



Rock Point Church

Bill Bush | 2.1.26

Big Idea: Emotions are your dashboard, not your destination.

1 Samuel 25:1-35 (NLT)

¹ Now Samuel died, and all Israel gathered for his funeral. They buried him at his house in Ramah.

Then David moved down to the wilderness of Maon. ² There was a wealthy man from Maon who owned property near the town of Carmel. He had 3,000 sheep and 1,000 goats, and it was sheep-shearing time. ³ This man's name was Nabal, and his wife, Abigail, was a sensible and beautiful woman. But Nabal, a descendant of Caleb, was crude and mean in all his dealings.

⁴ When David heard that Nabal was shearing his sheep, ⁵ he sent ten of his young men to Carmel with this message for Nabal: ⁶ "Peace and prosperity to you, your family, and everything you own! ⁷ I am told that it is sheep-shearing time. While your shepherds stayed among us near Carmel, we never harmed them, and nothing was ever stolen from them. ⁸ Ask your own men, and they will tell you this is true. So would you be kind to us, since we have come at a time of celebration? Please share any provisions you might have on hand with us and with your friend David." ⁹ David's young men gave this message to Nabal in David's name, and they waited for a reply.

¹⁰ “Who is this fellow David?” Nabal sneered to the young men. “Who does this son of Jesse think he is? There are lots of servants these days who run away from their masters. ¹¹ Should I take my bread and my water and my meat that I’ve slaughtered for my shearers and give it to a band of outlaws who come from who knows where?”

¹² So David’s young men returned and told him what Nabal had said. ¹³ “Get your swords!” was David’s reply as he strapped on his own. Then 400 men started off with David, and 200 remained behind to guard their equipment.

¹⁴ Meanwhile, one of Nabal’s servants went to Abigail and told her, “David sent messengers from the wilderness to greet our master, but he screamed insults at them. ¹⁵ These men have been very good to us, and we never suffered any harm from them. Nothing was stolen from us the whole time they were with us. ¹⁶ In fact, day and night they were like a wall of protection to us and the sheep. ¹⁷ You need to know this and figure out what to do, for there is going to be trouble for our master and his whole family. He’s so ill-tempered that no one can even talk to him!”

¹⁸ Abigail wasted no time. She quickly gathered 200 loaves of bread, two wineskins full of wine, five sheep that had been slaughtered, nearly a bushel[b] of roasted grain, 100 clusters of raisins, and 200 fig cakes. She packed them on donkeys ¹⁹ and said to her servants, “Go on ahead. I will follow you shortly.” But she didn’t tell her husband Nabal what she was doing.

²⁰ As she was riding her donkey into a mountain ravine, she saw David and his men coming toward her. ²¹ David had just been saying, “A lot of good it did to help this fellow. We protected his flocks in the wilderness, and nothing he owned was lost or stolen. But he has repaid me evil for good. ²² May God strike me and kill me if even one man of his household is still alive tomorrow morning!”

²³ When Abigail saw David, she quickly got off her donkey and bowed low before him. ²⁴ She fell at his feet and said, “I accept all blame in this matter, my lord. Please listen to what I have to say. ²⁵ I know Nabal is a wicked and ill-tempered man; please don’t pay any attention to him. He is a fool, just as his name suggests. But I never even saw the young men you sent.

²⁶ “Now, my lord, as surely as the Lord lives and you yourself live, since the Lord has kept you from murdering and taking vengeance into your own hands, let all your enemies and those who try to harm you be as cursed as Nabal is. ²⁷ And here is a present that I, your servant, have brought to you and your young men. ²⁸ Please forgive me if I have offended you in any way. The Lord will surely reward you with a lasting dynasty, for you are fighting the Lord’s battles. And you have not done wrong throughout your entire life.

²⁹ “Even when you are chased by those who seek to kill you, your life is safe in the care of the Lord your God, secure in his treasure pouch! But the lives of your enemies will disappear like stones shot from a sling! ³⁰ When the Lord has done all he promised and has made you leader of Israel, ³¹ don’t let this be a blemish on your record. Then your conscience won’t have to bear the staggering burden of needless bloodshed and vengeance. And when the Lord has done these great things for you, please remember me, your servant!”

