



Heart-to-Heart

Lessons From Hannah; Essential Habits of a Disappointed Woman's Heart

Week 1 | Jan. 20 (PM) | Jan. 22 (AM) | 2014

Proverbs 13:12 (AMP) "Hope deferred makes the heart sick, but when the desire is fulfilled, it is a tree of life."

deferred (Hebrew) = to drag or seize; prolonged, delayed
sick (Hebrew) = weak or diseased, can also mean grieved

I Samuel 1:6-20

There was a certain man ... whose name was Elkanah ... ² He had two wives; one was called Hannah and the other Peninnah. Peninnah had children, but Hannah had none.

³ Year after year this man went up from his town to worship and sacrifice to the LORD Almighty at Shiloh, where Hophni and Phinehas, the two sons of Eli, were priests of the LORD. ⁴ Whenever the day came for Elkanah to sacrifice, he would give portions of the meat to his wife Peninnah and to all her sons and daughters. ⁵ But to Hannah he gave a double portion because he loved her, and the LORD had closed her womb. ⁶ Because the LORD had closed Hannah's womb, her rival kept provoking her in order to irritate her. ⁷ This went on year after year. Whenever Hannah went up to the house of the LORD, her rival provoked her till she wept and would not eat. ⁸ Her husband Elkanah would say to her, "Hannah, why are you weeping? Why don't you eat? Why are you downhearted? Don't I mean more to you than ten sons?"

⁹ Once when they had finished eating and drinking in Shiloh, Hannah stood up. Now Eli the priest was sitting on his chair by the doorpost of the LORD's house. ¹⁰ In her deep anguish Hannah prayed to the LORD, weeping bitterly. ¹¹ And she made a vow, saying, "LORD Almighty, if you will only look on your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the LORD for all the days of his life, and no razor will ever be used on his head."

¹² As she kept on praying to the LORD, Eli observed her mouth. ¹³ Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk ¹⁴ and said to her, "How long are you going to stay drunk? Put away your wine."

¹⁵ "Not so, my lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the LORD. ¹⁶ Do not take your servant for a wicked woman; I

have been praying here out of my great anguish and grief.”

¹⁷ Eli answered, “Go in peace, and may the God of Israel grant you what you have asked of him.”¹⁸ She said, “May your servant find favor in your eyes.” Then she went her way and ate something, and her face was no longer downcast.

¹⁹ Early the next morning they arose and worshiped before the LORD and then went back to their home at Ramah. Elkanah made love to his wife Hannah, and the LORD remembered her.²⁰ So in the course of time Hannah became pregnant and gave birth to a son. She named him Samuel, saying, “Because I asked the LORD for him.”

²¹ When her husband Elkanah went up with all his family to offer the annual sacrifice to the LORD and to fulfill his vow,²² Hannah did not go. She said to her husband, “After the boy is weaned, I will take him and present him before the LORD, and he will live there always.”

²³ “Do what seems best to you,” her husband Elkanah told her. “Stay here until you have weaned him; only may the LORD make good his word.” So the woman stayed at home and nursed her son until she had weaned him.

²⁴ After he was weaned, she took the boy with her, young as he was, along with a three-year-old bull, an ephah of flour and a skin of wine, and brought him to the house of the LORD at Shiloh.²⁵ When the bull had been sacrificed, they brought the boy to Eli,²⁶ and she said to him, “Pardon me, my lord. As surely as you live, I am the woman who stood here beside you praying to the LORD.²⁷ I prayed for this child, and the LORD has granted me what I asked of him.²⁸ So now I give him to the LORD. For his whole life he will be given over to the LORD.” And he worshiped the LORD there.

rival (Hebrew) = vexer

vex = to irritate, annoy, provoke, torment, trouble, distress, plague, worry

Essential Habits of the Disappointed Woman’s Heart

1. Hannah sought the Lord.

Matt. 6:31-34 (AMP) ³¹Therefore do not worry *and* be anxious, saying, What are we going to have to eat? or, What are we going to have to drink? or, What are we going to have to wear? ³² For the Gentiles

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(heathen) wish for *and* crave *and* diligently seek all these things, and your heavenly Father knows well that you need them all. ³³ But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides.

