



Huddles Women in the Bible

Learning to love and follow Jesus—together—by His strength, in every day life.

What are huddles at Foundations?

- Groups of 3-8 people (or 3-4 couples) that meet for one hour per week at a time and location of your choosing. Larger groups should plan for 75 minutes.
- Huddles last for 8 weeks. At the end of each 8-week session, you can keep your group, add to your group or even change groups & topics.
- While gathering on Sunday is vital to spiritual growth, so is connecting with others to encourage one another, discussing what it means to follow Jesus and praying for one another. These practices are detailed in our RHYTHMS course (which is not necessary to take part in huddles, but highly recommended).

Our Mission is to bring the extraordinary life-changing message of Jesus Christ to a lost and broken world.

- Huddles are one way we prepare to do this very thing, and we can't do that unless our lives are being transformed by Him.
- Hence, the goal of every session is that you will grow more like Jesus in some small way.
- In order to do this, we will focus on God's Word, encourage one another and commit to praying for one another.
- Each week, there are individual rhythms we encourage that will help you "love and follow Jesus."
- Similarly, there are corporate rhythms that help us in our spiritual formation.
- Consistent practice of these rhythms is part of the holistic development of disciples, and this booklet is designed to touch on that development.
- This holistic framework will give structure to your meeting time.

The individual rhythms overview (for those that haven't taken the Rhythms course):

Prayer: Talking to God and listening to Him via His Word, His Spirit-Filled people and His creation. If you don't know how to pray, a good start is the Lord's Prayer in Matthew 5.

Abide in the Word: Reading the Bible, prayerfully, asking God to show you what He wants for you. A good practice is to read with a pen & journal to write your thoughts as He leads them.

Silence: choosing to avoid speaking in order to listen to what He might want to say to us. Another **Solitude:** avoidance of interaction with others in order to be alone with Him. Silence enhances this.

Reflection (especially effective at the end of the day, maybe before sleep): Take some time in stillness to experience His presence, tell God things you're thankful for, make note of where you experienced Him today--or where you didn't—and note instances of loving your “neighbor” well—or failure to do so. Ask God for what He may want for you in the day tomorrow.

Other rhythms that will likely be practiced less frequently: Fasting (food; if there's an area you are seeking specific guidance); giving joyfully (financially as an act of worship) and rest (setting aside time to enjoy your life and choosing to refrain from work)

The corporate rhythms overview (for those that haven't taken the Rhythms course):

Worship gathering: A time for our family to be together to participate corporately in the rhythms of worship together.

Participation in community: A time to engage in huddle, as well as other forms of being together as a church family (such as concerts, conferences/classes, events, etc.)

Lord's Supper: A chance for our family to reflect on the person and work of Jesus and look forward in hope to His coming again in a symbol of eternal unity.

Baptism: A one-time action of a declaration of faith in Christ. It is our hope that everyone be baptized, as well as choosing to enjoy the celebration of others who choose to do so.

Using your gift to serve the Body: We have been given a gift to help the body of Christ come to maturity in faith, and we benefit by your presence.

Having a ministry of love for neighbor: We choose to exemplify the abundant life in order to fulfill our mission of bringing the extraordinary life of Jesus Christ to a lost and broken world.

Weekly Rhythms: Women in the Bible

Day 1

Prayer--see prayer slide for day one

Time in the Word—see the time in the word slide for day one.

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 2

Prayer--see prayer slide for day two

Time in the Word—see the time in the word slide for day two

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 3

Prayer--see prayer slide for day three

Time in the Word—see the time in the word slide for day three

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Weekly Rhythms: Women in the Bible

Day 4

Prayer--see prayer slide for day four

Time in the Word—see the time in the word slide for day four

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 5

Prayer--see prayer slide for day five

Time in the Word—see the time in the word slide for day five

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 6

Prayer--see prayer slide for day six

Time in the Word—see the time in the word slide for day six

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Prayer, Day 1

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray aloud the following prayer from St. Augustine:
 - O Lord my God, I believe in you, Father, Son and Holy Spirit. Insofar as I can, insofar as you have given me the power, I have sought you. I became weary and I labored. O Lord my God, my sole hope, help me to believe and never to cease seeking you. Grant that I may always and ardently seek out your countenance. Give me the strength to seek you, for you help me to find you and you have more and more given me the hope of finding you. Here I am before you with my firmness and my infirmity. Preserve the first and heal the second. Here I am before you with my strength and my ignorance. Where you have opened the door to me, welcome me at the entrance; where you have closed the door to me, open to my cry; enable me to remember you, to understand you, and to love you. Amen.

