



Seasoned Women of Faith Introduces

Witness, Wisdom, and Warning

What the Women of Scripture Still Teach Us

*Session 1: Abigail
and Esther
Wisdom, Timing, and Courage*

Saturday, October 24, 2026

2:00pm

Witness, Wisdom, and Warning: What the Women of Scripture Still Teach Us

Agenda

- Welcome & Introductions
- Opening Prayer
- Seasoned Women of Faith Overview and Purpose
- Session 1 Discussion: Abigail
 - Witness, Wisdom, and Warning: Insights
- Game: What Would You Do Next?
- Session 1B Discussion: Esther
- Witness, Wisdom, and Warning: Insights
- Lessoned Learned/Group Discussion
- Session 2 Overview & Dismissal





Who We Are: Seasoned Women of Faith

Healing. Discipleship. Alignment.

Anchored in Ephesians 4:12–16, Seasoned Women of Faith (SWOF) is a God-birthed, Christ-centered initiative that helps women recognize, strengthen, and bring forth what God has placed within them for the building up of the body of Christ.

Our purpose is twofold:

- Through Christ, to reawaken and equip women who believe their most meaningful season has passed, helping them recover their identity in Christ, renew their vision, and discern their next season of obedience and service.
- Build a generational bridge through which mature women share lived faith and Christ-centered wisdom to assist younger women in growing in spiritual maturity, discernment, and clarity about their calling.

Through biblical teaching, prayer, guided reflection, honest conversation, and intentional community, we support women in healing, growing, and responding faithfully to God.



Methodology for Examining Today's Text

Lens 1: Witness

Examining what the text actually says. Making observations about the individuals involved, the words spoken, the actions, and the possible consequences of the same.

Lens 2: Wisdom

Consider what each response teaches us about living faithfully before the Lord and actively applying the wisdom we receive to our own lives.

Lens 3: Warning

Examine what exposed someone to danger or led them into wrongdoing. Identify areas of deception, sin, or failure in judgment.

General Rule of this Study:

To always distinguish between what Scripture explicitly states and what we infer or assume from it.

Scriptural Grounding:

James 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

James 3:13-18: Two Kinds of Wisdom

17 But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere



Witness, Wisdom, and Warning

What the Women of Scripture Still Teach Us

Housekeeping Rules

Scripture is our Foundation:

We welcome different interpretations, perspectives, and questions, but Scripture remains our primary source of truth. We will always refer back to the Word of God when providing wisdom or council.

Be Open to Participate:

While some of this study will cover historical background and key passages of scripture, this is by no means a lecture. Your questions, observations, and experiences matter, and I encourage everyone to participate, whether by speaking, asking a question, or contributing through the Zoom chat.

Respect Different Perspectives:

Our experiences shape how we understand and respond to situations. It's perfectly acceptable to respectfully disagree, ask for clarification, or offer another interpretation. Each sister should be able to share her thoughts and/or experiences with the same grace and consideration we would appreciate receiving.

Protect the Intimate Nature of the Group:

Some discussions may bring up personal experiences or sensitive subjects. Please respect the confidence of anyone who chooses to share. Personal stories shared during our study should not become conversations outside the group without that person's permission. No screenshots, recordings, or sharing another participant's personal experiences without consent.

Bring the Conversation Back to the Application of God's Word:

Our goal isn't simply to determine whether a biblical woman made the right or wrong decision. We want to understand what her circumstances reveal, identify the wisdom we can apply, and recognize the warnings that may help us make better decisions in our own lives and walk with Christ.



The Story of Abigail

1 Samuel 25

Abigail was an intelligent and beautiful woman married to Nabal, a wealthy man known for his harshness. When a confrontation threatened their household, she faced a decision that would affect everyone involved.

As we read more about her story, consider what Abigail's choices reveal about her character and what your own responses under pressure might reveal about you.





The Story of Abigail

Reading of the Text: 1 Samuel 25

Initial or Immediate Observations





The Story of Abigail

Observations: The Territory



1

Maon and Carmel and Neighboring Towns in Judah's hill country -Familiar to both men

2

The wilderness of Maon was the place David fled to when running from Saul (1 Samuel 23:24-28)



Since David and his men were familiar with the area, they understood the challenges of the terrain & what it took to protect the shepherds and the livestock of that region.

