

## **"CAN YOU CONTROL YOUR ANGER?"**

1 Samul 25

Series: "Heart of a Champion: A Study of David"

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## **"CAN YOU CONTROL YOUR ANGER?"**

**ICEBREAKER:** Name one person, not related to you that you are grateful is in your life. Why?

**VIDEO:** This clever parody of medicine commercial takes a humorous look at their many side effects countless warnings labels. About 1 minute. <https://app.rightnowmedia.org/en/content/details/105192>

**INTRODUCTION:** In today's passage our hero David must overcome the temptation to violence. Will he control his rage?

- A. This is such an important subject! One act of rage can ruin your life and someone else's, and you will live with the consequences for decades. God wants to spare you those consequences.
  - 1. Three mistakes that will have disastrous results.
    - a. Sex
    - b. Drugs
    - c. Violence

### **I. DAVID IS ENRAGED BY NABAL (25:2-13)**

#### **A. DAVID CAMPS OUT NEXT TO NABAL OF MAON**

***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. His name was Nabal and his wife's name was Abigail. She was an intelligent and beautiful woman, but her husband was surly and mean in his dealings—he was a Calebite. [1 Samuel 25:2-3 NIV]***

#### **B. DAVID ASKS NABAL FOR SHEEP**

- 1. While David was in the wilderness, he heard that Nabal was shearing sheep.
- 2. Sheep-shearing season was a festive time...
- 3. Part Thanksgiving part gift giving time.
- 4. David asked nicely for a gift. Nabal refuses.
- 5. The next few verses say that though Nabal didn't offer, David politely asked for provisions to celebrate the season. Nabal not only refused to share, but he also rudely insulted David!

#### **C. NABAL INSULTS DAVID**

***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. 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?" [1 Samuel 25:10-11 NIV]***

#### **D. DAVID RESPONDS IN ANGER**

***David's men turned around and went back. When they arrived, they reported every word. David said to his men, "Each of you strap on your sword!" So they did, and David strapped his on as well... (1 Samuel 25:12-13 NIV)***

**E. IMPORTANT SIDE ROAD:**

1. Killing Nabal is not justifiable. This is murder.
2. Jesus said not even insult back.
3. For several reasons David was vulnerable to temptation.
4. When you're vulnerable to temptation, HALT! Especially if you're...
  - \* Hungry
  - \* Angry
  - \* Lonely
  - \* Tired
5. David was all of these things!
6. He became enraged. Rage in this irrational state can be called temporary insanity.
7. David, in this vulnerable state, when insulted, became irrational.

***"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not bring about the righteousness that God desires." [James 1:19-20 NIV]***

**II. DAVID IS CONFRONTED BY ABIGAIL (25:18-35)**

**A. ABIGAIL SETS OUT TO MEET DAVID**

1. An employee, a whistleblower, came to Nabal's beautiful, intelligent wife and told her what Nabal had done.

***Abigail acted quickly. 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. Then she told her servants, "Go on ahead; I'll follow you." But she did not tell her husband Nabal. [1 Samuel 25:18-19 NIV]***

**B. DAVID MEETS ABIGAIL**

1. As they are about to meet, the Bible tells us David is running his mouth.

***May God deal with David, be it ever so severely, if by morning I leave alive one male of all who belong to him!" [1 Samuel 25:22 NIV]***

2. A sign that David's rage is out of control is his foul language.

***But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. [Colossians 3:8 NIV]***

3. As Christians, our daily language should be different – holy and self-controlled. This is a practical daily discipline that helps us control our anger.
4. Several times in the Bible anger and cursing are mentioned in the same verse.
5. David's language is out of control.
6. But nothing calms the heart of an angry man like... bread and a beautiful woman.

### C. ABIGAIL PERSUADES DAVID TO TURN AROUND

***When Abigail saw David, she quickly got off her donkey and bowed down before David with her face to the ground. She fell at his feet and said... [1 Samuel 25:23-24 NIV]***

1. Summarizing:
  - Please pay no attention to that man Nabal.
  - His name means fool and he is a fool.
  - Let me take the blame. I didn't know you asked.
  - Please accept these gifts as my apology.
  - You will someday be king, and you will have a lasting dynasty.
  - God will give you great victories.
  - You don't want this on your conscience.

### D. DAVID REPENTS AND THANKS ABIGAIL

***David said to Abigail, "Praise be to the LORD, the God of Israel, who has sent you today to meet me. May you be blessed for your good judgment and for keeping me from bloodshed this day and from avenging myself with my own hands. 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." 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." [1 Samuel 25:32-35 NIV]***

1. David repents. and his men turn (the word repent literally means to turn around) and march back to their camp. Abigail goes home. There is a wonderful conclusion to this story, but first let's consider some application.