Women in the Bible: Abigail

Day 1, (1 Samuel 25: 1-13)

- Background & Insights on the Reading:
 - Saul was pursuing David to kill him, which is why David ran to the wilderness. He had found work protecting fields and flocks with his large team, for which they expected to be paid for their services.
 - With Nabal's reaction to David's request, David then became as Saul - looking to hunt down and kill Nabal. David is full of himself and empty of God. Abigail restores the beauty of God to David, his original identity.
 - David knows he can't kill Saul (God's anointed) to keep Saul from pursuing him. But is David then taking his frustrations out on Nabal?
 - David getting even (with Nabal) will make him even (like) someone he doesn't even like.
- Questions for Reflection:
 - Have you been in a time “between” where you were and where you hoped to be in the future, like you’re just waiting on God? What is that like?
 - Can you think of other ways that David could’ve responded other than what he chose to do? If you were his advisor, what options would you suggest?
 - What practical steps can you take to avoid “knee-jerk” reactions?

Prayer, Day 2

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.

- If you are new to prayer, or struggle with focus, you may want to pray using the Lord's Prayer as an outline for your own words to express...

Tell God how thankful you are for the privilege of calling the King of Kings "our Father," & that He listens and hears.

God is worthy of honor and worship

We should acknowledge that things on earth are not what they are supposed to be, and that we should ask God to be aware of His presence and strive to see what He wants this world to be. We should let others see His Kingdom by how we live.

We should be thankful that He provides our basic needs.

We should pray for forgiveness and forgive others

We should name our weaknesses and our temptations, and for the Spirit to strengthen us. We should close with praise.

Women in the Bible: Abigail

Day 2, (1 Samuel 25: 14-22)

- Background & Insights on the Reading:
- Nabal (in 1 Sam 25:10) acts as if he's not aware of who David is. But he knows who David's father is. And Abigail is very aware of who David is and his "kingly" reputation.
- It's possible that Nabal had the same understanding of David's reputation and was feigning ignorance to further insult David. This is purely conjecture. Either way, Nabal insults David.
- Questions for Reflection:
- Notice how word gets back to Abigail from the servant of Nabal who worked alongside David's men. What do you notice about the integrity of the workers? Do you think David influenced them?
- Keep in mind the culture of the times. Notice that Abigail didn't tell her husband the plan. What might've her consequences have been? What do you think her risks were?
- What was David's mindset in verse 22?

Prayer, Day 3

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray using the ACTS method as an outline for your own words to express...
- Adoration (a time of worship): don't be afraid of "artistic expressions" here, or to use Psalms or hymns or other forms of praise.
- Confession: We all fall short and miss the mark. Confession of sin helps us our relationship to God.
- Thanksgiving: Simply tell God what you're thankful for.
- Supplication: Asking God for needs of the world, our country & leaders, our church, and anything and everything else. God wants to hear from you.

Women in the Bible: Abigail

Day 3, (1 Samuel 25:23-31)

- Background & Insights on the Reading:

Abigail catches David off-guard, got his attention and made him stop?

- She uses/leverages her knowledge of David's past - with Goliath and even (it appears) with his anointing as king.
- She's being overly respectful and subservient (as his servant - even calling him "Master")
- She speaks to his potential. She gives him credit for being a better man than he actually is. She says that David is not a wrong-doer, but a good man.
- She reminds David of the story when he slew Goliath and essentially asks, "What story do you want to tell about this situation, especially when you're king?"
- Abigail speaks God back into David's life with prayer and poetry. She is beauty both inner and outer.

- Questions for Reflection:

- What do you notice about Abigail's approach to David? Compare her actions with David's in the previous reading.
- Notice the content of Abigail's speech to David in v. 26-31. What is she aware of the David has seemingly forgotten?
- What is Abigail's primary concern?

Prayer, Day 4

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray using the breath method to pray:
- Simply take a Psalm and breathe in as you read the first line, and then exhale on the second.
- Take deep, long, slow breaths.
- Good examples are Psalm 46 & 47, but almost every Psalm can be done this way. Try to focus on the ones that focus on God and/or resonate with where you are at the moment.