3

Carmel was the same location where Saul set up a monument to himself after the war with Amalek (Pride)

4

Nabal lived in Maon, but his sheep were near Carmel.

Carmel was a strategically important location for shepherds as it contained the only reliable natural spring of water in the immediate area, whose waters are collected in a man-made pool.



The Story of Abigail

Observations: The Setting

1

Nabal and Abigail: Contrasting Characteristics:

Nabal was described as harsh and badly behaved, while Abigail was described as discerning & beautiful

2

The events we are looking at today take place during Shearing season, a festival that marked the end of the sheep-shearing season and the start of abundance, as wool was a major commodity in ancient Israel.

3

David sent a request to Nabal for provisions, instructing his people exactly what to say to ensure his message was respectful and well received, even allowing Nabal time to verify how his men had treated Nabal's shepherds in the past.

4

The end of shearing season is a celebration and is typically accompanied by feasting, hospitality, kindness, and large social gatherings; as such, David's request was not out of place – in particular, because of the kindness and protection provided to Nabal at an earlier time.



The Crisis and Abigail's Intervention

1

Nabal: Contempt

Nabal repays David's protection of his shepherds with contempt and dismissal

Insult

Carmel

2

David: Vengeance

Provoked by the insult, he justifies his response with disproportionate retaliation - about 400 men were sent to destroy every male in Nabal's household

Maon

Approaching Threat

3

Abigail: Discernment

Discerning and caught in the middle.
Alerted to impending danger by a trusted servant who knows that Nabal cannot be reasoned with.

Unapproachable/Pivot Needed



Pause Break: Question №1



Many of us serve as the wise and/or discerning ones in our families and/or friend groups. How do you distinguish a problem that requires your immediate attention and intervention from one that only “seems” urgent and requires a different response?



Abigail's Response: Immediate Action



Step 1: Rapid Provision

Gathers substantial food and resources; sends servants ahead without mentioning it to Nabal

Step 2: Bold Intervention

Encounters David on the road and adopts a posture of submission, accepting responsibility for Nabal's actions and for the appeal.

Step 3: Moral Confrontation

Abigail warns David against personal vengeance and the possible outcome of his actions; distinguishes his response from the Lord's battle

Step 4: A Refocus on David's Destiny

She reminds David of his future, warning him against bloodguilt.

The Wisdom of Delay She kept quiet about her intervention with David and, upon returning to an intoxicated Nabal, she waited until the morning to advise him of the situation and resolution.

Discernment is necessary to know exactly when to share information.



The Story of Abigail

What Did You Witness?

Group Discussion

Abigail approached David with food, humility, and a warning about what he was about to do. What stands out about the way she challenged him while still showing him respect?

Follow-up Question: David had already armed his men and committed to an attack. What does his willingness to listen to Abigail and change course reveal about his character at this moment?

