

# TOPHER'S WEEKLY LESSON

In the Bible, in the Book of 1st Samuel, there was a very rich man named Nabal. Nabal had lots and lots of goats and even more sheep. Nabal wasn't just rich, he was also very mean. There was also a man named David who loved God very much. One day, David and his soldiers were traveling through Nabal's land. They were running low on food and they were VERY hungry.

David and his men needed food, so he sent a message to Nabal. He said, "Dear Nabal, I hope you are doing very well! In the past, we treated your people very nicely. Now please do the same for us. Please give us any extra food you can find so we can eat." Then Nabal sent a mean message back to David. He said, "Dear David. Who do you think you are? You are no one special! Why should I give you food that belongs to ME? No—I won't give you anything!" When David heard this message, he felt very mad—so mad that he told his men to get their swords ready so they could attack Nabal

Nabal had a wife named Abigail who was very nice. When Abigail heard what her husband, Nabal, had done, she quickly gathered lots of food and took it to David. She said to David, "Don't pay any attention to Nabal. He is a mean man! Here is some food for you and your people. You are a great man, so please forgive him and show us your kindness." Suddenly, David didn't feel mad anymore. He was so happy to hear what Abigail said.

David said to Abigail, "Praise God for sending you. You have stopped me from hurting Nabal." Then he took the food from Abigail and promised to be kind.

**THE BIG IDEA:** GOD IS WITH ME WHEN I AM MAD!  
**BIBLE BASIS:** 1 SAMUEL 25:1–35

## ACTIVITY: JULY 12, 2020

**FEELING MAD** (Response to God Activity)

**Supplies:** GO! Home Guide (printed on back of coloring sheet, 1 per child), crayons

**Question:** How do you think God can help you when you feel mad?

**Directions:** Give each child a GO! Home Guide and some crayons or markers. The sheet will have a space for children to draw. Tell the children to draw a picture of a mad face. While they're drawing, ask them to share about something that makes them feel mad.

**Say:** When people are mean to us, it's easy to feel mad. That's okay—everyone gets mad sometimes, but God doesn't want us to be mean back. Let's say a prayer together and tell God about the things that make us mad. Then we can ask Him to help us not be mad anymore.

**Prayer:** Begin by asking if any of the children would like to pray. Allow any children who want to pray the opportunity to do so. When they're finished, close the prayer by telling God about some of the things shared by the children. Ask God to help the children forgive people when they do mean things.

**WHAT'S THE  
BIG IDEA?**