Women in the Bible: Abigail

Day 4, (1 Samuel 25:32-35)

- Background & Insights on the Reading:

Abigail catches David off-guard, got his attention and made him stop?

- She uses/leverages her knowledge of David's past - with Goliath and even (it appears) with his anointing as king.
- She's being overly respectful and subservient (as his servant - even calling him "Master")
- She speaks to his potential. She gives him credit for being a better man than he actually is. She says that David is not a wrong-doer, but a good man.
- She reminds David of the story when he slew Goliath and essentially asks, "What story do you want to tell about this situation, especially when you're king?"
- Abigail speaks God back into David's life with prayer and poetry. She is beauty both inner and outer.

- Questions for Reflection:

- Notice David's response. What do you think caused his anger to subside? (verse 34)
- David gives praise to God for sending Abigail and her part in keeping him from harming his path to becoming king. Can you think of a time God has done something similar for you & praise Him for it?

Prayer, Day 5

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to simply pray using a Psalm...they are really great prayers! Find one that you resonate with, and pray it aloud:
- Simply take a Psalm, such as Psalm 23 or 51
- Pray aloud, even if in a whisper, slowly and with concentration on the words.
- Try to be attentive to the thoughts that come to mind and discern if those may be something God is trying to tell you.

Women in the Bible: Abigail

Day 5, (1 Samuel 25:36-43)

Background:

Nabal is celebrating his bountiful harvest with an excessive party. Abigail decided to wait until after he sobered up to inform him of how close he came to death.

This news apparently sent him into shock, or possibly lead to a stroke. 10 days later he died.

This has been a rough stretch for David, with the death of his mentor Samuel earlier in the chapter and his wife Michel (Saul's daughter) leaving him.

- Questions for Reflection:
- What character traits can you list from this chapter regarding Abigail?
- Are there circumstances in your life right now that are hindering your focus on what God is trying to do in your circumstances?
- Who are your good friends that can speak truth into your life? Who are you a good friend to?

Prayer, Day 6: A Time for Reflection

Traditional time of Examen	A Few Thoughts on This Method
<p>This is a version of the five-step Daily Examen that St. Ignatius practiced.</p> <ol style="list-style-type: none">1. Become aware of God’s presence.2. Review the day with gratitude.3. Pay attention to your emotions.4. Choose one feature of the day and pray from it.5. Look toward tomorrow.	<ol style="list-style-type: none">1. Breathe & slow down. Ask God to make you aware of His presence and to bring to mind moments of your day to focus on.2. Walk through your day and give thanks for areas where you saw God “show up” and for His blessings.3. The things you feel when you review often highlight areas where God wants you to focus and what he wants to teach you. Often this results in confession when you see your emotions out of line with walking in the Spirit.4. Ask God to show you moments where you loved others well (or, conversely, He may bring to mind an area you didn’t). Give thanks or ask forgiveness as warranted.5. Think through your day tomorrow and ask God what He may be calling you to do or be in the upcoming day.

Women in the Bible: Abigail

Day 6, Psalm 14

Background:

Notice this psalm is written in such a way that it describes “fools.” We saw that Nabal is certainly someone who didn’t see God at work, and we also saw how David was about to do something foolish before Abigail provided him with insight.

- Questions for Reflection:
- What is the chief difference between a fool and a wise person according to this psalm? Cross reference Proverbs 1:7.
- What are some steps you can take that will help you to be more aware of the work of God in your life than to let the concerns of this world cause you to live as if there’s no God?

Sermon Series: This is Us. "Gritty Grace."

Day 3, last day on John 8: 1-11

- Background & Insights on the Reading:
- Interesting fact: this section of the Bible is debated as to whether or not it should be included in the New Testament. The oldest manuscripts don't include it.
- Scribes = highly educated and legal scholars.
- Pharisees - an elite group of educated and religious leaders known for their strict adherence to the Old Testament laws.
- Questions for Reflection:
- Read the verses slowly and deliberately. Relax, take a few deep breaths & be still.
- Reflect on Jesus' words at the end of the section, "Go, and sin no more."
- Think about the connection between receiving God's grace and how we live our lives. Ask God to give you insights into what "going, and sinning no more" might look like in your everyday life. Consider writing them in a journal.

Sermon Series: This is Us. "Gritty Grace."

