



WORKBOOK

ABIGAIL:

WISDOM, HUMILITY & DECISIVE

ACTION

A Character Study from 1 Samuel 25

BY THE EMPOWERHER MENTOR

WELCOME

Hi There!

Welcome to the Abigail Character Study Workbook—a space designed just for you to pause, reflect, and grow. Abigail's story in 1 Samuel 25 is more than history—it's a blueprint of wisdom, courage, humility, and God's divine timing. She stepped into a tense moment with grace, discernment, and bold faith, and through this study, you'll see how her legacy speaks directly into your life today.

As you journey through these pages, may you:

- ✦ Discover the beauty of godly wisdom in your own decisions.
- ✦ Learn the strength of humility and the power of servanthood.
- ✦ See how peacemaking and discernment open doors for God's favor.
- ✦ Recognize God's providence working behind the scenes in your own story.

This isn't just about studying Abigail—it's about becoming the woman God is shaping you to be: wise, steady, Spirit-led, and unafraid to rise when the moment calls for it. So grab your favorite pen, a quiet space, and an open heart. Take your time, lean into the Scriptures, and let the Holy Spirit be your guide. I'm cheering you on with love, bold faith, and sisterhood as you embark on this beautiful journey of becoming.

With love & expectancy,

Jae Ricks

The EmpowerHER Mentor

ABOUT ME

Jae Ricks, The EmpowerHER Mentor, is a best-selling author and coach who helps women shift from trauma to triumph through her signature SHIFT framework—Surrender, Holy Spirit, Intimacy, Faith, and Transformation—empowering them to rise boldly into their God-given purpose.



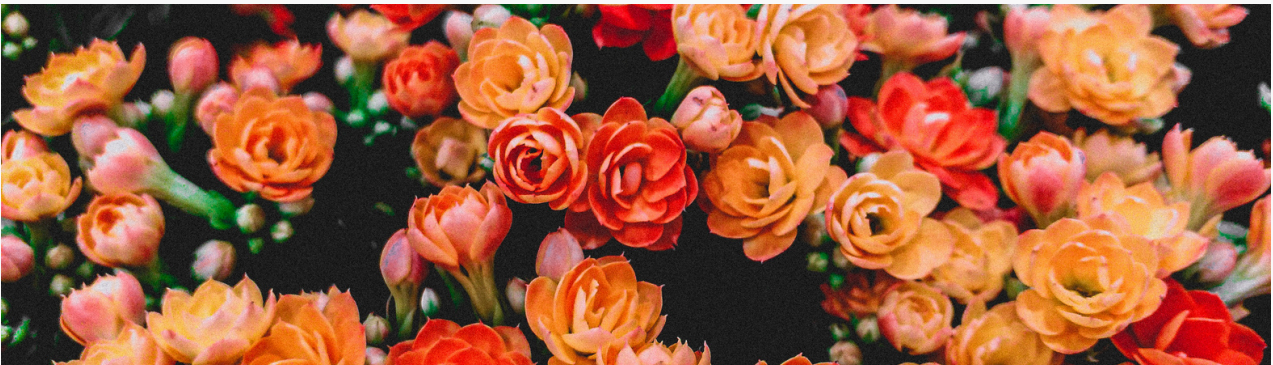
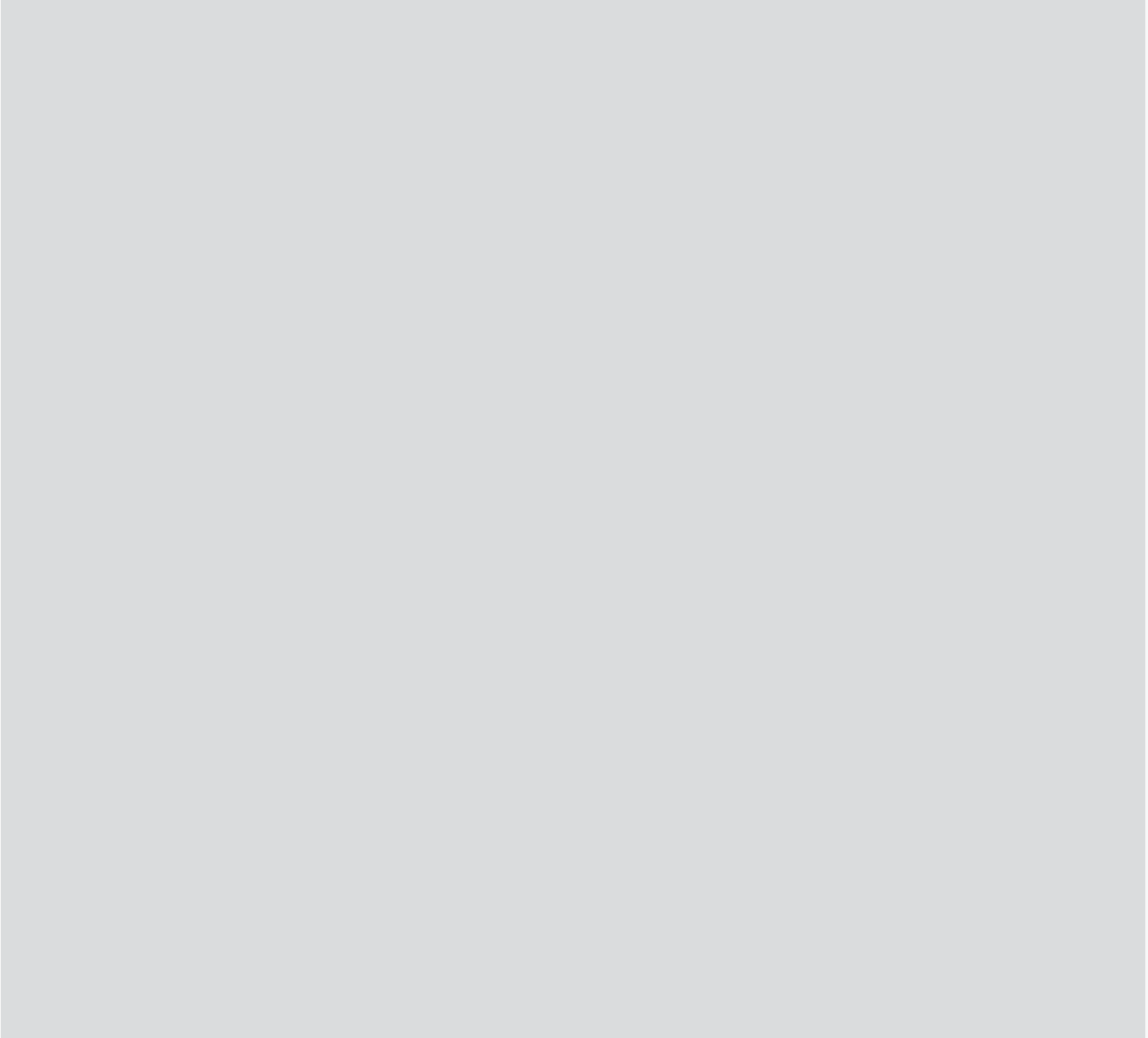
WHO IS ABIGAIL?