The Story of Abigail

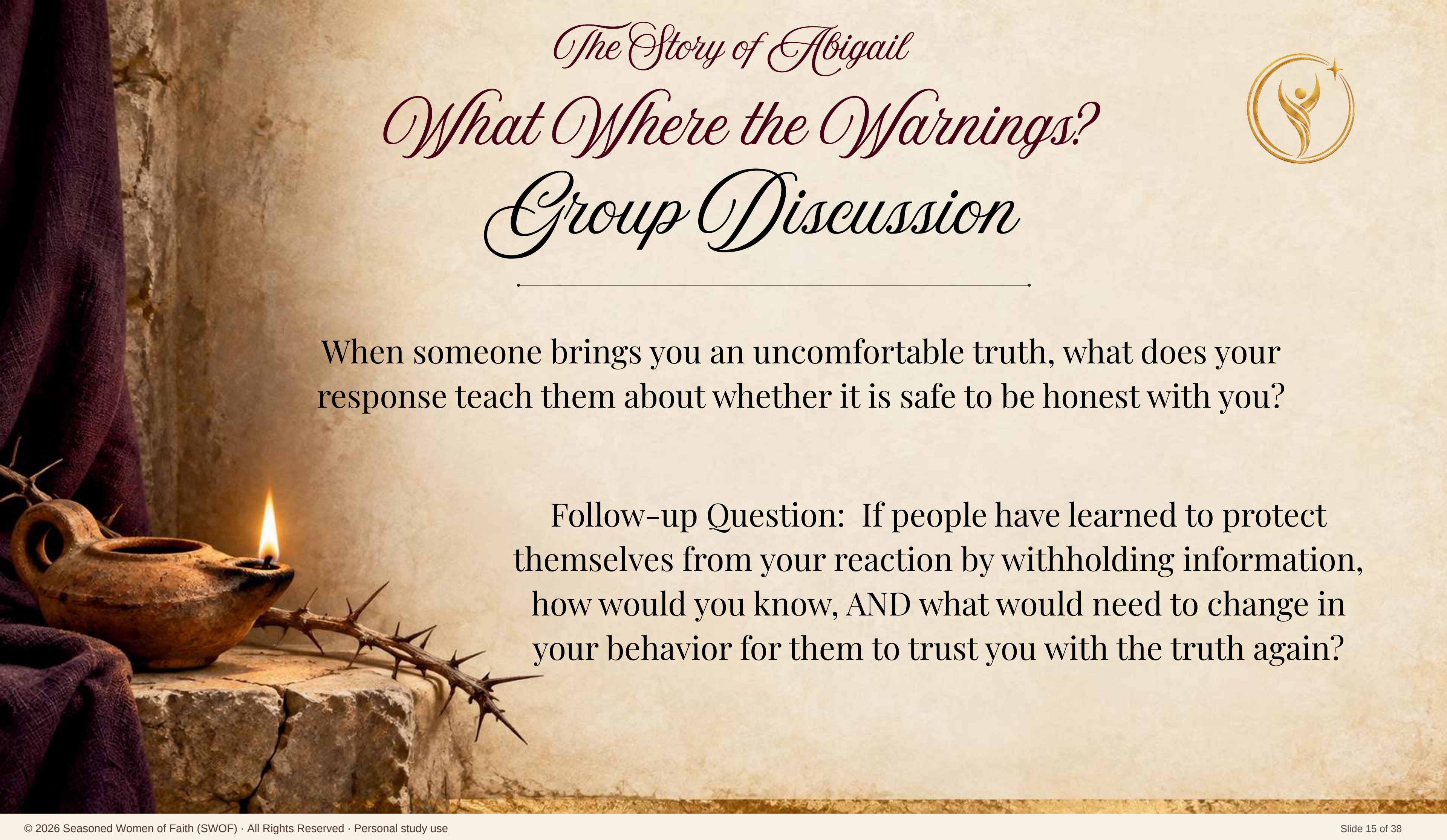
What Was the Wisdom You Gleaned?

Group Discussion



When you repeatedly step in to resolve a crisis someone else has created, how do you discern whether you are protecting people from harm or protecting that person from facing the consequences of their choices?

Follow-up Question: What might you be afraid would happen if you stopped absorbing those consequences, and how might that fear be keeping both you and the other person from making a necessary change?



The Story of Abigail *What Where the Warnings?* *Group Discussion*



When someone brings you an uncomfortable truth, what does your response teach them about whether it is safe to be honest with you?

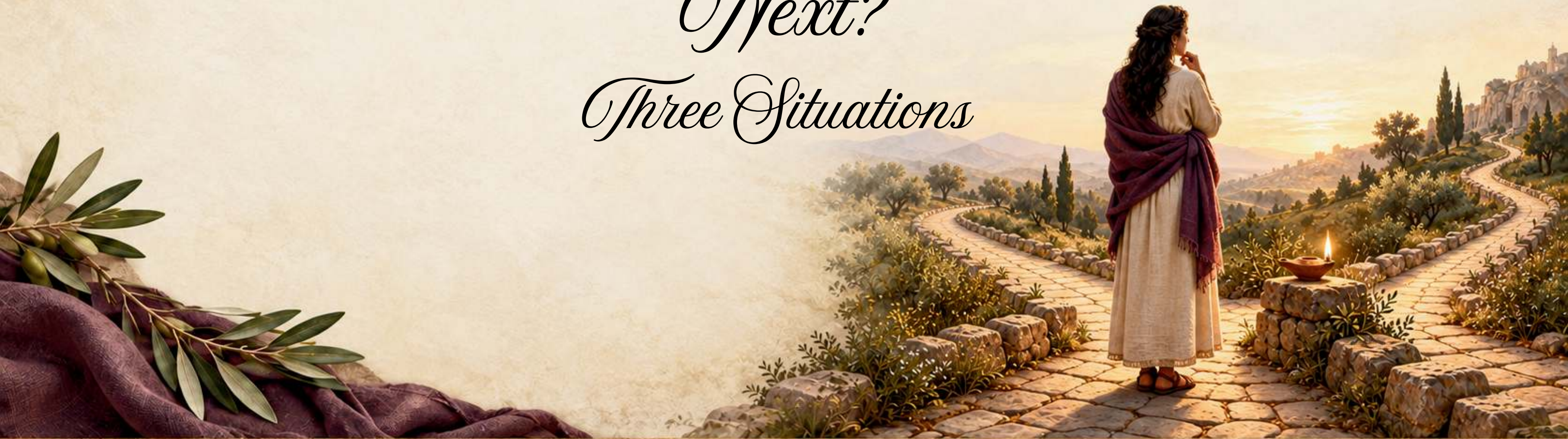
Follow-up Question: If people have learned to protect themselves from your reaction by withholding information, how would you know, AND what would need to change in your behavior for them to trust you with the truth again?