Day 4, Ephesians 2: 1-3

- Background & Insights on the Reading:
 - In chapter 1, the apostle Paul prays for the church in Ephesus that they would be given all spiritual wisdom and a deeper knowledge of Christ.
 - That chapter also lists a number of descriptions of who we are in Christ, among them: chosen, adopted, given every spiritual blessing, holy, blameless, heirs, etc.
 - This letter is written to followers of Christ, so try to keep that in mind.
- Questions for Reflection:
 - What is the verb tense in these verses? Why might that be significant?
 - From these verses, make a list of four things true of people before they come to know Christ.
 - What might your life look like if those things were still true of you?

Sermon Series: This is Us. "Gritty Grace."

Day 5, Ephesians 2: 4-7

- Background & Insights on the Reading:
 - Remember from yesterday that we left off with Paul telling us what we WERE. The first word of verse 4, "but," let's us know that something different is about to happen.
 - That chapter will add to the descriptions of who we are in Christ found in chapter one that included being chosen, adopted, given every spiritual blessing, holy, blameless, etc.
 - This letter is written to followers of Christ, so try to keep that in mind.
 - "Grace" is translated from the Greek word "charis," which means undeserved favor.
- Questions for Reflection:
 - Now make a list of the descriptions of who we are now from these verses. There are approximately three. How does this give you encouragement?
 - How is God described in verse 4? How does this affect the way you see Him?
 - From verse 7, why did God show us grace?

Sermon Series: This is Us. "Gritty Grace."

Day 6, Ephesians 2: 8-10

- Background & Insights on the Reading:
 - Remember from yesterday that we left off with Paul telling us what we WERE. The first word of verse 4, "but," let's us know that something different is about to happen.
 - That chapter will add to the descriptions of who we are in Christ found in chapter one that included being chosen, adopted, given every spiritual blessing, holy, blameless, etc.
 - This letter is written to followers of Christ, so try to keep that in mind.
 - "Grace" is translated from the Greek word "charis," which means undeserved favor.
- Questions for Reflection:
 - How are we saved, according to verse 7? What do you think this means, practically speaking?
 - What did we do to deserve this grace in v.9? If this is true, do you think there's anything we can do to lose it? Why or why not?
 - According to verse 10, we are His "workmanship." (some interpret this as "masterpiece") If this is true, how does this affect how you see yourself? How might it influence how you treat others?

Huddle Meeting: (suggested time = 30 mins)

General Check-In (10 minutes)

Describe your sleep habits this week.

Describe your dietary habits this week.

Describe your exercise habits this week.

Describe your development in intellectual curiosity this week (keeping up with current events, artistic endeavors, learning new skills, hobbies, etc)

Emotional Check-In (10 minutes)

Using the SACHET wheel, describe how you're doing emotionally right now. You may want to write down some of these to pray for your huddle during the week.



Rhythms Check-In (10 minutes)

Describe your experience with the individual rhythms this week.

Describe your experience with the corporate rhythms this week.

How can the huddle encourage you this week in these areas? Or...

...How can you encourage the huddle this week in these areas?

Huddle Meeting: Discussion for Growth

10 Minutes:

What is something you feel God truly taught you this week?

20 Minutes (based on 1 Samuel 25 & Psalm 14):

How do you think Abigail became a woman who had the ability to be so discerning of God's will? What are some ways you can do some of those things to grow in knowing Him that well?

Think about the difference between fools and wise people we saw this week. Are there areas where, even though we believe in God, we act as if He isn't there? What might some of those areas be? What steps can we take to avoid this?

Regardless of your faith level, if you were to make any changes in your life based on what we read this week, what would that look like?

Additional Helps & Resources:

<https://www.planobiblechapel.org/tcon/notes/html/ot/1samuel/1samuel.htm>

This is an excellent resource from a Dallas Seminary professor who taught all the books of the Bible in his career. They are Dr. Tom Constable's class notes. Very academic, but free & very insightful. Simply scroll the PDF until you get to 1 Samuel 25.

https://www.amazon.com/Leap-Over-Wall-Spirituality-Christians-ebook/dp/B08JM1SF3V/ref=sr_1_1?crid=1W9ID265QT9VB&dchild=1&keywords=leap+over+a+wall+eugene+peterson&qid=1632416135&srefix=leap+over+a+wall%2Caps%2C225&sr=8-1

This is an easy, enjoyable read about the life of David and how we can apply these lessons to everyday life. The chapter on Abigail is excellent, and Eugene Peterson was a beloved pastor and seminary professor.