Abigail is introduced in 1 Samuel 25, wife of Nabal. She's described as "a woman of good understanding and beautiful appearance" (v. 3) — wise, discerning, and perceptive. Though married to a harsh and foolish man, she steps in with courage and faith when things threaten her household and God's design.

REFLECTION:

Which of Abigail's traits (wisdom / humility / courage / faith) do you most admire—and why?



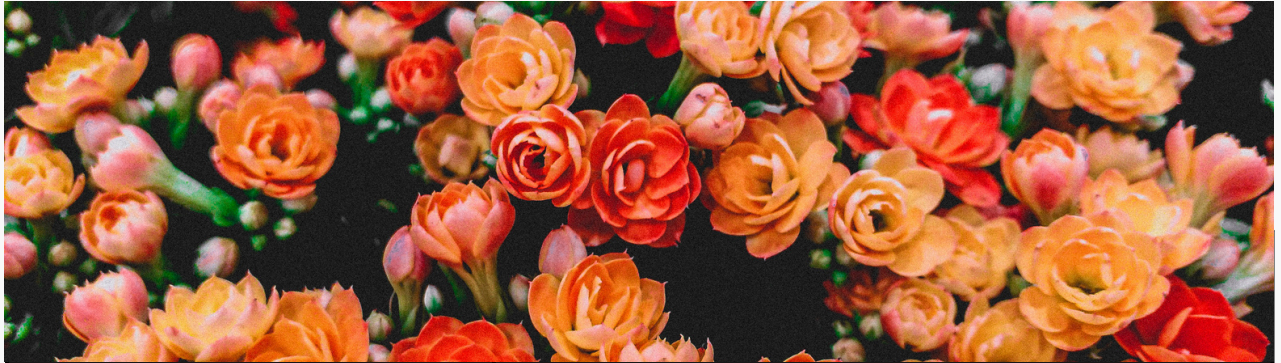
KEY THEMES FROM ABIGAIL'S STORY



- **Wisdom & Discernment:** Abigail acts decisively in a tense situation and sees what others do not.
- **Humility & Servanthood:** She humbles herself in speech and action, not demanding rights, but seeking peace.
- **Peacemaking:** She intervenes to stop conflict and preserve life.
- **God's Providence:** Abigail's story shows how God works through people to carry out His plans.

