



• 1 Samuel 1



- The Pain of Failure
 - suffering
 - defeat
 - loss
 - depression
 - overwhelmed

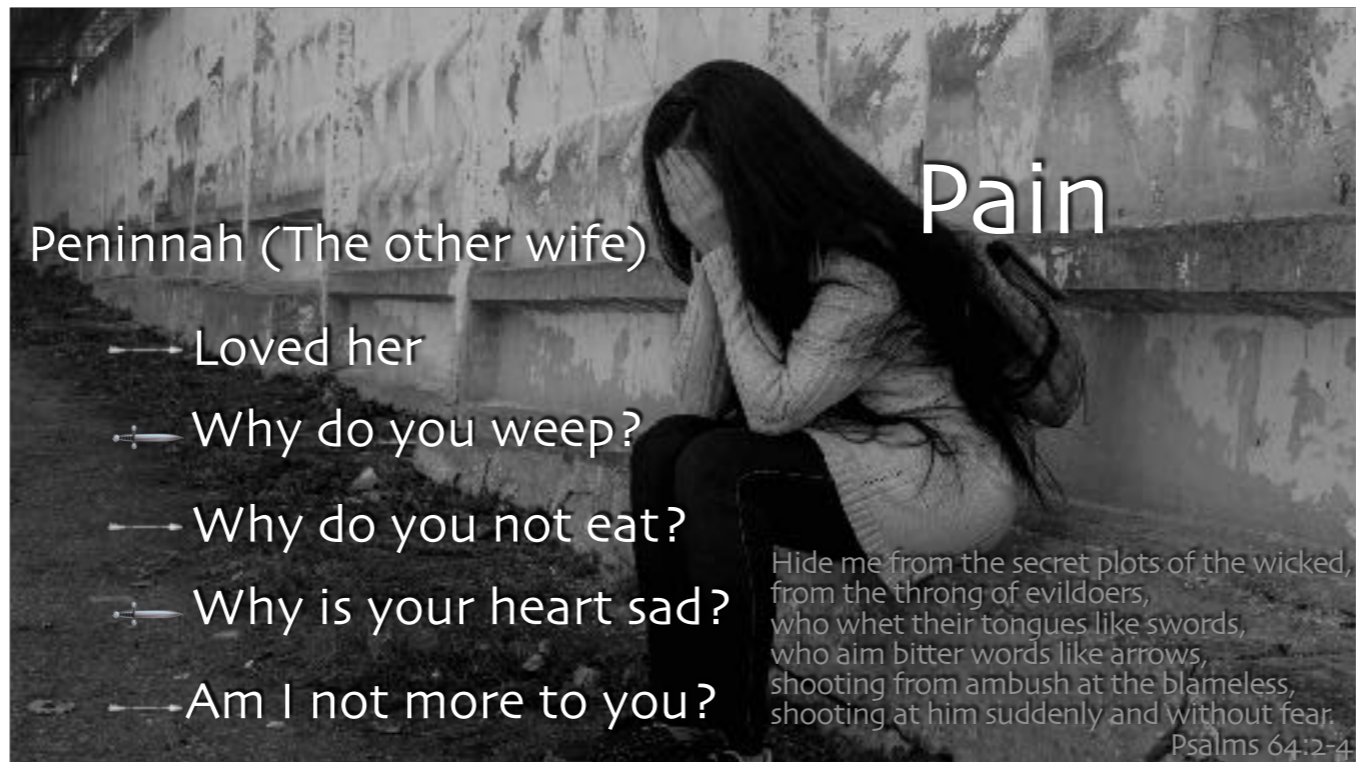


- Hannah was childless
 - Sarah, Rebekah, Rachel, Elizabeth
 - There is a clear stigma among women then (and now) about being unable to have a child.
 - “Jehovah closed her womb” (5, 6)
 - Was this really an active decisions by Jehovah?
 - Or was this a colloquial expression? (“act of God”)
 - Doesn’t matter? It was what was happening.



• Peninnah:

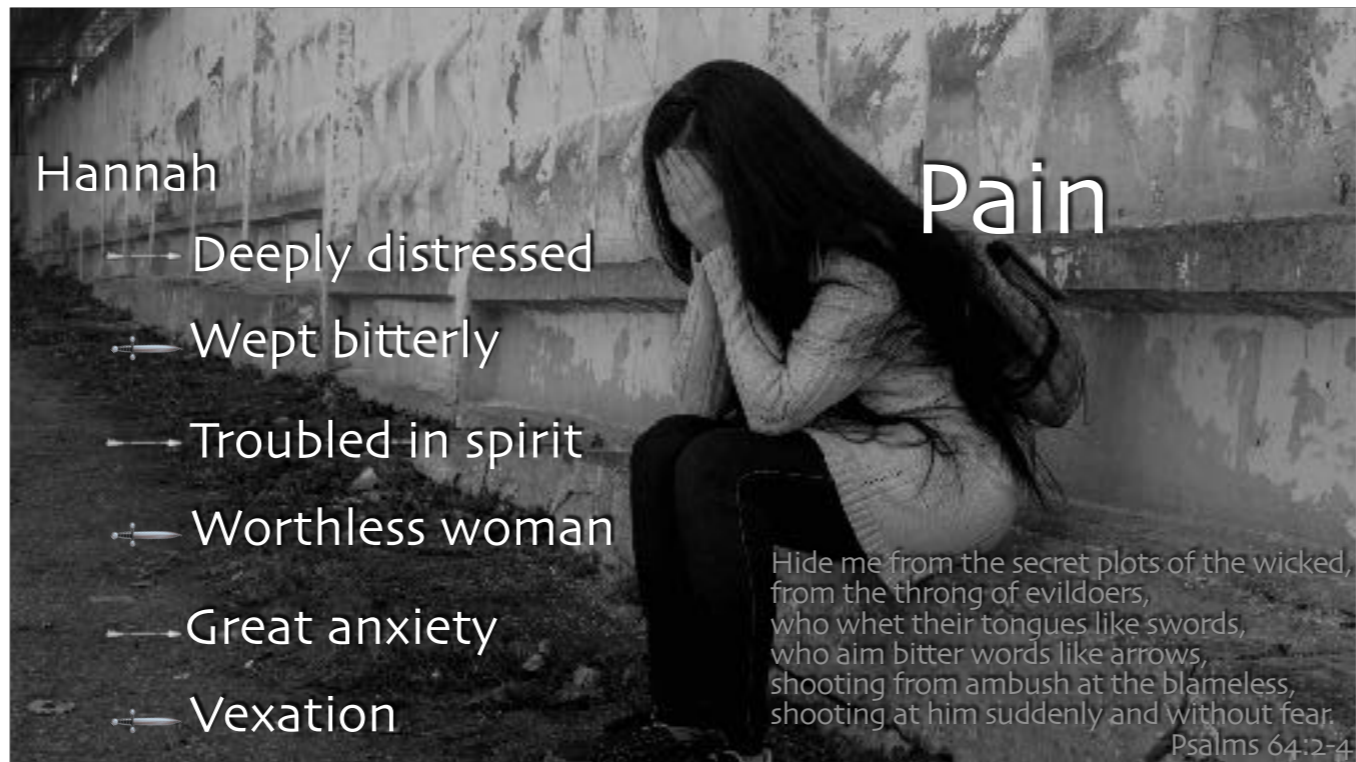
- rival & enemy
- provoke grievously
- irritate
- year by year
- provoke



