



First, watch  
this week's  
video!

**Make Waves:**  
What you  
do today  
can change  
the world  
around you

### Memory Verse

"The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself."  
Galatians 5:22-23a,  
NirV

### Bible Story

Abigail Intervenes  
1 Samuel 25:1-35

### Bottom Line

You can help others  
make peace.

Use this guide to help your family learn how God's Spirit can help us "make waves."

## Activity

### Peace Out!

#### What You Need:

Paper plate, black marker, coloring utensils

#### What You Do:

Using the black marker, draw the outline of a peace symbol on the paper plate. Invite your child to color and decorate the peace symbol with you.

When your peace sign is decorated, say, "I'm going to describe some people from our story today. If you know who I'm describing, hold up the peace sign side of the plate and answer. If you don't know the answer, hold up the blank side of the plate."

1. This person was wealthy, rude, and foolish. (*Nabal*)
2. This person was clear-minded, wise, and a peacemaker. (*Abigail*)
3. This person helped protect Nabal's sheep and workers. (*David*)
4. This person turned away David's men and refused to help them in any way. (*Nabal*)
5. This person took his men to attack Nabal when he heard how his men were treated. (*David*)
6. This person stayed calm and found a way to try to bring peace. (*Abigail*)
7. This person accepted Abigail's apology and her gifts, and agreed not to harm Nabal and his men. (*David*)

When you're finished, say, "Great job remembering what each person did in our story today!"



## Talk About the Bible Story

What does it mean to make peace? (to help resolve a conflict)

Who made peace in our story today? (*Abigail*)

Have you ever seen someone help others make peace? What happened?

Do you find it difficult or easy to make peace with others?

If you're a Jesus-follower, what does it show others around you when you choose peace over a fight? (*It shows that peace is important to you; peace matters to Jesus, so it matters to you.*)

Parent: Share a kid-appropriate story of a time when you helped others make peace, or when someone helped you make peace.

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for this story about Abigail. Help us to be peacemakers like she was in the situation she faced. Please help us listen to Your Holy Spirit and choose peace this week. We want others to see Your peace as we work to be peacemakers. We love You, and we pray these things in Jesus' name. Amen."