Game Time!

What Would You Do Next?

Three Situations



Scenerio №1: *The Responsibility You Should Not Carry Alone*



During a women's ministry event, a participant privately tells you that another attendee has repeatedly approached her after she asked to be left alone. She wants to stay, but she feels uncomfortable. You are helping with refreshments, and the event leader is nearby.

What would you do first, and how would you include her in deciding what happens next? Why did you choose that specific method?



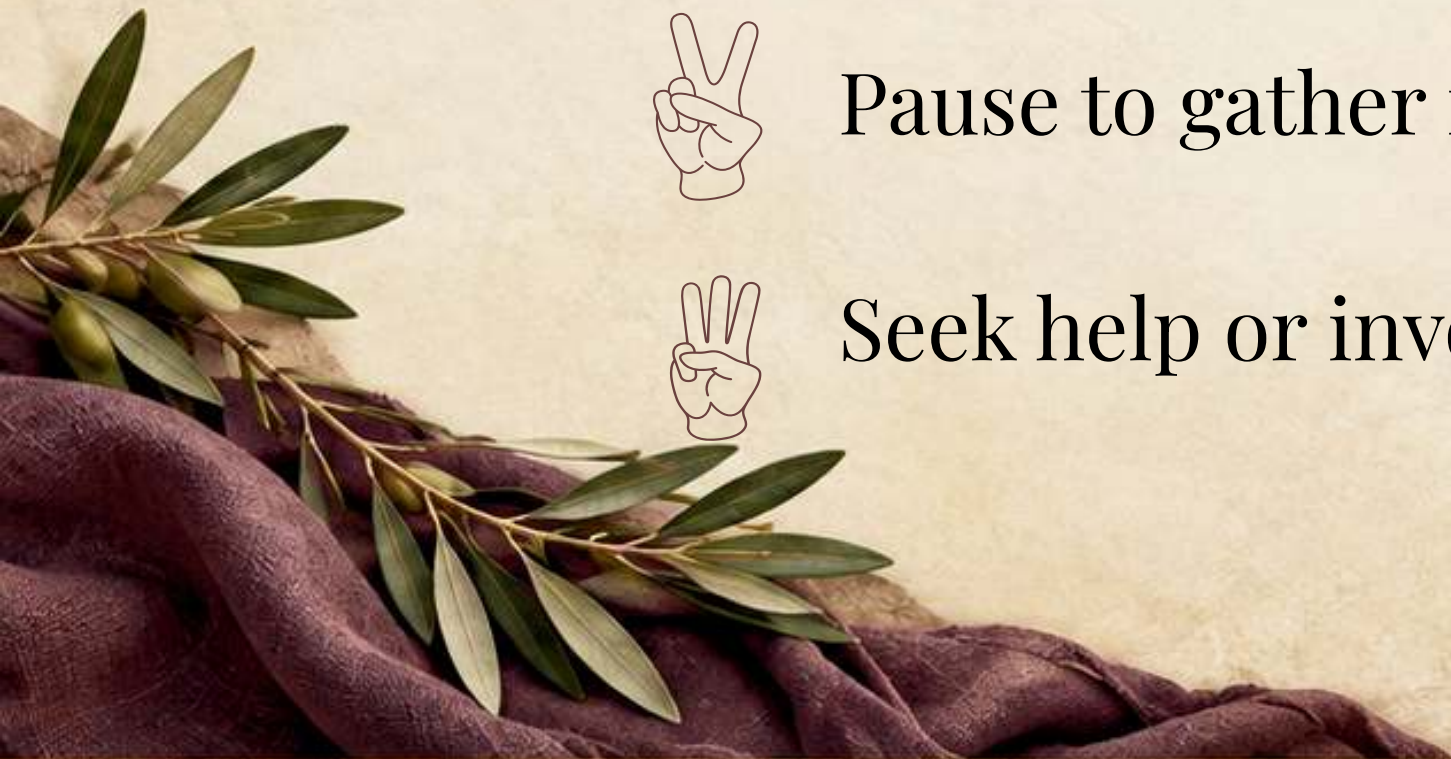
Address the situation immediately.