- Elkanah
 - Loved her ... double portion
 - Tried to comfort her ... but it seems awkward at best.
 - Why weep? Why not eat? Why sad?
 - essentially trying to say she has no reason to be so sad
- Sometimes we try to comfort people by giving them reasons they should be happy.
 - But that doesn't change the reason that they are sad
 - The attempt to refocus can actually amplify their feeling of guilt because now they are pressured to be happy, but the original issue is unchanged

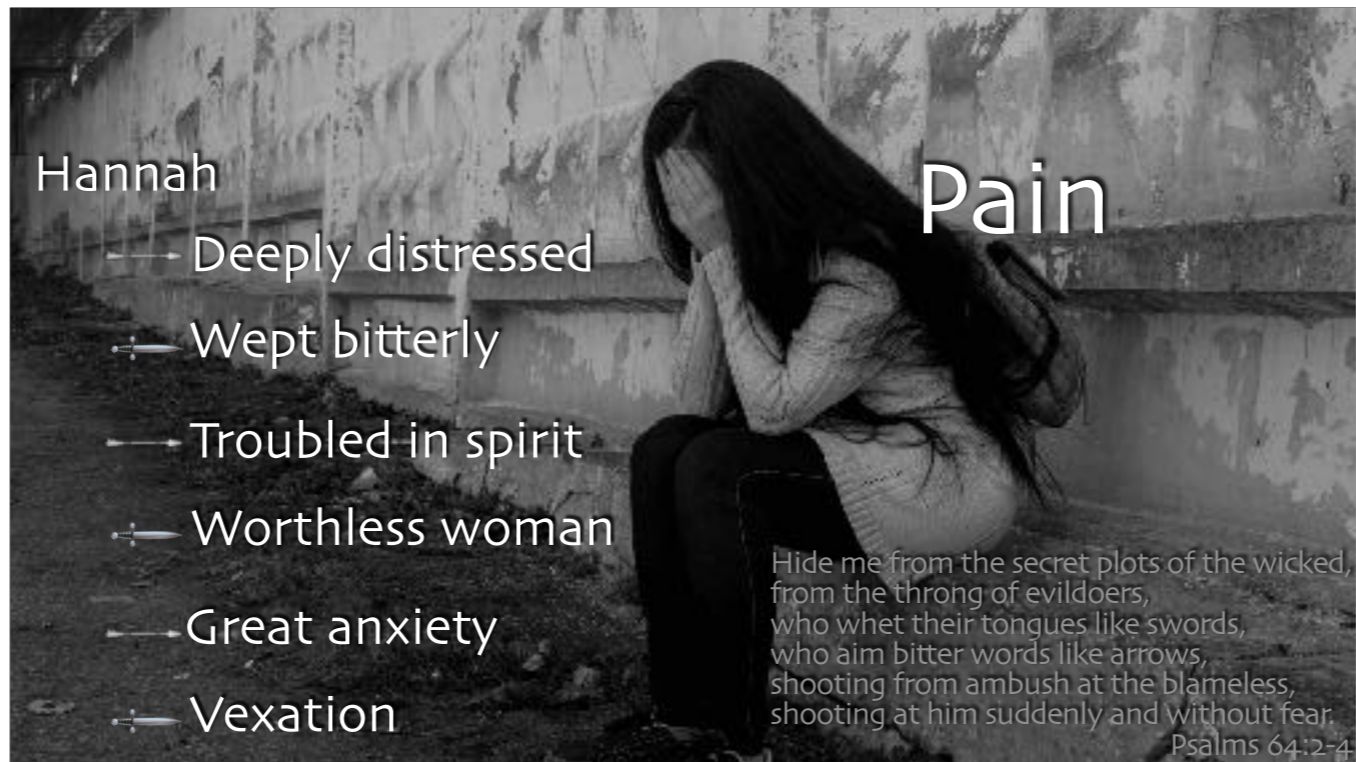


- Eli
- 13 - "took her to be a drunken woman"
- 14 And Eli said to her, "How long will you go on being drunk? Put your wine away from you."

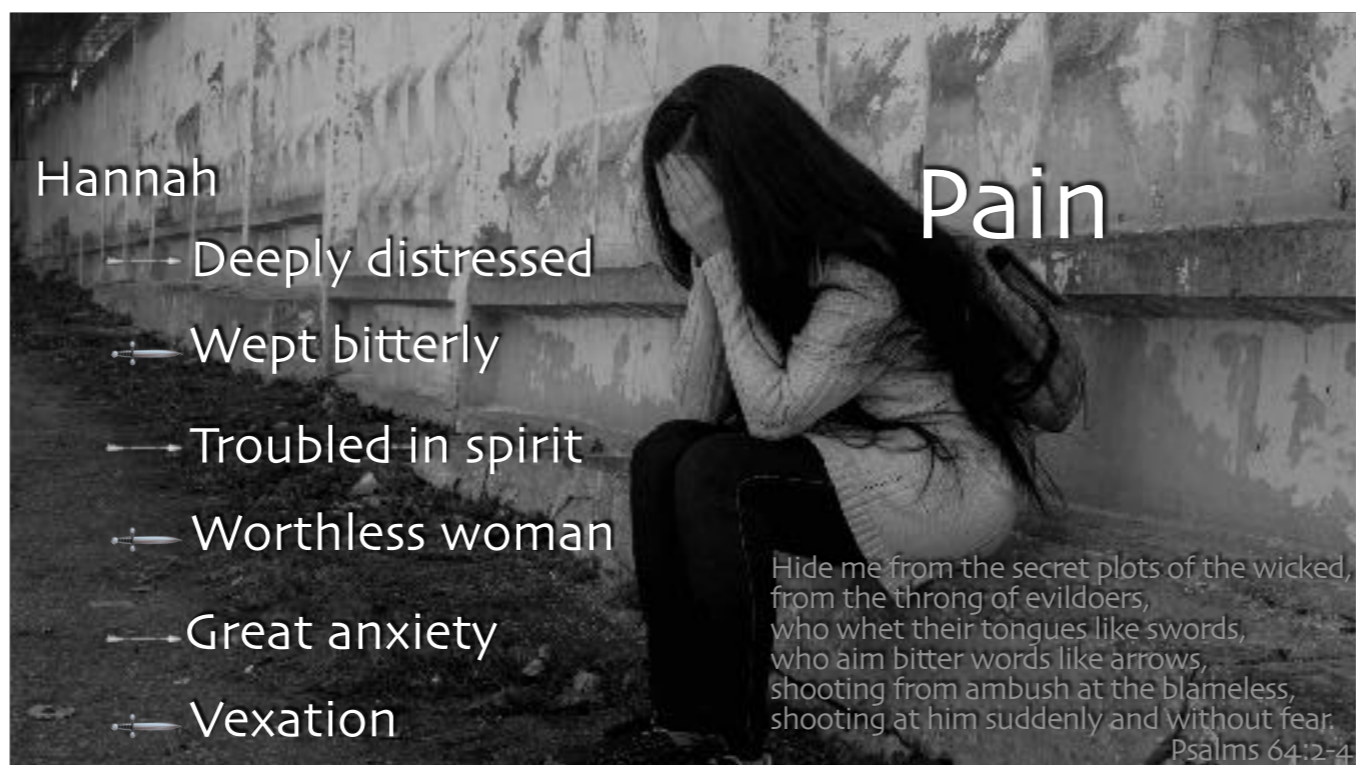


- Hannah

- 10) deeply distressed
- 10) wept bitterly
- 15) troubled in spirit
- 16) don't regard your servant as a worthless woman
- 16) great anxiety
- 16) vexation



