

**Steady in the Storm**  
Unsung Heroes – Part 1  
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**Abigail's Heroics: \_\_\_\_\_ in an Emotional Storm (1 Samuel 25)**

- Productive action comes when we \_\_\_\_\_ our emotions. (1 Samuel 25:14-29)

Proverbs 25:28 (ESV)

<sup>28</sup> *A man without self-control  
is like a city broken into and left without walls.*

- God's word is an \_\_\_\_\_ that steadies us in life's storms. (1 Samuel 25:29-31)

Proverbs 16:20 (ESV)

<sup>20</sup> *Whoever gives thought to the word will discover      good, and blessed is he  
who trusts in the LORD.*

- \_\_\_\_\_ words diffuse volatile situations. (1 Samuel 25:32-35)

Proverbs 15:1 (ESV)

<sup>1</sup> *A soft answer turns away wrath,  
but a harsh word stirs up anger.*

- There is \_\_\_\_\_ for those who act wisely. (1 Samuel 25:36-42)

Proverbs 8:32 (ESV)

<sup>32</sup> *"And now, O sons, listen to me:  
blessed are those who keep my ways.*

### My Next Step today is to...

- ☐ Read a chapter in Proverbs each day this week to learn God's ways that lead to blessing.
- ☐ Ask God to help me choose self-control in \_\_\_\_\_.
- ☐ Practice HEY, SAY, PRAY, OBEY when I face an emotionally charged situation this week.

### Tackle bad emotions with HEY, SAY, PRAY, OBEY...

**HEY** Identify the emotion I am experiencing.

**SAY** A Bible Verse that combats the emotion I am experiencing.

**PRAY** Father, please help me do right and change (emotion) to do (God's Way).

**OBEY** Refuse the bad emotion. Move forward to do the next right thing regardless of how I am feeling.

Emotion	Biblical Response
Impatience	Psalm 27:14 (ESV) - <sup>14</sup> <i>Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!</i>
Anger	Psalm 4:4a (ESV) - <i>Be angry, and do not sin</i>
Bad Fear	Deuteronomy 31:6 (ESV) - <sup>6</sup> <i>Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.</i>
Expectations	James 4:15 (ESV) - <sup>15</sup> <i>Instead you ought to say, "If the Lord wills, we will live and do this or that."</i>
Self-Pity	Psalm 42:5–6 (ESV) - <sup>5</sup> <i>Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation</i>