Pause to gather information or prepare.



Seek help or involve someone else.



Scenario No 2 The Unverified Account



A coworker tells you that your supervisor deliberately left your name off a project you helped complete. She encourages you to confront the supervisor. You haven't seen the final project report or heard how they recorded the contributions.

What would you do first? What additional fact(s) may change your answer?



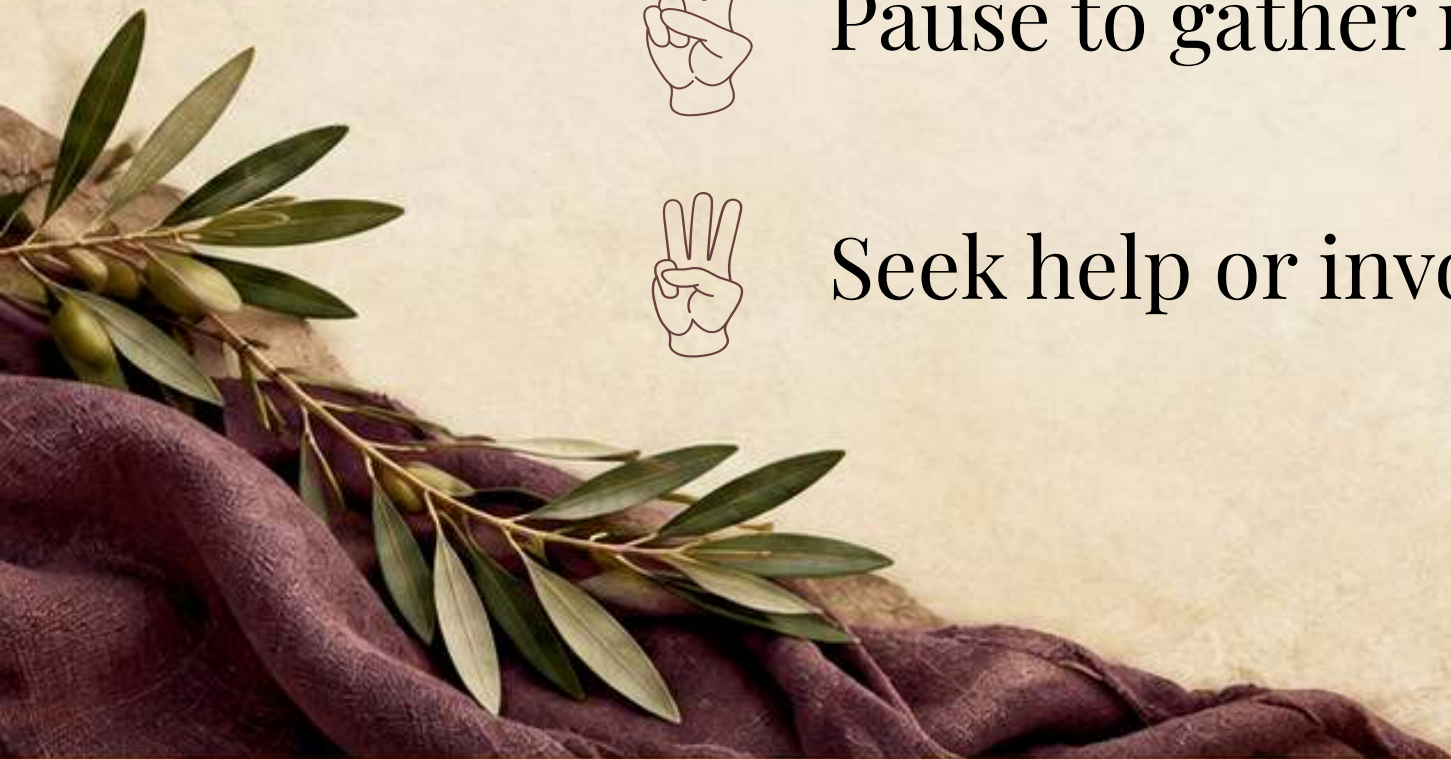
Address the situation immediately.