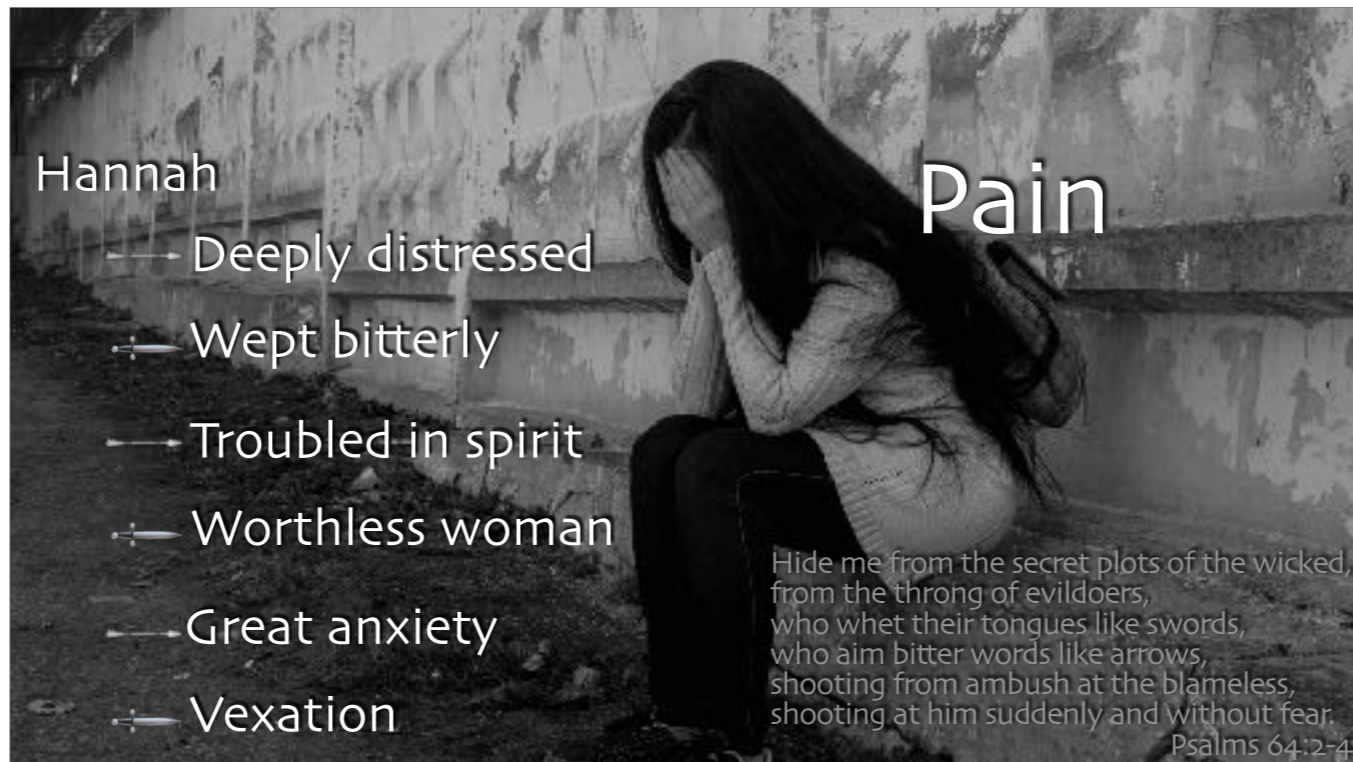
- How do we treat others when we know they are suffering?
- Peninah: rival and enemy
 - Saw the same thing with Leah and Rachel
 - When someone needs support, we do we hurt them?
 - Attacks
 - Indirect
 - Neglect, Ignore
 - False comfort



