**Praying Reveals More Than you Think**

*Series, Prayer: Unlocking the Possibilities of Your Life*

Sermon Notes

March 26, 2023

**INTRODUCTION**

### **1 Samuel 2:1-11**

### **Hannah’s Prayer**

**1** Then Hannah prayed and said:

“My heart rejoices in the Lord;
 in the Lord my horn is lifted high.
My mouth boasts over my enemies,
 for I delight in your deliverance.

**2** “There is no one holy like the Lord;
 there is no one besides you;
 there is no Rock like our God.

**3** “Do not keep talking so proudly
 or let your mouth speak such arrogance,
for the Lord is a God who knows,
 and by him deeds are weighed.

**4** “The bows of the warriors are broken,
 but those who stumbled are armed with strength.

**5** Those who were full hire themselves out for food,
 but those who were hungry are hungry no more.
She who was barren has borne seven children,
 but she who has had many sons pines away.

**6** “The Lord brings death and makes alive;
 he brings down to the grave and raises up.

**7** The Lord sends poverty and wealth;
 he humbles and he exalts.

**8** He raises the poor from the dust
 and lifts the needy from the ash heap;
he seats them with princes
 and has them inherit a throne of honor.

“For the foundations of the earth are the Lord’s;
 on them he has set the world.

**9** He will guard the feet of his faithful servants,
 but the wicked will be silenced in the place of darkness.

“It is not by strength that one prevails;

**10** those who oppose the Lord will be broken.
The Most High will thunder from heaven;
 the Lord will judge the ends of the earth.

“He will give strength to his king
 and exalt the horn of his anointed.”

**11** Then Elkanah went home to Ramah, but the boy ministered before the Lord under Eli the priest.

Old study argues that communication is composed of % nonverbal,

% vocal, and % words only.

**1 Samuel 1:10-11**

**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.”

**Theme & Goal:** The Lord **H** the cries behind our **W** .

“**T**  is the body’s protective response to an event – or a series of events – that it perceives as potentially dangerous. This perception may be accurate, or entirely imaginary… An embedded trauma response can manifest as flight, flee or freeze… This trauma then gets stuck until it is addressed.” Resmaa Menakem

“**D P**  is the pain of avoidance, blame and denial. When people respond from their most wounded parts, become cruel or violent, or physically or emotionally run away, they experience dirty pain. They also create more of it for themselves and others”

“**C P**  is pain that mends and can build your capacity for growth. It’s the pain you experience when you know, exactly, what you need to say or do; when you really, really, don’t want to say or do it; and when you do it anyway… it enables our bodies to grow through our difficulties

Faith is not **S** our emotions, it is trusting YHWH enough to share your

**H** emotions with him.

In the book of Samuel (1 & 2), the author is constantly **C**  two groups of people: warriors, the full, the one with many sons, **P** ; and stumbled, hungry, **B** , those in poverty.

All this imagery of **J** is a picture and foreshadow of another woman, another song and another **S** .

**Luke 1:46-47; 51-53**

**46** And Mary said:

“My soul glorifies the Lord

**47** and my spirit rejoices in God my Savior,

**51** He has performed mighty deeds with his arm;

he has scattered those who are proud in their inmost thoughts.

**52** He has brought down rulers from their thrones but has lifted up the humble.

**53** He has filled the hungry with good things but has sent the rich away empty.

**Luke 4:18-19**

**18** “The Spirit of the Lord is on me,

 because he has anointed me

 to proclaim good news to the poor.

He has sent me to proclaim freedom for the prisoners

 and recovery of sight for the blind,

to set the oppressed free,

**19** to proclaim the year of the Lord’s favor.”

**Values of mosaicHouse Church (based on Acts 2:42-47)**

Scripture to Know Jesus

**P**  to Meet Jesus

**G**  to Show Jesus

Community to Belong with Jesus

Sent Out to Go with Jesus

Movement to Multiply Jesus

In our **H** and salvation by the Spirit of Christ the low will be brought up and those exalted in this world will be **E** to loosen their grip on their power for the sake of the Kingdom.

**Theme & Goal:** The Lord **H** the cries behind our **W** .