³² David replied to Abigail, “Praise the Lord, the God of Israel, who has sent you to meet me today! ³³ Thank God for your good sense! Bless you for keeping me from murder and from carrying out vengeance with my own hands. ³⁴ For I swear by the Lord, the God of Israel, who has kept me from hurting you, that if you had not hurried out to meet me, not one of Nabal’s men would still be alive tomorrow morning.” ³⁵ Then David accepted her present and told her, “Return home in peace. I have heard what you said. We will not kill your husband.”

- Face your feelings, don't chase your feelings.

Proverbs 29:11 (NLT)

11 Fools vent their anger,
but the wise quietly hold it back.

Two Questions – Filtering Emotions

1) Why am I feeling this so strongly?

- Physical: "Am I exhausted, under chronic stress, not taking care of my body?"
- Story: "Does this poke an old wound? Rejection, disrespect, betrayal?"
- Heart: "What am I craving? Control, respect, safety, approval?"

2) What truth am I missing or misreading about God's character, my identity, and my future?

- God's Word: What does Scripture say about this situation and this emotion?
- God's Spirit: What is the Spirit nudging? Peace or warning?
- God's people: Who is my 'Abigail' who can help me see what I don't see?"
- Follow wisdom, not your whims, wants, or wounds.

Whims: Impulse, reactivity, the urge to respond right now - Redirect

Wants: Desire for comfort, control, respect, relief - Release

Wounds: Unhealed pain that keeps talking louder than truth - Resurrender

Psalm 13:1–6 (NLT)

For the choir director: A psalm of David.

¹ O Lord, how long will you forget me? Forever?

How long will you look the other way?

² How long must I struggle with anguish in my soul,
with sorrow in my heart every day?

How long will my enemy have the upper hand?

³ Turn and answer me, O Lord my God!

Restore the sparkle to my eyes, or I will die.

⁴ Don't let my enemies gloat, saying, "We have defeated him!"

Don't let them rejoice at my downfall.

⁵ But I trust in your unfailing love.

I will rejoice because you have rescued me.

⁶ I will sing to the Lord

because he is good to me.

5-DAY S.O.A.P. READING PLAN

FACE. FILTER. FOLLOW WISDOM.

Day 1 – Face Your Feelings

S – Scripture

Psalm 13:1–6

O – Observation

(What This Scripture Is Saying? Clearly and in Context)

Psalm 13 was written by David during a long, difficult season when God's promises felt delayed. David had been told he would one day be king, but instead he was living in danger, hiding, and waiting. The psalm opens with repeated cries of "How long?" — not because David lacks faith, but because the waiting has been painful.

David is honest about what's happening inside him. He feels forgotten, unseen, and worn down emotionally. The Bible does not criticize David for these feelings. Instead, it shows us that emotional health begins with honesty. David faces his feelings by bringing them directly to God rather than pretending everything is fine.

Facing feelings doesn't mean acting on them. It means naming them truthfully in God's presence. The psalm ends with trust, not because circumstances changed, but because David remembered God's faithful love. Scripture shows us that God welcomes honesty and meets us there.

A — Application

What emotion has been strongest in me lately?

Have I been honest with God about it?

Am I more comfortable hiding my feelings or bringing them into the light?

Meditation: Sit quietly and name one feeling before God without judging it.

P — Prayer

What to pray: Honesty, openness, trust.

Sample Prayer: God, I bring You what I actually feel, not what I think I should feel.

Help me face what's real and trust You with it.

Amen.

Day 2 – Don’t Chase Your Feelings

S — Scripture

Proverbs 29:11

O — Observation

Proverbs is written to teach God’s people how to live wisely in everyday life. Proverbs 29:11 contrasts two responses to emotion. The foolish person releases emotion without restraint, while the wise person slows down and chooses how to respond.

The Bible doesn’t say emotions are bad. It warns us that emotions can be dangerous when they are allowed to control behavior. Chasing feelings means reacting quickly, venting without wisdom, or letting emotion decide what we say or do.

Wisdom is not emotional numbness. It is self-control guided by truth. God calls His people to pause, reflect, and respond in ways that lead to life rather than regret.