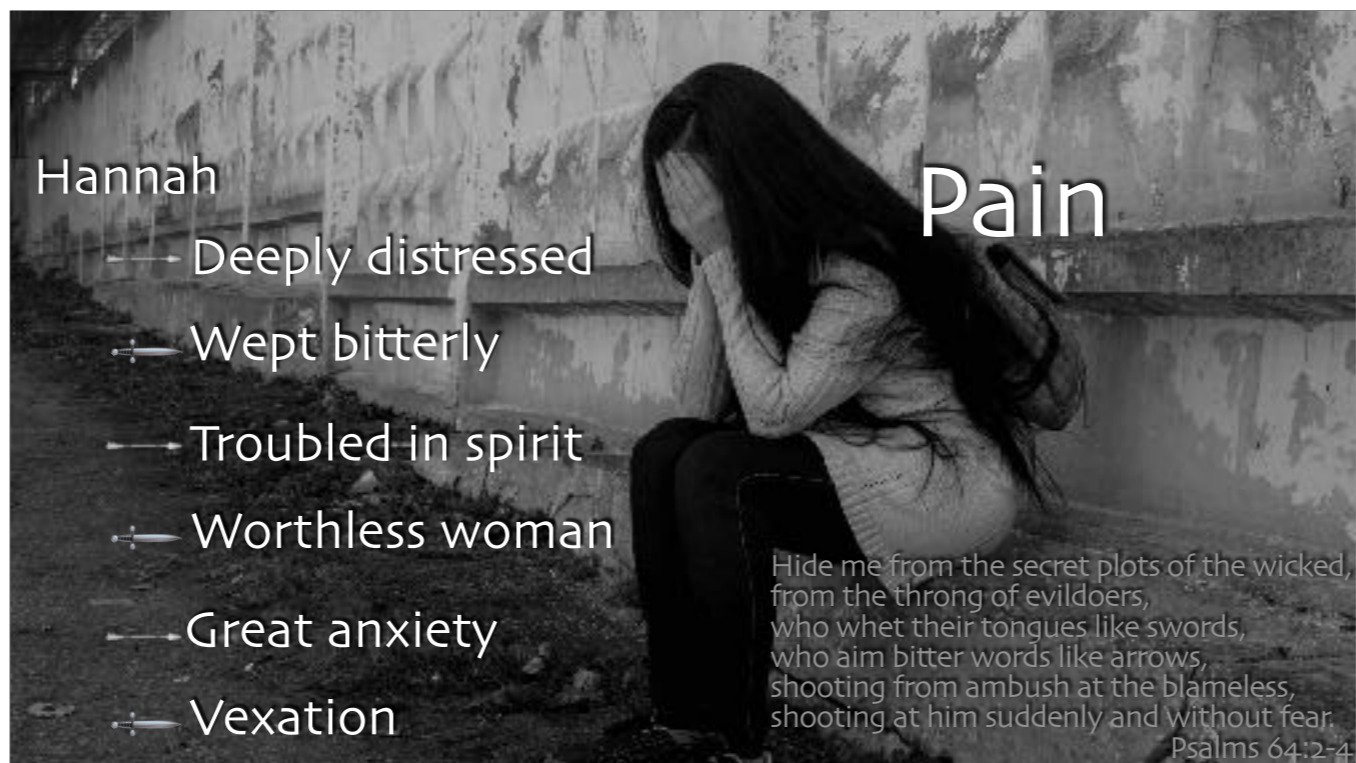
- Comforting — Job's Friends

- Job 2:11-13

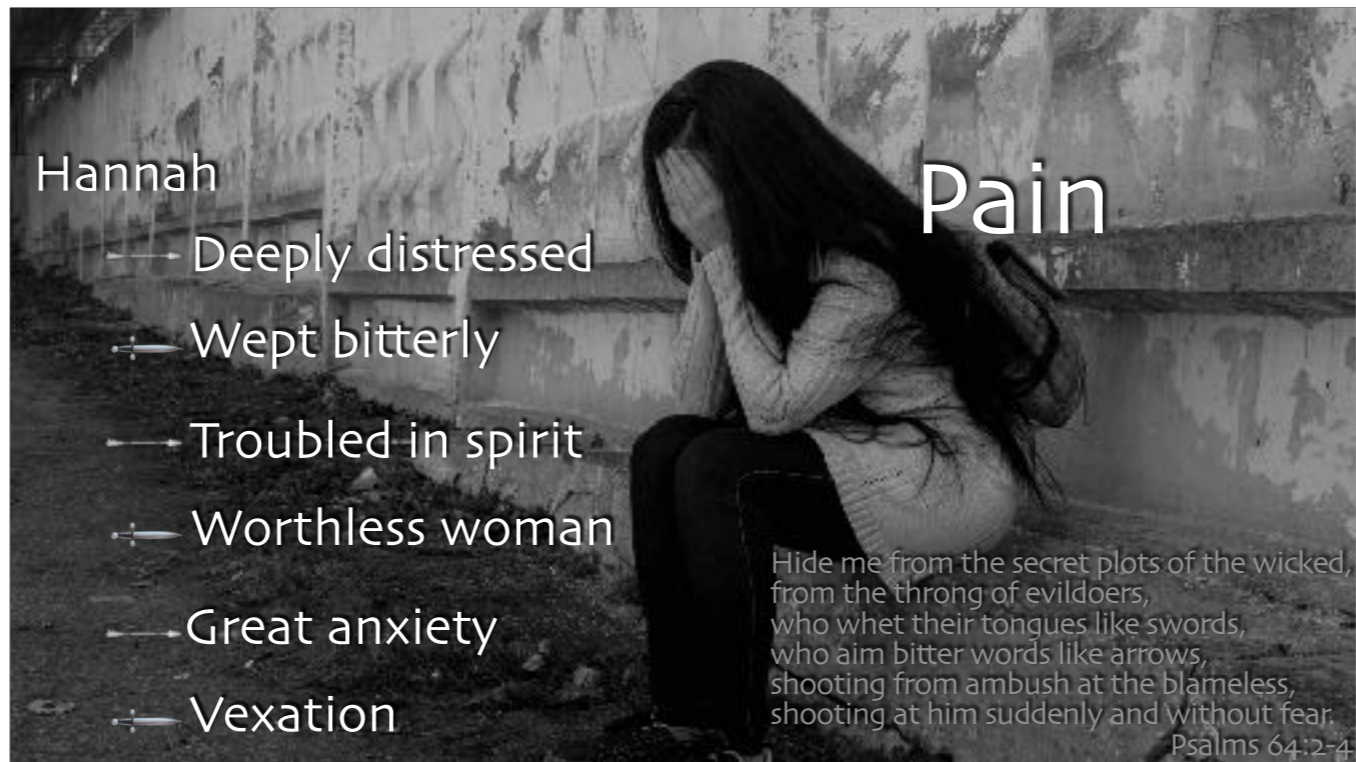
- 11 Now when Job's three friends heard of all this evil that had come upon him, they came each from his own place, Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite.
 - They made an appointment together to come to show him sympathy and comfort him.



- 12 And when they saw him from a distance, they did not recognize him.
 - And they raised their voices and wept, and they tore their robes and sprinkled dust on their heads toward heaven.
- 13 And they sat with him on the ground seven days and seven nights,
- and no one spoke a word to him,
- for they saw that his suffering was very great.

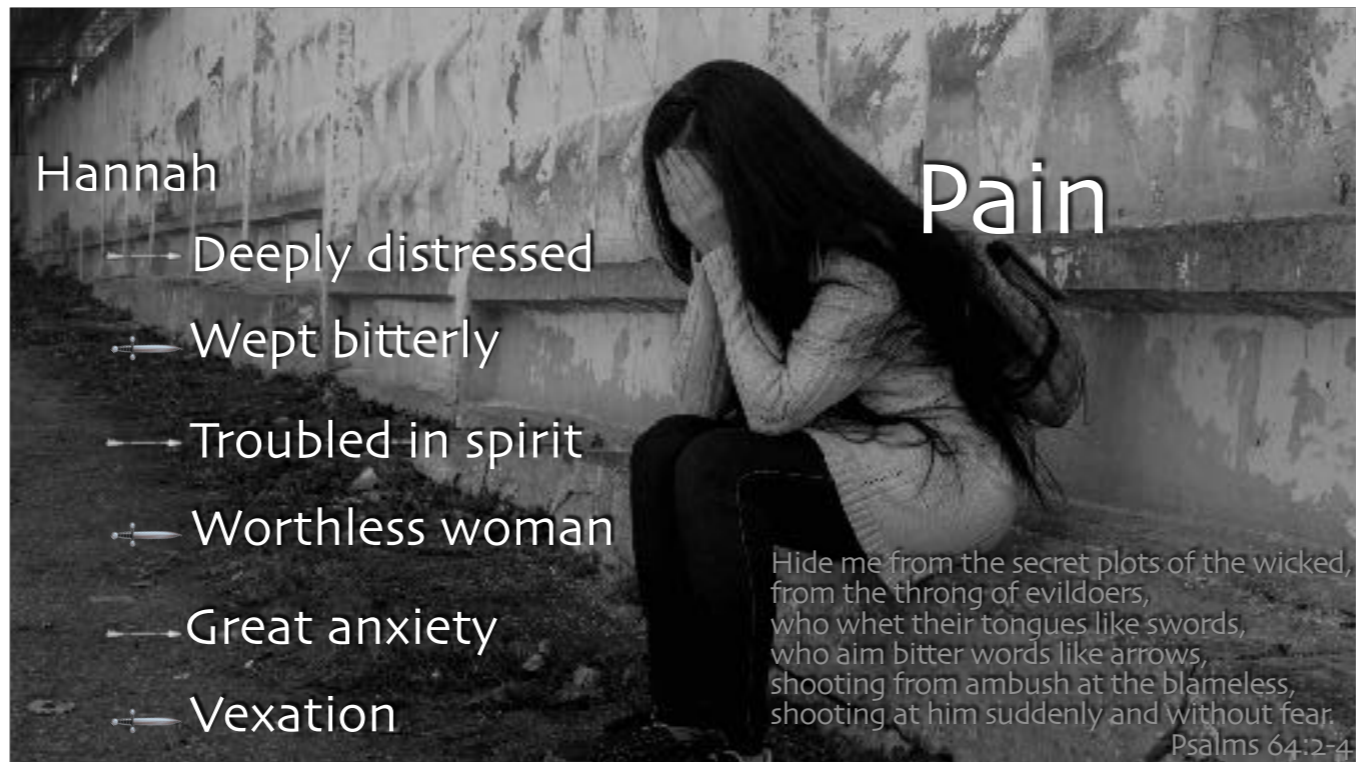


- Job 6:14 “He who withholds kindness from a friend forsakes the fear of the Almighty.
- Job 12:4 I am a laughingstock to my friends
- Job 13:4 As for you, you whitewash with lies; worthless physicians are you all.
- Job 16:2 “I have heard many such things; miserable comforters are you all.
- Job 16:20 My friends scorn me; my eye pours out tears to God,