Pause to gather information or prepare.



Seek help or involve someone else.



Scenerio № 3 The Mistake About to Happen



During a volunteer planning meeting, the leader says a volunteer failed to notify her about a schedule change. The leader proposes removing her from the next event. You have the notification email open on your phone, and it clearly shows that the volunteer sent the message to the entire team. The group is about to vote.

What would you do first? What led you to that choice?



Address the situation immediately.



Pause to gather information or prepare.



Seek help or involve someone else.





How to Structure a Faithful Reponse

Identify the Situation You Are Facing:

Verify the Facts: What do I actually know without assuming motives?

The Wisdom / Warning: Does this require urgency or preparation? Am I listening to an echo chamber?

My Next Step: Action / Wait / Seek Counsel

Reminder: Ask God for wisdom rather than asking Him only to approve your preferred response (James 1:5).



Breaktime

Return in 10 Minutes





The Story of Esther

Scripture Reference(s) : Esther 2-7

Esther was a young Jewish woman raised by her cousin Mordecai, who became queen of Persia. Scripture presents her as receptive to counsel, thoughtful, and highly favored. When a crisis threatened her people, she faced a decision that tested her courage and willingness to use her influence at personal risk.

As we read, consider: What do Esther's choices reveal about her character, and how might your desire for personal security affect your willingness to act for someone else?





The Story of Esther

Reading of the Text: Esther 4–7

Initial or Immediate Observations





The Story of Esther

Observations: Character Overview of the Men in Esther's Life

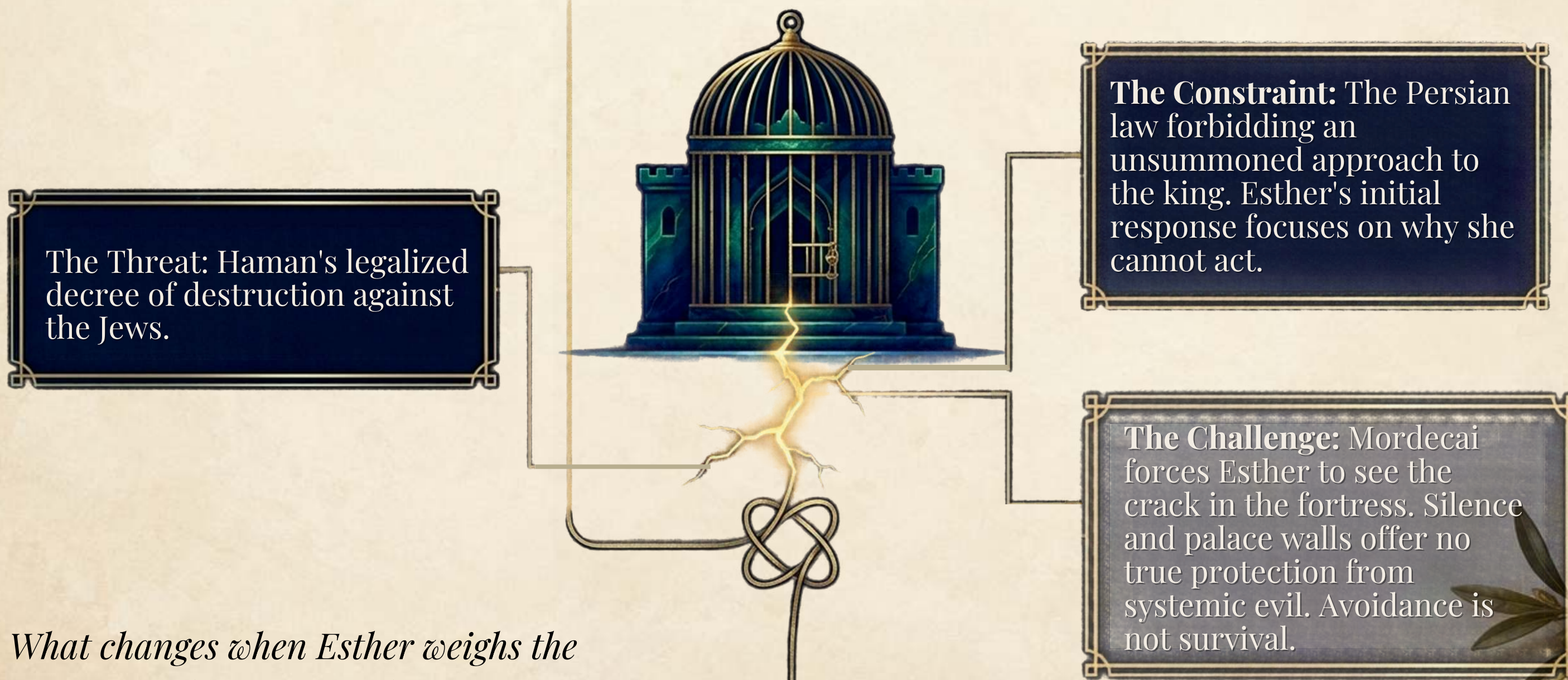
Mordecai	King Ahasuerus	Haman
Esther's cousin and guardian Caring and Vigilant Raised Esther and reported a plot against the king Resolute and Supportive He refused to bow to Haman and urged Esther to act to save the nation. <i>Esther 2:7, 21-23, 3:2-4; 4:13-17</i>	Persia's ruler and Esther's husband Reactive & Open to Influence Became angry at Vashti and accepted his advisers' counsel. Careless With Authority He empowered Haman, then responded to Esther's appeals. <i>Esther 1:10-21; 3:8-11; 7:2-6; 8:3-8</i>	A powerful royal official Proud & Resentful Mordecai's refusal to bow fueled his anger and drove his search for revenge. Manipulative & Destructive He targeted the Jews & welcomed counsel to kill Mordecai <i>Esther 3:5-9; 5:9-14; 6:6-9</i>



