Welcome to Heart-to-Heart!
Lessons from Hannah;

Essential Habits of a Disappointed Woman’s Heart

Week 1 | 01.20.14 (PM) | 01.22.14 (AM)
Proverbs 13:12 (AMP) “Hope deferred makes the heart sick, but when the desire is fulfilled, it is a tree of life.”

defered (Hebrew) = to drag or seize; prolonged, delayed
sick (Hebrew) = weak or diseased, can also mean grieved
Hannah lived her life before God making one choice at a time to honor Him and others in the face of deep disappointment.
I Samuel 1:6-20
Elkanah loved Hannah very much but God had closed her womb so her “rival kept provoking her in order to irritate her.”

(NKJV) “… her rival provoked her severely, to make her miserable.”

rival (Hebrew) = vexer
vex = to irritate, annoy, provoke, torment, trouble, distress, plague, worry
Hannah’s “rival wife taunted her cruelly, rubbing it in and never letting her forget that GOD had not given her children.” (MSG)
Why might God have closed Hannah’s womb?
“It is easier to prevent bad habits than to break them.”
- Benjamin Franklin

Once we form a habit, it begins to form us!
Essential Habits of the Disappointed Woman’s Heart

1. Hannah sought the Lord.

2. Hannah ruled her own spirit.

3. Hannah trusted in God, not in her circumstances!
4. Hannah made the Lord known to the next generation.

5. Hannah prayed fervently.

6. Hannah was bold in faith.

7. Hannah expressed gratitude!
I Samuel 2:18-21
Write down a habit or a vow that you are willing to commit to and cooperate with God to accomplish in 2014.

A **vow** is a serious promise to do something or to behave in a certain way.