

## News Story Summary

Zika, a rapidly spreading mosquito-borne virus, has been linked to birth defects. The mosquito that causes Zika is very difficult to control and eliminate. There are no vaccines or cures for Zika, so the CDC has issued the most effective ways to protect against mosquito bites.

The CDC recommends the use of mosquito repellent with effective ingredients such as DEET, oil of lemon eucalyptus, picaridin, or IR 3535. They do not recommend the use of citronella oil, cedar oil, geranium oil, peppermint oil, and soybean oil. They also recommend that homeowners eliminate standing water, both inside and outside the home where mosquitos breed. A single tablespoon of water can produce up to 300 mosquitos.

(For more on this story, search the Internet using the phrase “save yourself from Zika virus.”)

## Focus Attention

Before the session begins write the following old fashioned remedies to repel mosquitos on the board: baby oil, imitation vanilla extract, apple cider vinegar, garlic. After group members are settled, point to the board and ask if anyone has used one of the listed methods to repel mosquitos. Ask several members to share their experiences. Read the news summary about avoiding the Zika virus. Ask: *Why do some people still use old remedies to protect themselves from such an infectious mosquito?*

Explain that today’s session focuses on King David’s relationship with a sheep rancher named Nabal. After David and his men protected Nabal, Nabal disrespected David. This caused David to launch an attack against Nabal. But before David reached Nabal, his wife Abigail intervened. Challenge the group to look for ways David was protected as they study today’s passage.

## Challenge

Remind the group of the Zika virus news summary. Explain that the CDC has identified ingredients that can keep us safe from the Zika virus. We do not have to take matters into our own hands, choosing to use remedies that may not work. David recognized that he did not have to take matters into his own hands. Ultimately, it was God who punished Nabal and saved David’s honor. Challenge members to decide today that they will go to God in the face of conflict, instead of taking matters into their own hands.