³⁴ So do not worry or be anxious about tomorrow, for tomorrow will have worries *and* anxieties of its own. Sufficient for each day is its own trouble.

verse 32 seek (Greek) = a craving or longing, mostly of evil desires; a desperate, self-centered craving

verse 33 seek (Greek) = to seek by thinking, to covet earnestly

2. Hannah ruled her own spirit.

To rule one's spirit = to control, restrain the inner-man

If we stop what is out-of-control *within* us, it will not *pour out* of us!

3. Hannah trusted in God, not in her circumstances!

Proverbs 3:5-6 (AMP) Lean on, trust in, *and* be confident in the Lord with all your heart *and* mind and do not rely on your own insight or understanding. In all your ways know, recognize, *and* acknowledge Him, and He will direct *and* make straight *and* plain your paths.

4. Hannah made the Lord known to the next generation.

5. Hannah prayed fervently.

James 5:16b(AMP) The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working].

6. Hannah was bold in faith.

7. Hannah expressed gratitude.

I Samuel 2:18-21

¹⁸ But Samuel was ministering before the LORD—a boy wearing a linen ephod. ¹⁹ Each year his mother made him a little robe and took it to him when she went up with her husband to offer the annual sacrifice. ²⁰ Eli would bless Elkanah and his wife, saying, “May the LORD give you children by this woman to take the place of the one she prayed for and gave to the LORD.” Then they would go home. ²¹ And the LORD was gracious to Hannah; she gave birth to three sons and two daughters. Meanwhile, the boy Samuel grew up in the presence of the LORD.

Samuel grew up and became a man of prayer, *as was his mother!* (I Samuel 7:5-8, 8:6; 12; 16-25; 15:10-11)

Write down a habit or a vow that you are willing to commit to and cooperate with God to accomplish in 2014.

“Don’t leave commitments in your brain. Write them on paper. This does two things. First, it creates clarity by defining in specific terms what your change means. Second, it keeps you committed since it is easy to dismiss a thought, but harder to dismiss a promise printed in front of you.” - Scott Young, *Tips for Breaking Bad Habits and Developing Good Habits*

For Further Study

Spend some time praying, and if necessary, get honest with yourself and God about things or people that have disappointed you. Is there a lie you can identify that is attached to that disappointment; something you have come to believe that is untrue? Write down the truth that you will choose to believe in place of the lie. Speak that truth out loud the next time you are tempted to feel overwhelmed by that disappointment.

Review the essential habits below. Which ones do you need to give attention to; either in developing that habit up for the first time, renewing it or improving it? Take some time to meditate on the corresponding verses and write down what it will look like in your life to start, renew or improve that habit.

Or, since there are seven habits take one for each day of the week and reflect on and journal about it along with the corresponding verses, adding some of your own on the subject.

1. Seek the Lord (especially when your heart is hurting).

- Lamentations 3:22-25
- Psalm 119:71-74
- Matthew 6:31-34

2. Rule your own spirit (especially when you are being wrongly treated).

- Habakkuk 3:17-19
- 2 Corinthians 4:17-18
- 1 Peter 2:22-23

3. Trust in God and not in your circumstances (especially when your circumstances are marked by disappointment).

- Jeremiah 29:11
- Psalm 138:7-8
- Proverbs 3:5-6; 16:9
- John 14:1-3

4. Make the Lord known to the next generation (even if you don't have children of your own).

- Deuteronomy 6:1-9
- Psalm 78:4-7
- 2 Corinthians 1:3-4

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5. Pray fervently (and continue to pray).

- Psalm 62:5
- Romans 11:33-36
- 1 Thessalonians 5:17
- James 5:16-17

6. Be bold in your faith (especially in places and relationships where you want to give up).

- Romans 4:18-24; 8:15-18
- 2 Corinthians 4:16-18
- 2 Corinthians 5:1-7
- Hebrews 11:6

7. Express gratitude (even in disappointment; thankful in all things).

- Psalm 100
- Philippians 4:6-7
- 1 Timothy 6:6-7