



SESSION 2

BIBLE STORY

Abigail Saves the Day

1 Samuel 25

HERO CODE

God's Heroes Have Courage

HERO VERSE

"Do good! Seek peace and go after it!" Psalm 34:14B

MATERIALS

- Bible Story Poster
- Play food

EXPERIENCE THE BIBLE STORY

TRANSITION INTO THE BIBLE STORY

Invite children to stop their current activity and prepare for the Bible Story by joining in this Action Rhyme.

Calling all Heroes (cup your hands around your mouth)

Far and Near ...

Gather around. There's a story to hear!

Oh my goodness, there's so much to do ...

Come on, Heroes ... We're waiting for you!

BIBLE STORY POSTER

Place the poster for Session 2 at child's eye level.

Have the children gather around the poster. Let's use our superhero vision to look at today's story poster! Look carefully, Heroes. What do you see?

Invite the children to place their hands around their eyes (like binoculars) and use their "hero vision" to look at the Bible story poster. Invite the children to take turns identifying story elements from the poster. Ask question to review today's story. Show children the poster before and after the telling of the Bible story.

GET READY

FOOD SCAVENGER HUNT.

Gather a variety of play food items and hide them around the room.

In our Bible story we will hear how a hero named Abigail used her courage to help and feed others. Using your superhero powers, move around the area and locate a food or drink item. When you find one, hold it up over your head and say, "God's Heroes Have Courage!"

It's time for today's Bible story. Let's move to our story circle together. Please bring your items with you.



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MATERIALS

- Bible Story Poster
- Basket or grocery bag
- Play Food

TELL THE BIBLE STORY

Place large basket or grocery bag in the middle of the story circle.

Good job, Heroes! As you gather around, please find an item from the bag. Hold on to it. We will use it during our story. Our Bible lesson can be found in the Bible book of 1 Samuel.

Open the Bible to 1 Samuel.

In our last session, we heard a story of how God chose David to be a leader. In this story, David is all grown up. One day, David and his men were camping. They were hungry since they didn't have anything to eat.

David sent a few of his men to Nabal's house to ask for some food. Nabal was not kind. He was selfish and mean. Even though David had been kind to Nabal's family, Nabal would not share his food with David.

Nabal had a wife named Abigail. Abigail was a kind and generous woman. She knew that David had been good to the people of her household. Abigail gathered food for David and his men. She gathered bread, meat, fruit, and something to drink. She put all of the food into baskets.

What do you have to put in the basket?

Invite each child to add her/his food item to the basket. Have each child identify the food item as she/he places it in the basket.

Abigail took the food to David and his men. They were very thankful for the food. Abigail was a hero. She had the courage to do what was right.

THINK ABOUT IT

- What did Abigail do?
- How did she show courage?



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MATERIALS

- Bible Story Poster
- Masking Tape
- Hula Hoops

RESPOND TO THE BIBLE STORY

RESPONSE PRAYER

Thank you, God, for the story of Abigail. Help us always to have the courage to do what is right. Amen.

RESPONSE ACTIVITY

ROPES AND HOOPS COURSE

Create a design on the floor with masking tape and hula hoops. Suggest your Heroes use their courage to follow the course without falling off or losing their balance. When they come to a hula-hoop, they spin the hoop around their waists, drop it, then move to the next section of the course.

Repeat the Hero Code as they are doing the course. Remind children that heroes have to use courage to help others.

HERO VERSE

Open the Bible to Psalm 34:14b

God's Word says, "Do good! Seek peace and go after it!"

Heroes, let's give a thumbs-up whenever we say "Do good!" Okay, show me those thumbs when we say it. *(together)* "Do good!"

Now let's add a peace symbol when we say "Seek peace!" Like this: *(demonstrate)*. All together, now: "Seek peace!"

For the last part, we're going to make a superhero pose, with one fist stretched way up high and the other about shoulder height. *(Demonstrate the superhero pose.)* "Go after it!" Now you try!