The Threat Beyond the Palace

Esther 4-7

The Illusion of Palace Safety



Question: *What changes when Esther weighs the danger of remaining silent against that of speaking out?*



From Isolation to Collective Resolve

**Her Maidens
in the Palace**

**Mordecai
at the Gate**

Esther

The Jews in Susa

The Pivot

Esther moves from explaining the obstacle to directing the response. Mordecai is now following her instructions.

The Preparation

She calls for a shared fast. Preparation and spiritual dependence do not remove the mortal risk, but they ready the will.

The Resolve

“If I perish, I perish.” (Esther 4:16).
Courage involves acting faithfully despite a real and present cost.



The Strategy of Deliberate Delay

Milestone 1 (The Approach):

She risks her life to secure the scepter, but refuses to make her primary request immediately.

Milestone 2 (First Banquet):

She curates the setting and invites Haman, observing the dynamics and securing a second meeting.

Milestone 3 (The Reveal):

Only at the second banquet, with maximum leverage and a captive audience, does she identify herself with her people and speak plainly.

Insight: Deciding when to speak is equally as important as how you present your words.



The Anatomy of a Wise Appeal

The Wisdom Esther's Approach

If I have found favor in your sight, O king... let my life be granted me for my wish, and my people for my request.

Identifies with the Vulnerable.

By saying 'I and my people,' Esther places herself firmly in the crosshairs of the threat.

For we have been sold, I and my people, to be destroyed, to be killed, and to be annihilated.

States the Facts Plainly.

Her respectful tone does not hide the brutal reality of the decree.

...The adversary and enemy is this wicked Haman.

Names the Source.

She waits for the exact right moment to specify who is responsible for the plot.



The Story of Esther *What Did You Witness?* *Group Discussion*

How did Esther show respect for the king while confronting a threat he authorized?

Follow-up Question: What made her appeal more than a request to punish Haman?





The Story of Esther

Wisdom: Discernment, Timing, and Method

Group Discussion

How might your access or influence create a responsibility you would prefer someone else to carry, especially when accepting it could cost you personally?

Follow-up Question: What would help you recognize when your desire to avoid that cost is shaping your decision more than the needs of those you could help?





The Story of Esther

Warning: What Should We Glean?

Group Discussion

Where might a sense of personal security keep you from taking someone else's danger seriously, especially when responding could disrupt or challenge the comfort or protection you enjoy?

Follow-up Question: What might your silence allow to continue and how does that honor God?