A — Application

When emotions rise, do I react or pause?

Where have quick reactions caused problems for me?

What would wisdom look like in my next emotional moment?

Meditation: Practice slowing down before responding today.

P — Prayer

What to pray: Restraint, patience, self-control.

Sample Prayer: Lord, help me slow down when my emotions are strong.

Teach me wisdom that leads to peace.

Amen.

Day 3 – Filter Your Feelings Through Truth

S — Scripture

Psalm 13:3–6

O — Observation

David’s emotions in Psalm 13 don’t disappear — but they are filtered through truth. His feelings tell him one story: “God has forgotten me.” But as he reflects, he remembers what he knows to be true about God’s faithful love.

Filtering feelings means asking whether our emotions are telling the full truth. Emotions are real, but they are not always accurate interpreters of reality. Scripture helps us test emotional conclusions against God’s character and promises.

David teaches us that emotional health grows when truth is allowed to shape how we interpret what we feel.

A — Application

What story are my emotions telling me right now?

Does that story line up with what Scripture says about God?

What truth do I need to remind myself of today?

Meditation: Write one sentence of truth to counter an emotional lie.

P — Prayer

What to pray: Clarity, trust, renewed perspective.

Sample Prayer: God, help me see clearly when emotions distort my thinking.

Anchor my heart in what is true.

Amen.

Day 4 – Follow Wisdom, Not Your Whims, Wants, or Wounds

S — Scripture

1 Samuel 25:23–35

O — Observation

In this passage, David is emotionally exhausted. Nabal's insult triggers anger that has been building under stress and fear. David is about to make a decision that would damage his future.

Abigail steps in with wisdom. She doesn't dismiss David's feelings, but she reminds him of God's promises and who he is becoming. Her wisdom helps David pause and choose a better response.

This story shows that wisdom often comes through other people and that listening can save us from regret. David chooses wisdom instead of reacting from impulse (whims), desire (wants), or unresolved pain (wounds).

A — Application

What tends to drive my decisions most: whims, wants, or wounds?

Who has God placed in my life to speak wisdom when I'm emotional?

Where do I need to pause before acting?

Meditation: Ask God to show you one area where wisdom needs to lead.

P — Prayer

What to pray: Humility, wisdom, teachability.

Sample Prayer: God, help me listen before I act.

Lead me by Your wisdom, not my reactions.

Amen.

Day 5 – Let Wisdom Steer Your Life

S — Scripture

James 1:5–8

O — Observation

James writes to believers facing pressure and uncertainty. He reminds them that God gives wisdom generously to those who ask. Wisdom brings steadiness when emotions pull us in different directions.

The “double-minded” person is unstable because they are divided inside. Wisdom brings focus and direction. When we trust God’s wisdom, we are less controlled by emotional swings and more grounded in faith.

God’s wisdom is available, but it must be sought with trust and humility.

A — Application

Where do I need wisdom right now?

Am I seeking God’s direction or just emotional relief?

What step of obedience is wisdom inviting me to take?

Meditation: Sit quietly and ask God for wisdom today.

P — Prayer

What to pray: Trust, clarity, obedience.

Sample Prayer: Father, I need Your wisdom.
I choose to trust You rather than my emotions.
Guide my steps today.
Amen.

GROUPS QUESTIONS:

1. What stood out to you most in this week’s message, and why?

2. Pastor Bill shared that emotions are guides, not goals. Why do you think it is often easier to react to emotions than to slow down and listen to what they are signaling?
3. Read 1 Samuel 25:9–13. What do you notice about how pressure and unaddressed emotions can influence a person's reactions?
4. What are some common ways people try to avoid, suppress, or chase emotions instead of facing them honestly?
5. Read Psalm 13:1–2. What thoughts or feelings surface when you see how openly David brings his emotions to God?
6. Pastor Bill emphasized filtering emotions rather than following them. How does that idea change or challenge the way you think about emotional maturity?
7. Read Proverbs 29:11. What do you think wisdom looks like when emotions feel intense or overwhelming?
8. Pastor Bill described how past wounds, unmet wants, or impulses can quietly steer our decisions. Which of those do you think most often shapes your reactions, and why?