

She prayed until she had no words left

1 Samuel 1:9-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Hannah do with her bitterness — and what does God do with it?

2. What does it show me about people — and about myself?

What does this show you about being misunderstood while you pray — even by religious people — and where has that happened to you?

3. What will I obey this week? (a concrete step, with a day)

What have you been carrying alone? Pour it out to God this week — actually do it, with words or without them.

4. Who will I tell?

Who do you know who's given up on praying because it hasn't worked?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Lord, You heard a prayer that had no sound. Here's mine — the one I can't even say out loud.

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