ZIPHITES - THE POWER OF REFINEMENT

(*ziph*) = "smelter/refiner"

Chapter 24

David cuts the corner of Saul's robe, but restrains himself from killing him.

Chapter 25

Though insulted and mistreated by Nabal, David refrains from killing him.

Chapter 26

David restrains Abishai from killing Saul, but only takes Saul's spear and water flask.

- Joseph & his brothers
- Joseph & Potiphar's wife
- Jacob & Laban
- Paul & his "thorn in the flesh"