NLT)

## Reminder #6 Don't Be \_\_\_\_\_

**1 Samuel 25:23** When Abigail saw David, she quickly got off her donkey and bowed low before him. **24** She fell at his feet and said, "I accept all blame in this matter, my lord. Please listen to what I have to say. **25** I know Nabal is a wicked and ill-tempered man; please don't pay any attention to him. He is a fool, just as his name suggests. But I never even saw the young men you sent. **26** "Now, my lord, as surely as the Lord lives and you yourself live, since the Lord has kept you from murdering and taking vengeance into your own hands, let all your enemies and those who try to harm you be as cursed as Nabal is. **27** And here is a present that I, your servant, have brought to you and your young men. **28** Please forgive me if I have offended you in any way. The Lord will surely reward you with a lasting dynasty, for you are fighting the Lord's battles. And you have not done wrong throughout your entire life. **29** "Even when you are chased by those who seek to kill you, your life is safe in the care of the Lord your God, secure in his treasure pouch! But the lives of your enemies will disappear like stones shot from a sling!

**30** When the Lord has done all he promised and has made you leader of Israel, **31** don't let this be a blemish on your record. Then your conscience won't have to bear the staggering burden of needless bloodshed and vengeance. And when the Lord has done these great things for you, please remember me, your servant!" (NLT)

**1 Samuel 17:45** David replied to the Philistine, "You come to me with sword, spear, and javelin, but I come to you in the name of the Lord of Heaven's Armies—the God of the armies of Israel, whom you have defied. **46** Today the Lord will conquer you, and I will kill you and cut off your head. And then I will give the dead bodies of your men to the birds and wild animals, and the whole world will know that there is a God in Israel! **47** And everyone assembled here will know that the Lord rescues his people, but not with sword and spear. This is the Lord's battle, and he will give you to us!" (NLT)

**Nahum 1:2** The Lord is a jealous God, filled with vengeance and rage. He takes revenge on all who oppose him and continues to rage against his enemies! (NLT)

**Romans 12:19** Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord. (NLT)

## Reminder #7 Don't Be \_\_\_\_\_

**1 Samuel 25:32** David replied to Abigail, "Praise the Lord, the God of Israel, who has sent you to meet me today! **33** Thank God for your good sense! Bless you for keeping me from murder and from carrying out vengeance with my own hands. **34** For I swear by the Lord, the God of Israel, who has kept me from hurting you, that if you had not hurried out to meet me, not one of Nabal's men would still be alive tomorrow morning." **35** Then David accepted her present and told her, "Return home in peace. I have heard what you said. We will not kill your husband." **36** When Abigail arrived home, she found that Nabal was throwing a big party and was celebrating like a king. He was very drunk, so she didn't tell him anything about her meeting with David until dawn the next day. (NLT)

## Reminder #8 Don't Be \_\_\_\_\_

**1 Samuel 25:37** In the morning when Nabal was sober, his wife told him what had happened. As a result he had a stroke, and he lay paralyzed on his bed like a stone. **38** About ten days later, the Lord struck him, and he died. **39** When David heard that Nabal was dead, he said, "Praise the Lord, who has avenged the insult I received from Nabal and has kept me from doing it myself. Nabal has received the punishment for his sin." (NLT)

**Romans 12:14** Bless those who persecute you. Don't curse them; pray that God will bless them... **18** Do all that you can to live in peace with everyone. **19** Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord. **20** Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads." *(NLT)*

**Leviticus 19:18** Do not seek revenge or bear a grudge against a fellow Israelite, but love your neighbor as yourself. I am the Lord. *(NLT)*

**1 Peter 2:23** He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly. *(NLT)*

## Reminder #9 Don't Be \_\_\_\_\_

**1 Samuel 25:39b** Then David sent messengers to Abigail to ask her to become his wife. **40** When the messengers arrived at Carmel, they told Abigail, "David has sent us to take you back to marry him." **41** She bowed low to the ground and responded, "I, your servant, would be happy to marry David. I would even be willing to become a slave, washing the feet of his servants!" **42** Quickly getting ready, she took along five of her servant girls as attendants, mounted her donkey, and went with David's messengers. And so she became his wife. **43** David also married Ahinoam from Jezreel, making both of them his wives. **44** Saul, meanwhile, had given his daughter Michal, David's wife, to a man from Gallim named Palti son of Laish. *(NLT)*

**When you are ready...**  
**Go All In and Sign the poster.**  
Statement and Reminder of faith, of commitment.

**2021 Devotions:**  
**1 Chapter for 1 Week**

**This week: 1 Samuel 25**  
Read, Dwell, Read, Think, Read, Live