

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.
1 Thess. 5:23

I will raise up for myself a faithful priest, who will do according to what is in my heart and mind. I will firmly establish his priestly house, and they will minister before my anointed one always.
1 Samuel 2:35

FAITHFUL MEN

1 Samuel 25

WEEK #: 19

Men, do you know that one of the hardest things for men to do is to restrain ourselves? Psychologists report that men suffer from anger, compulsiveness and the need to seek justice more than women. They say the main cause of this is the fact that men have a hard time restraining from doing things. We are fixers by nature and we have a tendency to not like to leave things undone.

Did you know that restraint is actually a fruit of the Spirit? It can also be synonymous with self-control. The Bible speaks of retraining ourselves in Proverbs 23:4;

“Do not wear yourself out to get rich; have the wisdom to show restraint.”

In 1 Samuel 25 we see David continuing to be on the run from Saul. At this moment he seeks refuge in the home of Nabal. Nabal was not a very good man and did not show David the respect he felt he deserved so as a result David set out to kill Nabal. However Nabal’s wife Abigail asked David to show restraint and not kill Nabal. David must have thought about it for a while and then responded that he would show restraint and not take the life of her husband. Restraint is something that if not observed could lead to larger issues. Sometimes we have to be still before the Lord in situations where our first movement is reaction.

1. What happened the last time you chose not to practice restraint in a situation? What have you learned from it?
2. Is there another man in your life whom you would listen to if they advised you to show restraint, whether in your marriage, your kids, your job or yourself? Would you feel comfortable asking him to hold you accountable? Why or why not?
3. If God has requested of you to show restraint in a habit or situation, why have you not granted His request?

As Faithful Men we have a calling to not only lead our homes, families, businesses, and communities but also a call to lead through the difficult times. We are called to be “faithful” to the God who provides us with a savior and a heavenly reward. We are called to show restraint in many situations but never in our pursuit of Christ.

You’re doing great! Keep peeling back the onion and exposing your heart to God’s grace, healing and leadership.

Dr. Greg