

Scripture Reading

- **Genesis 4:1-8** Now Adam knew Eve his wife, and she conceived and bore Cain, and said, “I have acquired a man from the LORD.” ² Then she bore again, this time his brother Abel. Now Abel was a keeper of sheep, but Cain was a tiller of the ground. ³ And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the LORD. ⁴ Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering, ⁵ but He did not respect Cain and his offering. **And Cain was very angry**, and his countenance fell.⁶ So the LORD said to Cain, “Why are you angry? And why has your countenance fallen? ⁷ If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire *is* for you, but you should rule over it.”⁸ Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.



Caution: Hot

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- **Ephesians 4:26** Be angry and do not sin; do not let the sun go down on your anger.
- **Proverbs 29:11-** A fool vents all his feelings but a wise *man* holds them back.
- **Colossians 3:8-**⁸ But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.
- **Proverbs 22:24-** Make no friendship with an angry man, And with a furious man do not go,
- **James 4:1-2-** Where do wars and fights *come* from among you? Do *they* not *come* from your *desires* for pleasure that war in your members?
² You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask.

Caution: Hot



Source of Heat: David and Nabal

- **1 Samuel 25: 2-45**
- Ungrateful wealthy man- Nabal
- David protected Nabal's men and guarded his flock while they were away.
- David sent 10 men to Nabal and ask if he would provide provisions for him and his men.
- **1 Samuel 25: 10-11** Then Nabal answered David's servants, and said, “Who *is* David, and who *is* the son of Jesse? There are many servants nowadays who break away each one from his master. ¹¹ Shall I then take my bread and my water and my meat that I have killed for my shearers, and give *it* to men when I do not know where they *are* from?”.
- David becomes angry- **Vs 13:** ¹³ Then David said to his men, “Every man gird on his sword.” So every man girded on his sword, and David also girded on his sword. And about four hundred men went with David, and two hundred stayed with the supplies.

Cooling Off- Abigail

- Abigail was warned that David would cause evil to her husband and their household.
- She realized there was issue and she moved with haste. Vs. 18
- Abigail knew there was a serious problem and acted.
- She went to David, met and faced the situation. Vs. 20
- When we see a fellow Christian upset, do we wait to see the fireworks or act quickly to diffuse the disagreement?
- Matthew 5:23-25 ⁻²³Therefore if you bring your gift to the altar, and there remember that your brother has something against you, ²⁴leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift. ²⁵Agree with your adversary quickly, while you are on the way with him, lest your adversary deliver you to the judge, the judge hand you over to the officer, and you be thrown into prison.

Abigail

- 1- Humbled herself before David- **1 Samuel 25:23** Now when Abigail saw David, she dismounted quickly from the donkey, fell on her face before David, and bowed down to the ground.
- Most people would likely argue their point. **Proverbs 17:14** The beginning of strife *is like* releasing water; Therefore stop contention before a quarrel starts.
- 2- She took ownership for the situation with her husband . **1 Sam. 25:24-28**
- Not my problem to deal with?
- 3- She helped David from committing a sinful act. **1 Samuel 25:32-35**
- She looked out for the well being of others.
- 4- Calmed the storm...
- David was guilty of the sin as noted in **James 1:19-20** ^{19 [c]}So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; ²⁰ for the wrath of man does not produce the righteousness of God.

Conclusion