NOTES:

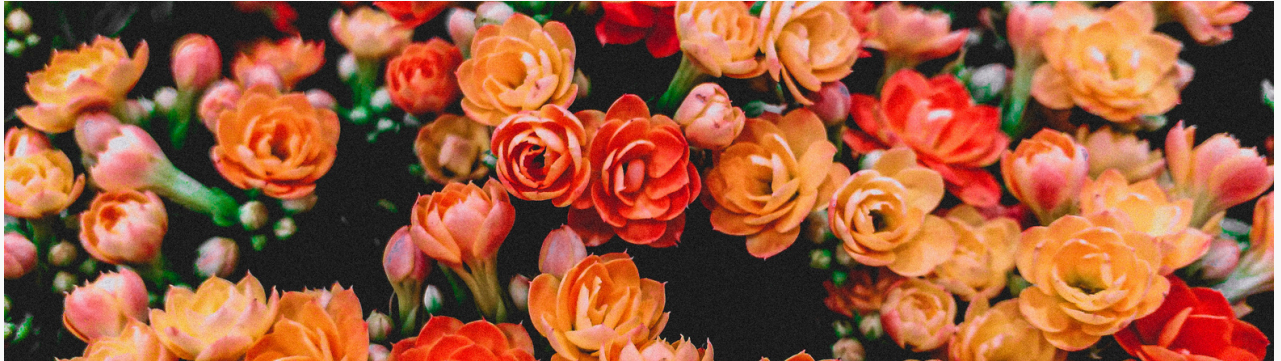
CHARACTER QUALITIES OF ABIGAIL



Wise & Discerning	Able to see danger, make decisions, and act quickly.
Courageous	Approaches David in a risky moment, speaks truth.
Peacemaker	Steps between conflict and bloodshed.
Faithful	Trusts God's hand and honors God's purposes.

NOTES:

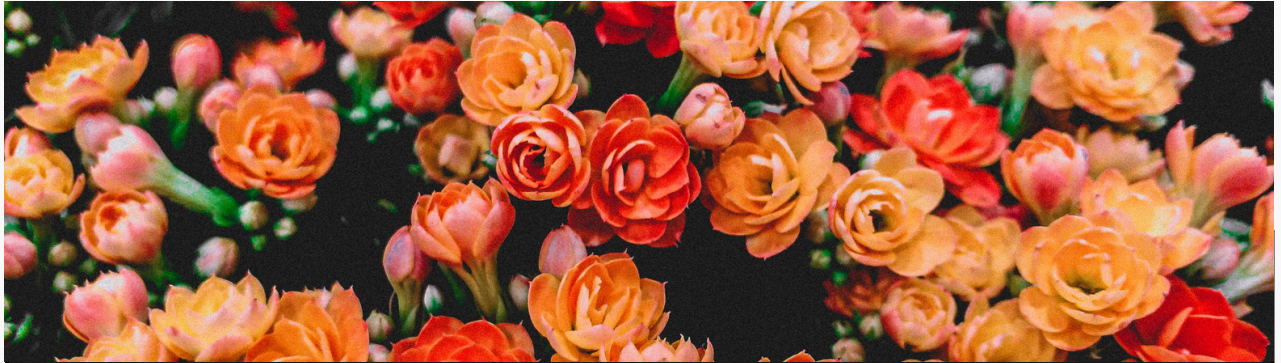
KEY SCRIPTURES TO STUDY



- **1 Samuel 25:3** — Abigail's description: understanding & beauty.
- **1 Samuel 25:18-19** — Abigail prepares provisions to avert David's anger.
- **1 Samuel 25:23-24** — Her humble approach to David.
- **1 Samuel 25:28-31** — Abigail's appeal: remembering God's promises and urging restraint.
- **1 Samuel 25:32-33** — David's acknowledgment: Abigail's words prevented bloodshed; her advice

PICK ONE OF THESE SCRIPTURES. REWRITE IT AS THOUGH ABIGAIL IS SPEAKING TO YOU. WHAT IS SHE URGING YOU TO REMEMBER OR DO?