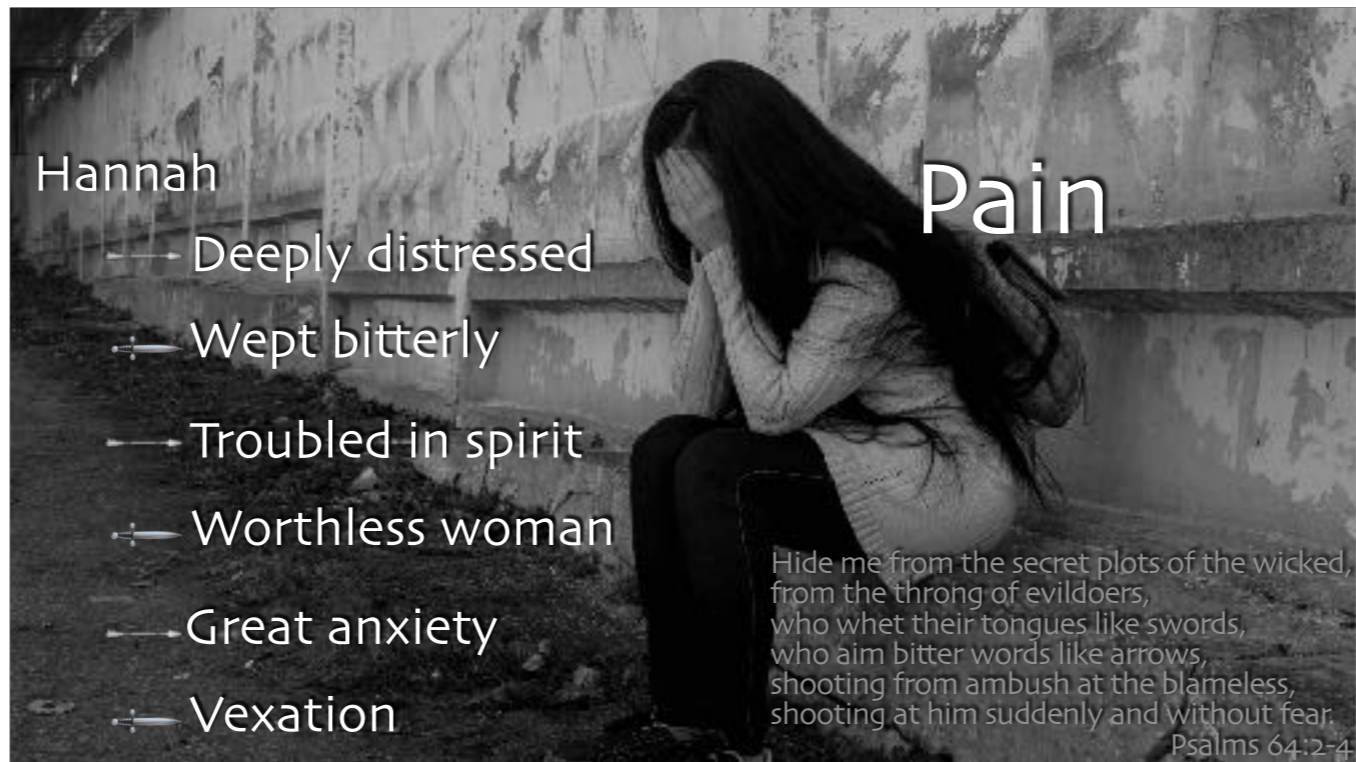


• Job 19:21-22

- 21 Have mercy on me, have mercy on me, O you my friends,
 - for the hand of God has touched me!
- 22 Why do you, like God, pursue me?
 - Why are you not satisfied with my flesh?



- We might have a tendency to put some blame on the one who is suffering
 - They don't let us help
 - They don't tell us things
 - They should get over it, learn to accept things as they are
 - It's always something with them
 - And what if all of that is true?
 - Romans 12:15 (ESV) 15 Rejoice with those who rejoice, weep with those who weep.



- Don't assume that you know what they are going through.
 - Often those in pain don't share, even with those who are close to them
 - Feel alone and betrayed
 - Blame themselves
 - We interpret the upset as being at us. Sometimes it's at themselves
- Be merciful
 - Show real sympathy and comfort
- Don't attack, even if you think it's a kindness
- Beware of accusations that amplify the guilt



- Pouring out my Soul
 - Hannah facing all of this struggle turns to Jehovah



- 10) Prayed to Jehovah
- 11) Vowed a vow
 - 1 Samuel 1:11 (ESV)
 - “O LORD of hosts,
 - if you will indeed look on the **affliction** of your servant and
 - **remember** me and not forget your servant,
 - but will give to your servant a son,
 - then **I will give him to the LORD** all the days of his life,
 - and no razor shall touch his head.”
 - (ultimate sacrifice? realization of stewardship?)

Pouring Out My Soul

Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us. Selah
Psalms 62:8

But Hannah
answered, "No, my
lord, I am a woman
troubled in spirit. I
have drunk neither
wine nor strong
drink, but I have been
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before the LORD.

1 Samuel 1:15

- 12) continued praying
- 13) speaking in her heart: lips moved, voice not heard
- 15) pouring out my soul before Jehovah
 - emptying
 - What was Hannah doing in this prayer?
 - What does it mean to pour out my soul in prayer.