Session 1: Abigail and Esther
Wrap-up
Lessons Learned



Lessons Learned – When to Speak Discretion vs. Concealment

Healthy Discretion (*Abigail*)

Action: Waiting to tell Nabal until morning.

Context: Nabal is highly intoxicated; immediate explanation is useless and unsafe.

Outcome: She confronts Nabal w/the truth when he is sober. The information is delayed only to ensure it is absorbed.

Dangerous Concealment (*Esther's Temptation*)

Action: Initial hesitation to reveal her Jewish identity when the decree is issued.

Context: Remaining quiet protects personal comfort while others remain exposed to genocide.

Outcome: Mordecai must confront her to break the silence. Hiding the truth often prevents necessary intervention.

Wisdom Check

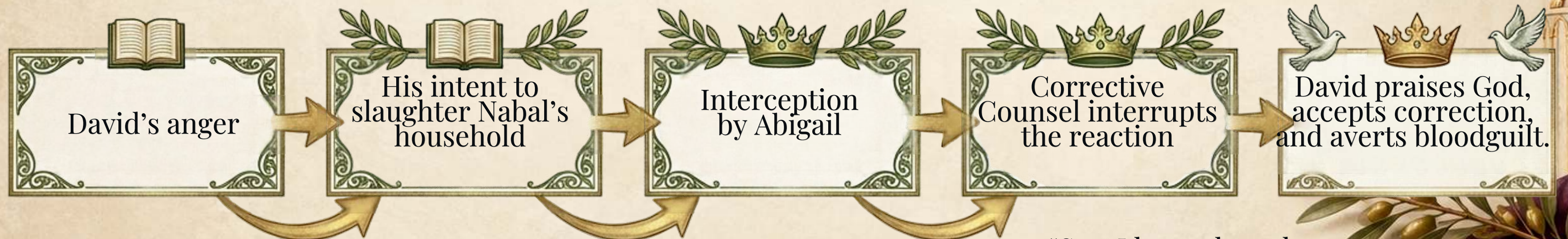
Does my silence protect vulnerable people, or does it merely protect wrongdoing and my own comfort?

A warning only helps when we respond to it. The kind of counsel we welcome reveals the wisdom directing us.

The Echo Chamber: (Haman + Pride)



The Corrective Counsel (David + Humility)



“See, I have obeyed your voice.”

The Unseen Hand of God's Providence

Both women acted faithfully, but neither could orchestrate the final outcomes. God's hand moves through and beyond human events.

Abigail's Limitation

She could intervene with David, but she couldn't change her husband's character.

Esther's Limitation

She could host the banquets, but she couldn't force the King to favor Mordecai.



God's Providence: Ten days later, the Lord struck Nabal.

Providence: The King suffers a sleepless night, requests the royal records, and discovers Mordecai's unrewarded loyalty right before Haman arrives.

Principle: We can and should prepare and act, in faith, while acknowledging that much remains outside our control.

How You Can Exercise Wisdom in Your Decision Making

Step 1: Witness (Strictly the Facts)

- Identify the situation.
- What are the verifiable facts?
- Remove assumptions about motives.
- Is there immediate danger or need for information?

Step 2: Warning (Assess the Danger)

- Who could be harmed if you respond with your initial reaction?
- Are you listening to an echo chamber, or are you open to corrective/wise counsel?

Step 3: Wisdom (Your Next Step)

- Finalize your response.
- Do you need to interrupt a reaction, speak a hard truth, or wait for clarity?
- Who are the appropriate persons to support you?

We can do all things “right,” ask for wisdom, receive correction, and act faithfully and the outcome of a thing remain entirely uncertain.

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

(Hebrews 4:16)

Our confidence does not rest in our performance, whether it be perfect timing or flawless appeals, but in Jesus Christ, our great High Priest.

The background image shows two women in traditional biblical clothing sitting on a stone wall. The woman in the foreground is wearing a purple robe and a headscarf, looking off to the side. The woman behind her is wearing a green robe and a white headscarf, also looking off to the side. They are in a hilly, arid landscape with palm trees and mountains in the distance.

*Session No2:
Deborah and Jael
Saturday, November 7, 2026
2:00pm (via Zoom Only)*

Registration Link:

<https://uso6web.zoom.us/meeting/register/HLTUgwZEQwiFb6uUtybUTw>

Next in-person session: Saturday, November 21, 2026,
2:00p, same location

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