

Hannah's lips move with no sound

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 show me about God?

Nobody in the room understood her — the priest thought she was drunk — and God understood perfectly. What does that show about God?

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

Hannah pours out the actual thing that is breaking her heart. Is it all right to tell God you are miserable?

3. What will I obey this week?

What is the real thing you have not told God yet? When will you tell him?

4. Who will I tell?

Who is sad and does not have words for it? How could you be kind to them this week?

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

God, Hannah was so sad she could not even get the words out, and you heard her anyway. Thank you that you can hear the prayers I do not know how to say.



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