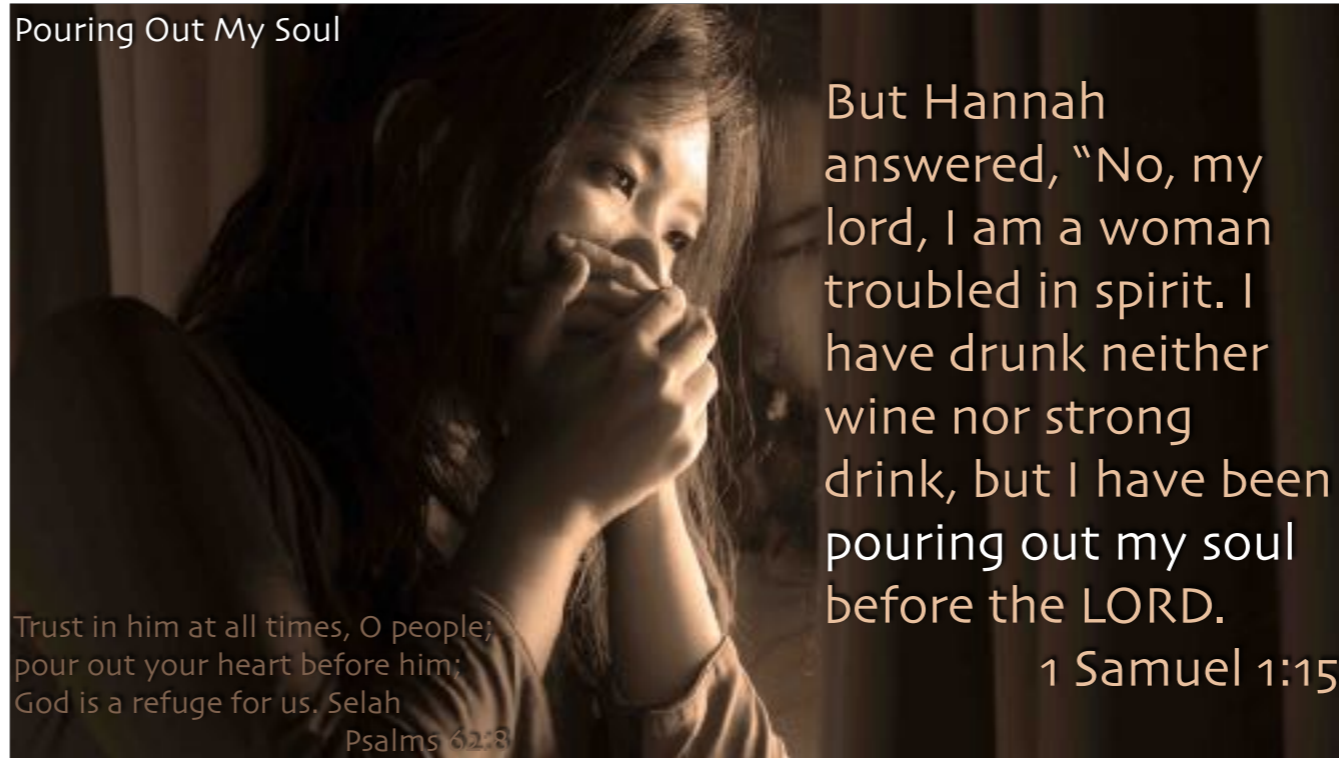
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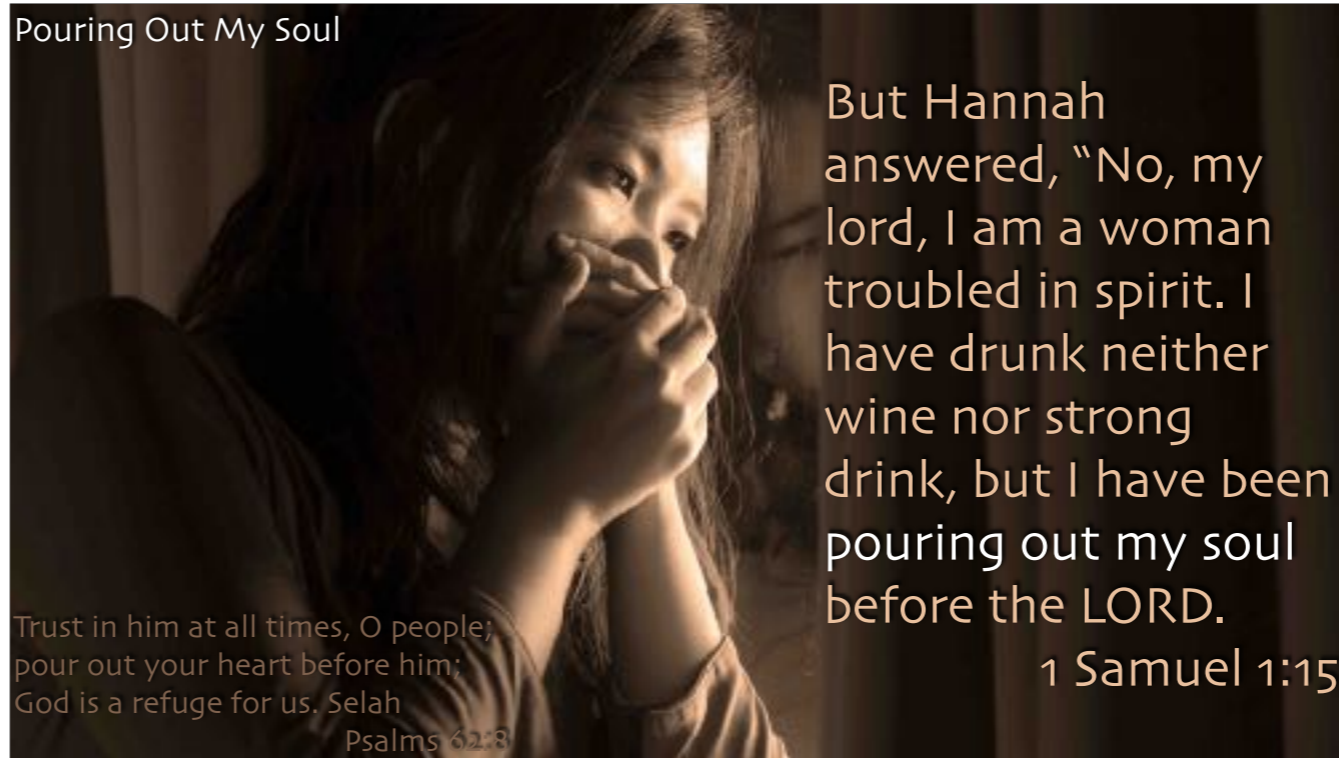
1 Samuel 1:15

- In part, our prayers can be very routine
- Luke 11:1 Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples."
 - We seek for methods, or patterns, or rituals so that when we pray our God will hear us.



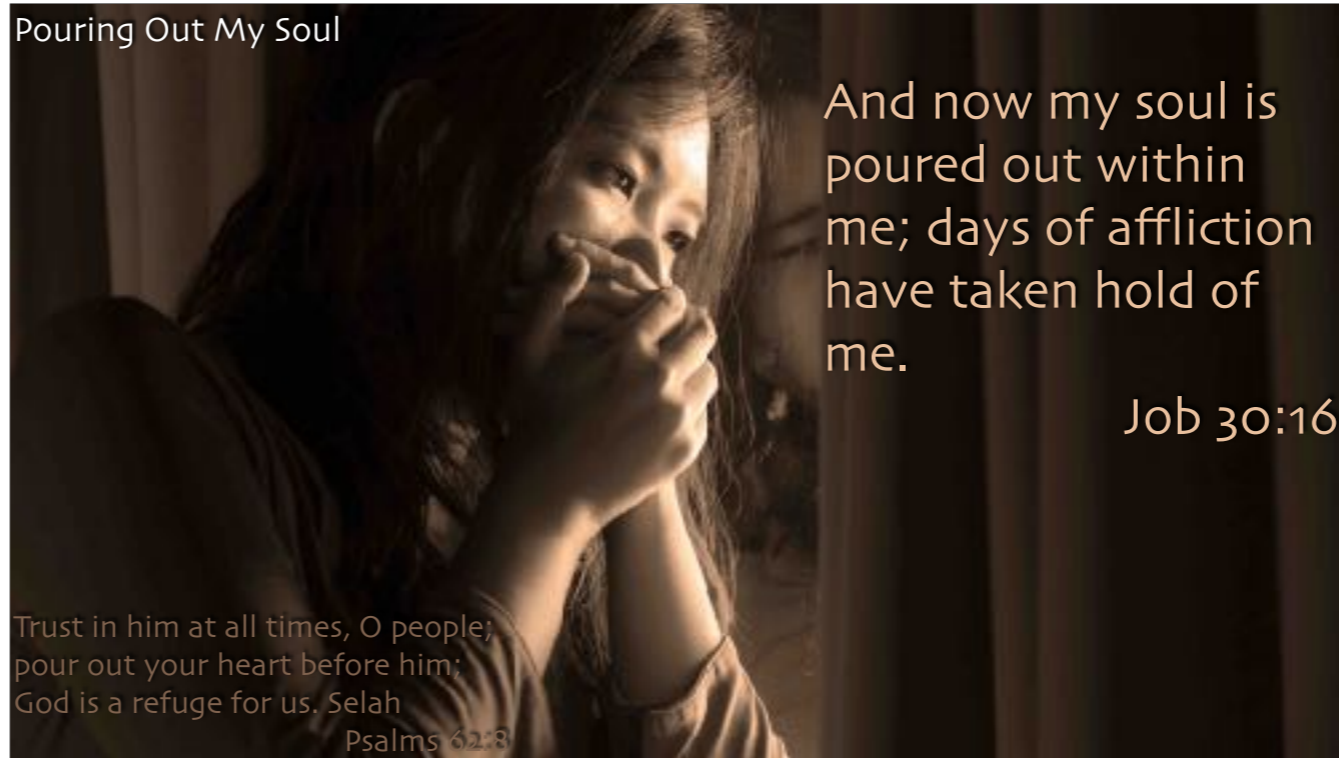
- Matthew 6:5-6 (ESV)