### E. APPLICATION: CONTROL YOUR RAGE

***"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. ... Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. [Ephesians 4:26-27, 31 NIV]***

The next time you're enraged, imitate David:

1. STOP MARCHING TOWARD DESTRUCTION
2. LISTEN TO ADVICE.
3. THANK GOD FOR STOPPING YOU.
4. ADMIT YOUR POTENTIAL FOR EVIL.
  - a. A key to keeping yourself from stupid behavior is to admit you are capable of stupid behavior.
5. EXTEND PEACE.
6. WALK AWAY.
7. TRUST GOD'S PROVIDENCE.

## III. DAVID IS REWARDED BY GOD (25:36-42)

### A. SCRIPTURE SUMMARY

1. Abigail travels back home and finds Nabal hosting a beer bash. She decides to wait until he's sobered to tell him what happened.

2. The next morning when Nabal is sober, she tells him the whole story. Nabal passes out. He “becomes like a stone.” He must have had a stroke. He apparently goes into a coma for about ten days. Ten days later Nabal dies! Talk about poetic justice!
3. David finds out. He first says, “Thank the Lord that I didn’t take matters into my own hands!” Then he sends an entourage to Abigail’s house and proposes marriage.

***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.” [1 Samuel 25:41 NIV]***

4. David not only gets revenge, he gets the girl... and the farm! David learns a valuable lesson.
5. He controls his rage and holds onto his integrity, his influence, and his anointing. And God immediately rewards him for it.

#### B. APPLICATION

1. God wants you to learn this lesson as well. For the sake of peace in this town and for the sake of the Gospel:
  - a. Control your language every day.
  - b. When you feel rage coming on, take a breath and walk away. Don’t retaliate.
  - c. Most importantly: Always trust God’s Providence. God promises he will someday even the score.

#### CONCLUSION:

- A. Nobody exemplified this self-control better than Jesus...
  1. Mercy triumphed over justice.
  2. We were justified by his death.
- B. How will you respond to Jesus? Like Nabal will you proudly say, “Who is Jesus?” Or like Abigail will you fall on your knees and call him Lord?

## DISCUSSION QUESTIONS

1. In 1 Samuel 25:12 & 21-22, David reacts to Nabal's insult with a plan to kill every male in Nabal's household. Do you react quickly or slowly in anger? How have you learned to slow down in a situation when you are angry? What temptations might people face when life seems particularly difficult, or unfair, or to be going wrong? Have you ever felt like you have been treated unfairly? What emotion tends to most frequently rise within you when you are treated that way?
2. Pastor Rusty is clear that killing Nabal would have been murder and then gives us the anagram HALT as four times when we are vulnerable to temptation. Share about some of the times you are tempted to take justice out of God's hands and into your own. How can you let both David's and Jesus' example and words help you let God be Judge?
3. What are some of the key elements of Abigail's interaction with David that leads him to not attack? We see David's willingness to listen to Abigail and he is teachable. Have you ever been corrected? Did you listen to the correction or reject it? Why is it important that you always have a teachable attitude every time you come under God's Word, and why is it important that you look for areas you need to change? What are the consequences if you don't have this mentality?
4. Pastor Rusty describes Nabal's death as perhaps a stroke. In the medical field, arteriosclerosis is a condition from the hardening of the arteries. Plaque and other impurities develop in the blood vessels, and it becomes difficult for blood to flow through them. Sometimes it takes years for this condition to develop. Such factors as a poor diet and a lack of exercise contribute to it. In the spiritual arena, the onslaught of such a disease is equally as slow. What sort of things do you think might cause spiritual arteriosclerosis?
5. Pastor Rusty suggests the next time you are enraged to imitate David. What did David learn about God and following God from this incident? What can you learn? Of the seven steps Pastor Rusty gives us to follow David, which have you found to be the most helpful?

**Challenge #1:** In Galatians 5:22-23, self-control is listed as a fruit of the Spirit. What is one step you can take towards having God's Spirit direct and empower your life?

**Challenge #2:** Encourage your group to memorize Scripture. If you haven't already memorized this passage work on it this week. ***"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. ... Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. [Ephesians 4:26-27, 31 NIV]***

### Wrapping Up and Preparation for Next Week:

1. Pray that you can be like Abigail and diffuse tense situations by acting in a humble manner.
2. Pray for those that have recently been baptized at New Day (including the football team) that they might walk in the Spirit.
3. Pray that 2024 will be a year that you are able to bring someone to Christ.
4. Pray for those still dealing with insurance and repairs on their homes. Continue to pray for those that still need repairs or those that are still homeless due to Hurricane Ian?
5. Take time with your group for prayer requests.