Growing in Faith and Purpose

A WOMAN OF SALT BIBLE STUDY

PARTICIPANT GUIDE | COMPLIMENTARY PREVIEW

Inside this sample

- An excerpt from Session One — Called to Be Salty
- A Scripture observation and reflection exercise
- The Session One discipleship statement
- A seven-day Kingdom Living Challenge adapted from the guide's S.A.L.T. Character Practice

Prepared for church leaders, women's ministries, and Bible study coordinators.

Doris Willis | www.ameasureofgrace.com

Copyright © 2026 A Measure of Grace, LLC.

Session One | Called to Be Salty

Spiritual Discipleship Stage: IDENTITY
S.A.L.T. Discipleship Focus: Character Before Influence
Primary Biblical Character: Abigail — 1 Samuel 25

“You are the salt of the earth.” — Matthew 5:13 (ESV)

Central Truth: A Woman of Salt understands that godly influence begins with Christlike character expressed through integrity, discretion, wisdom, dependence upon God, courage, and self-control.

Central Question: What kind of woman must I become if my life is to influence others toward God?

Preparing My Heart

Jesus did not tell His followers merely to try to become salt. He declared an identity: “You are the salt of the earth” (Matthew 5:13, ESV).

That identity carries responsibility. Before Jesus made this declaration in Matthew 5:13, He described the character of kingdom citizens in the Beatitudes—humility, hunger for righteousness, mercy, purity of heart, peacemaking, and faithfulness under opposition. The sequence is significant: kingdom influence grows from kingdom character.

This first session therefore does not begin by asking: How can I become more influential? It begins with a more personal question: What kind of woman is Jesus Christ calling me to become?

Meet Abigail: Character Revealed in Crisis

Read 1 Samuel 25:2–35

Abigail enters the biblical narrative in the middle of a dangerous conflict.

Her husband, Nabal, had responded insultingly to David after David requested provisions. David became angry and moved toward Nabal's household intending retaliation.

Then something important happened. A servant went to Abigail.

The Book calls attention to this detail. The servant believed Abigail would listen, understand, take the danger seriously, act wisely, and make a trustworthy decision. Her influence did not suddenly appear during the crisis; the servant's willingness to approach her suggests that trust in her character had already been established.

EXCERPT FROM THE PARTICIPANT GUIDE

Explore the Scripture

Read 1 Samuel 25:2–35 in your Bible. Then record your observations.

According to 1 Samuel 25, what had Nabal done?

_____

What was David preparing to do?

_____

What did the servant tell Abigail?

_____

How did Abigail respond?

_____

What did Abigail do quickly?

_____

Where do you see humility in her response?

_____

Where do you see wisdom?

_____

Where do you see courage?

_____

Where do you see restraint or self-control?

_____

Observe Her Character

As you read the passage, place a check beside the qualities you see demonstrated in Abigail.

☐ Integrity
☐ Discretion
☐ Wisdom
☐ Intelligence
☐ Strength
☐ Courage
☐ Self-control

☐ Humility
☐ Peacemaking
☐ Discernment
☐ Initiative
☐ Other: _____

Bring It Home

Bring It Home

When I am under pressure, I tend to:

_____

When I feel misunderstood, I tend to:

_____

When someone speaks harshly to me, I tend to:

_____

Your Discipleship Journey

SPIRITUAL DISCIPLESHIP STAGE: IDENTITY

S.A.L.T. FOCUS: CHARACTER BEFORE INFLUENCE

My Session Discipleship Statement

I am called to be salt, and Christlike character gives credibility to my influence.

Make It Personal

Because I am called to be salt, I want my life to:

_____

_____

The character of Christ needs to become more visible in my:

_____

_____

Living It Out

Choose one area of growth from the Character Inventory to work on in the coming week. Record your experience below as you focus on that specific character trait.

The character quality I want God to strengthen in me is:

_____

The situation in which this quality is most often tested is:

_____

One Scripture I will use to guide me is:

_____

One practical response I will begin practicing is:

_____

One prayer I will pray is:

_____

Kingdom Living Challenge

SEVEN-DAY S.A.L.T. CHARACTER PRACTICE

This sample challenge is adapted from the Participant Guide's "Between Sessions" practice.

Choose one quality for the coming week:

☐ Integrity
☐ Discretion
☐ Wisdom
☐ Dependence upon God
☐ Courage
☐ Self-Control

For seven days:

Pray about it each morning.
Ask the Holy Spirit to make you alert to opportunities to practice the quality.

Read a related Scripture.

Watch for a real-life opportunity.
Pay attention to conversations, decisions, frustrations, relationships, and unexpected circumstances.

Pause before responding.
Ask: What response would honor Christ here?

Journal briefly at the end of the day.

My Seven-Day Reflection

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

At the end of the week: What did God reveal about my character and influence?

_____

_____

A Closing Prayer

Father, form the character of Christ in me. May the people who encounter my life experience truth, wisdom, grace, courage, humility, and love. Help me become a faithful Woman of Salt. In Jesus' name, Amen.

To explore the complete five-session study, contact A Measure of Grace Publishing: www.ameasureofgrace.com

Copyright © 2026 A Measure of Grace, LLC. Scripture references use the ESV unless otherwise indicated.