- 5 "And when you pray, you must not be like the hypocrites.
- For they love to stand and pray in the synagogues and at the street corners, that they **may be seen by others**. Truly, I say to you, they have received their reward.
- 6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.



- Matthew 6:7-8 (ESV)
 - 7 "And when you pray, do not **heap up empty phrases** as the Gentiles do, for they think that they will be heard for their many words. 8 Do not be like them, for your Father knows what you need before you ask him.
- So sometimes when we talk about prayer it's about the rules and the rights and wrongs.
- But sometimes we need to pour out our souls to our Lord.

Pouring Out My Soul



And now my soul is
poured out within
me; days of affliction
have taken hold of
me.

Job 30:16

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- Like Job
- Job 30:16 “And now my soul is poured out within me; days of affliction have taken hold of me.
- (The whole context needs to be read)

Pouring Out My Soul

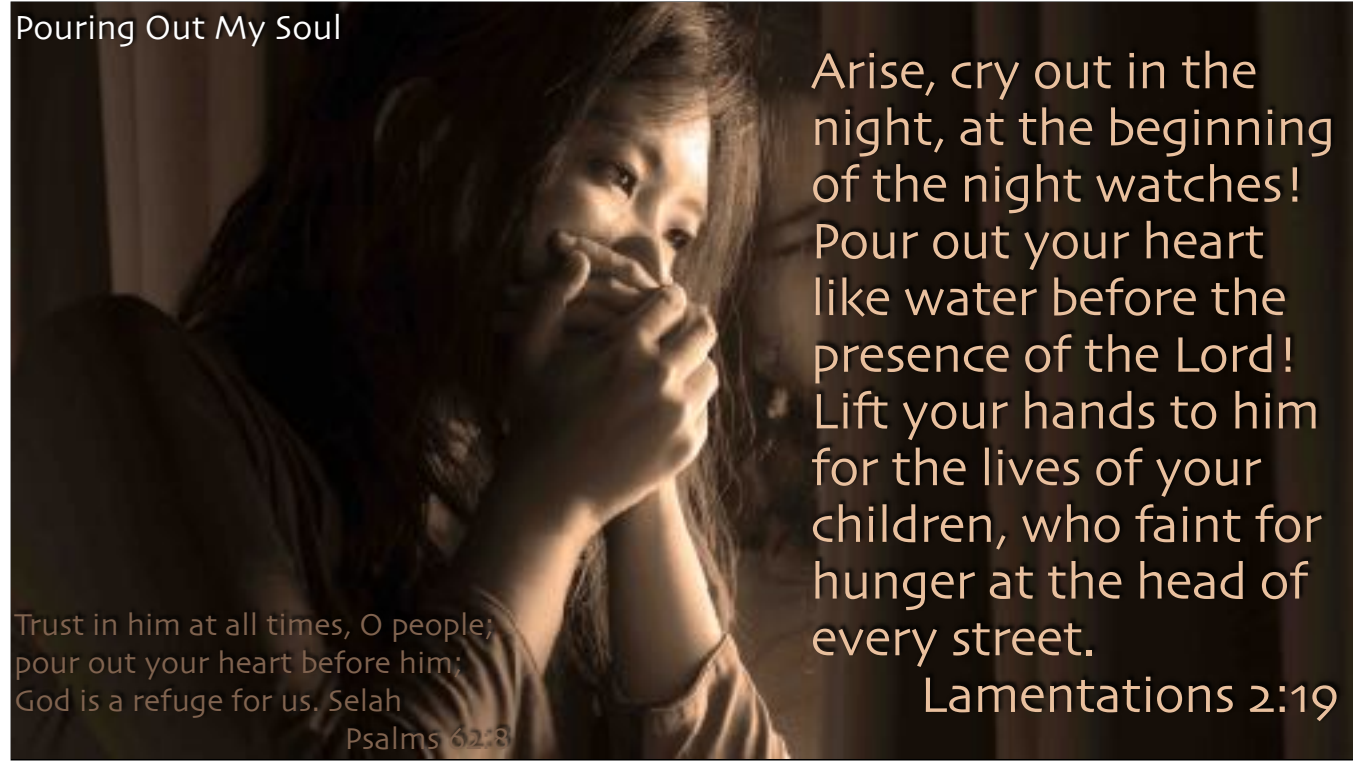
These things I
remember, as I pour
out my soul: how I
would go with the
throng