LESSONS & APPLICATION

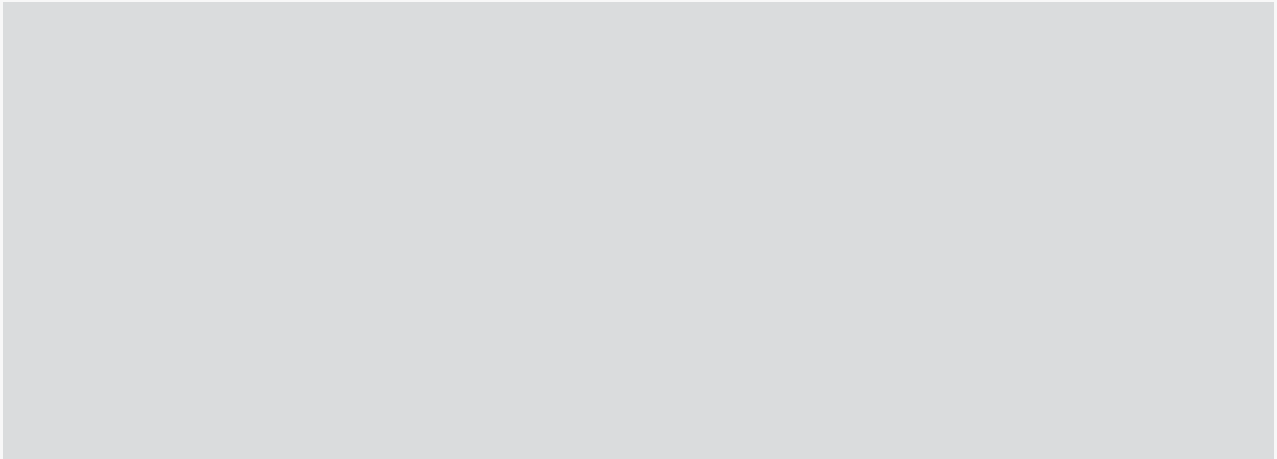


Wisdom under pressure / decision-making	Where can I act quickly and wisely this week?
Courageous faith	What situation is calling me to step out?
Power of words & humility	How will I speak peace instead of reacting?
Trusting God's plan in uncertain times	In what area do I need to believe God is working behind the scenes?

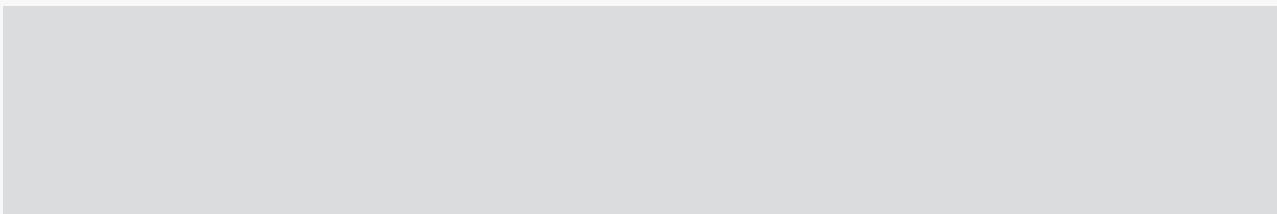
CHALLENGE: Write one specific action you will take this week that reflects Abigail's character.

PERSONAL PRAYER & REFLECTION

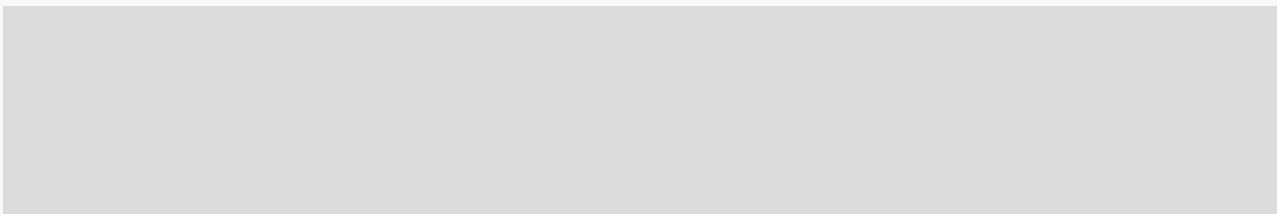
"Lord, give me Abigail's wisdom to see clearly, her humility to serve faithfully, her courage to act boldly, and her faith to trust Your providence..."



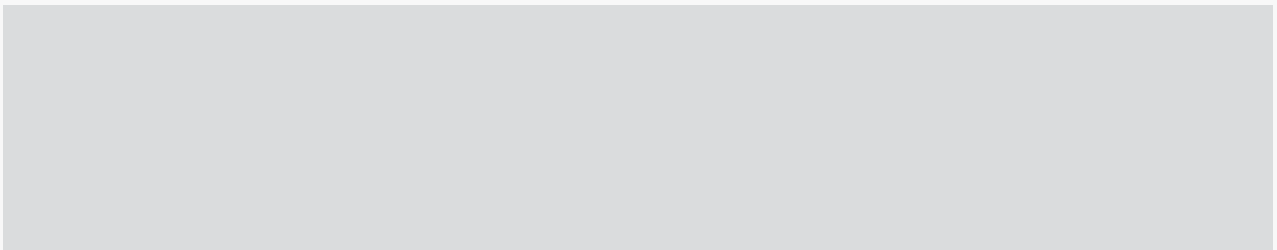
What I need to ask God for: _____



What I'm thankful for in Abigail's example: _____



How I desire to grow: _____





WANNA LEARN MORE?



To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.

[SCHEDULE A FREE CALL](#)