



When Your Heart Breaks

With Angela Meek

Week 1

Big Idea: Hannah didn't hide her pain. She brought her broken heart honestly to God and found hope.

Main Scripture:

The Birth of Samuel

1 Samuel 1:1-18 1 There was a certain man from Ramathaim, a Zuphite[a] from the hill country of Ephraim, whose name was Elkanah son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephraimite. 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.

Key Point: Being real with God is the first step to standing strong.

Bottom Line: God hears the silent prayers of the hurting.

Application: What's one painful thing you need to bring honestly to God today?

INTERVIEW QUESTIONS

- Take us back to the moment when your world changed. What happened?
- What did your relationship with God look like in the middle of that pain?
- Was there ever a moment when you felt angry, confused, or even disappointed with God?
- Did you ever feel pressure to act like you were okay when you weren't?
- What did it look like for you to finally be honest with God?
- Did God change the situation, or did He begin by changing something in you?
- What would you say to somebody sitting here today whose heart is breaking quietly?

WRAP-UP — THE MOMENT EVERYTHING CHANGED

1 Samuel 1:18. "Then she went her way and ate something, and her face was no longer downcast."

- Notice this: She wasn't pregnant yet. The situation had not changed.
- The prayer had not been answered. But something in Hannah had changed.
- She walked into prayer carrying it. She walked out knowing God was carrying her.
- That is the invitation today. You do not have to leave with every answer.
- But you do not have to leave carrying everything you walked in with either.
- God hears the silent prayers of the hurting.
- So what is the one painful thing you need to bring honestly to God today?
- Stop saying, "I'm fine." Stop pretending it doesn't hurt. Stop thinking you have to clean yourself up before you come to Him. Pour out your soul.