Psalms 42:4

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Psalms 62:8

- Sons of Korah
- Psalm 42-43
 - 42:1-6



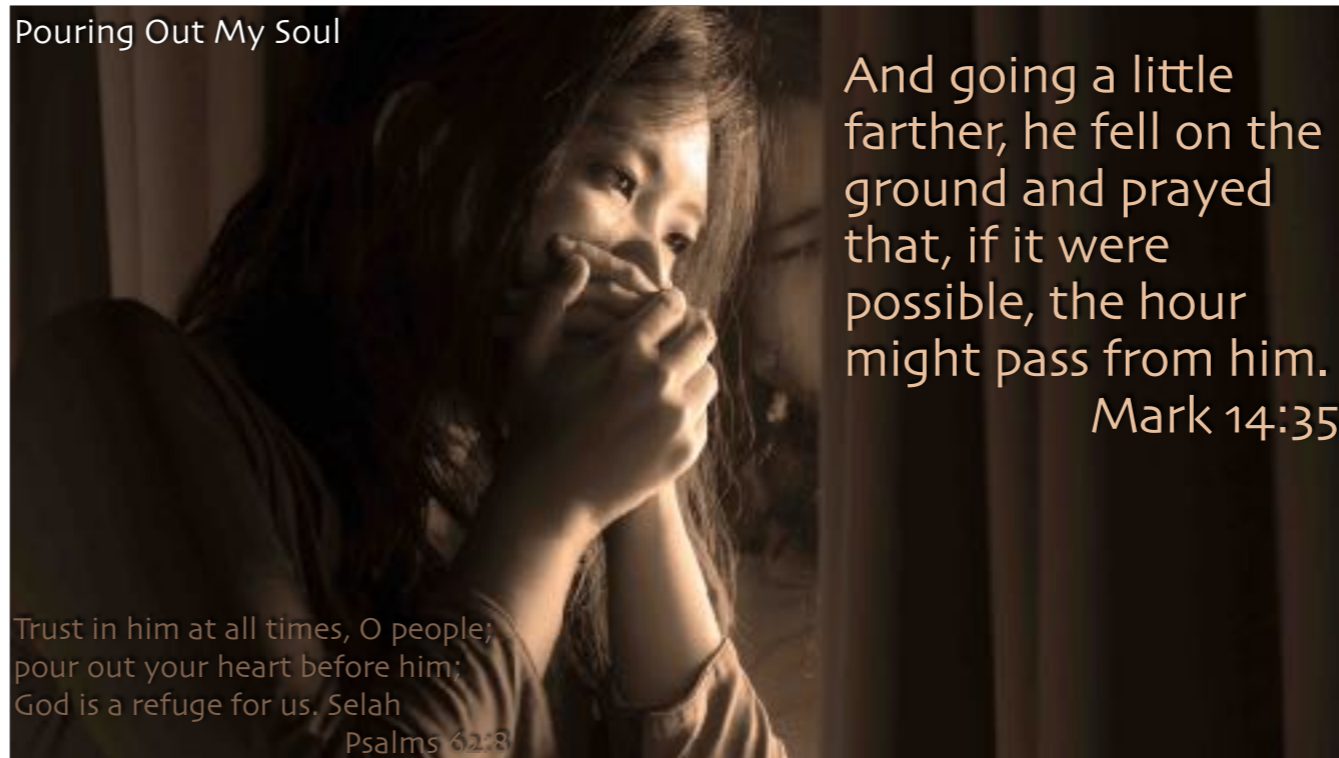
Pouring Out My Soul

Arise, cry out in the night, at the beginning of the night watches! Pour out your heart like water before the presence of the Lord! Lift your hands to him for the lives of your children, who faint for hunger at the head of every street.

Lamentations 2:19

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- Jeremiah — fall of Jerusalem
- Lamentations 2:19 “Arise, cry out in the night, at the beginning of the night watches! Pour out your heart like water before the presence of the Lord! Lift your hands to him for the lives of your children, who faint for hunger at the head of every street.”



- Jesus in Gethsemane
- Mark 14:32-35 (ESV) 32 And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” 33 And he took with him Peter and James and John, and began to be greatly distressed and troubled. 34 And he said to them, “My soul is very sorrowful, even to death. Remain here and watch.” 35 And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him.
- Just as a reminder, while Jesus is struggling, what are the disciples doing?
 - Jesus had asked them to “watch”
 - They were sleeping.
- Feeling so alone ...

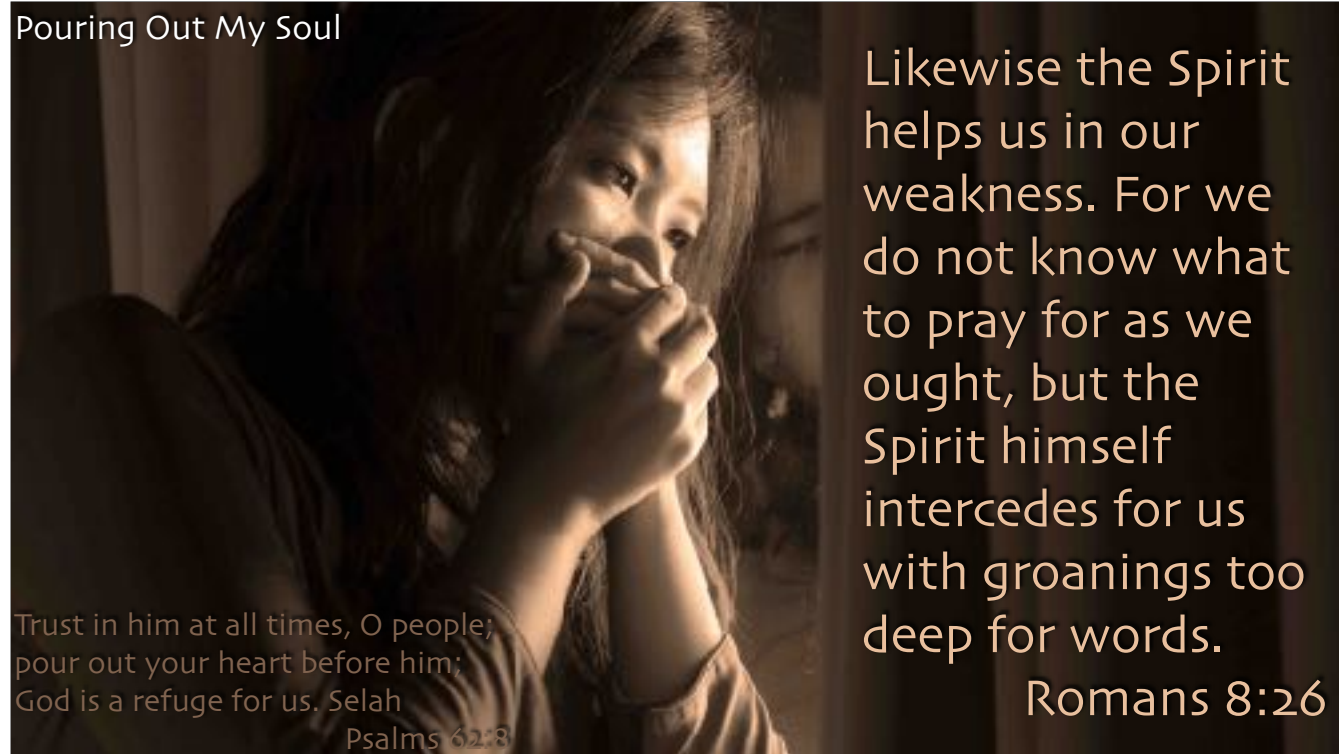
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1 Samuel 1:15

- Not every prayer, not even most of our prayers will be pouring out our soul.
- But Hannah reminds us that when we are distressed and troubled, and anxious and vexed
- We can come before our Lord
 - And it may not make sense to anyone who sees us
 - But we can speak from our hearts
 - And we can pour our our souls



Pouring Out My Soul

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Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

Romans 8:26

- Romans 8:26-27: 26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. 27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

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Romans 8:26

- Hannah reminds us
 - When you're hurting, you aren't always going to get the support that you need.
 - Sometimes you'll be attacked because of what is happening.
 - Alone and isolated
 - Find a time and a place where you can pour out your soul to Jehovah
 - Empty the all the burdens, pour out completely
 - What the actual problem is (no child)
 - What the ancillary issues are too (Peninnah, Elkanah)
 - When you know someone is suffering: mercy, patience, sympathy
 - Don't make things worse

We implore you
on behalf of Christ,
be reconciled to God.

2 Corinthians 5:20

Call to Action

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Pouring Out My Soul: Hannah (Part 1)

1 Samuel 1

Synopsis: Hannah was a tormented woman who prayed before Jehovah. She reminds that there are times when, though others may not comprehend, we must pour out our souls before our Lord.

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“Let all that you do be done with love.”