



## 016:How to Overcome when You're Overwhelmed

**HANNAH: Broken, Barren & Bullied**

### Challenge:

As you walk forward into this week, consider the reflections below and be encouraged as you use the verses for daily devotional. *(on back)*

## Who was Hannah?

### PERSONAL

the Mother of Samuel, Faithful Prayer Warrior  
Hannah: in Hebrew means gracious, merciful; He that gives  
One of the two wives of Elkanah, from the Tribe of Ephraim

### EXPERIENCE:

#### Mother of Samuel | B.C. 1141

Hannah visited Shiloh every year with her husband and family to worship at the tabernacle. She was greatly distressed not only because she had no children, but was bullied by Peninnah for it. She prayed earnestly for a male child whom she promised to dedicate to the Lord for life. The prayer was heard, and she called her son Samuel, meaning "God hears". When Samuel was about three, he was taken to Shiloh to be trained by Eli, the priest (1Sa 1). Hannah later became the mother of five other children, three sons and two daughters (1Sa 2:21). Still, she showed her tender love and devotion to Samuel by sending him a linen robe like the priest's every year (1Sa 2:19). She is considered to be a prophetess due to her poetic hymn presented at his dedication, giving the glory to God for much more than her answered prayer. (1Sa 2:1-10).

### 1 Samuel 1:7

*Year after year it was the same—Peninnah would taunt Hannah as they went to the Tabernacle. Each time, Hannah would be reduced to tears and would not even eat.*

### REFERENCES: *(linked)*

#### Her trials and prayer

1Sa 1:1-18

#### Gave birth to Samuel, kept her vow and left him with Eli

1Sa 1:19-28

#### Her Hymn of Praise

1Sa 2:1-10

#### Visits Samuel at the temple annually

1Sa 2:18, 19

#### Her children after Samuel

1Sa 2:20-21

<http://www.biblestudytools.com/concordances/naves-topical-bible/hannah.html>

### the Armor of God

Hannah demonstrated her Warrior status throughout the recorded portion of her life in the Bible. First, she walked with **shoes of peace** as she avoided reacting with harsh words toward Peninnah, and remained peaceful, avoiding offense toward others. Hannah held up her **shield of faith**, regardless of her feelings, choosing to repeatedly travel with her family to worship God. Finally, she respected and honored **the sword which is the Word** of God as she walked out her purpose toward prayer.

**Reflections:** Consider a time in your life when you were barren, broken or bullied. During these types of struggles it's very easy to become overwhelmed and take offense. How did you manage this? If it's an area of you life in which you want to grow stronger, what has the Warrior Hannah shown you in her relationships that encourages you? How can you prepare your heart even now, ahead of the next trial you will face? Utilize the verses on the next page for encouragement.



What are you barren of? Is there something or someone who bullies you?

*"...go in peace! May the God of Israel grant the request you have asked of Him."*

Judges 4:23 NLT

Psalm 119 is dedicated to God's Word. Other names used for the Word of God: regulations, decrees, instructions, law, commands

Here is a 7-day devotional guide to encourage you this week. Each day lift the sword, which is the Word of God. Allow it to pierce your heart and cut away offense.

**Sunday**

Psalm 119:1-2  
**Be joyful even in obedience**  
 Joyful are people of integrity, who follow the instructions of the Lord. Joyful are those who obey His laws and search for Him with all their hearts.

**Monday**

Psalm 119:7-8  
**Be encouraged by the Psalmist's honesty**  
 As I learn Your righteous regulations, I will thank You by living as I should! I will obey Your decrees. Please don't give up on me!

**Tuesday**

Psalm 119:11-12  
**Choose a verse to memorize this week**  
 I have hidden Your word in my heart, that I might not sin against You. I praise You, O Lord; teach me Your decrees.

**Wednesday**

Psalm 119:17-18  
**Pray this before your quiet time**  
 Be good to your servant, that I may live and obey Your word. Open my eyes to see the wonderful truths in Your instructions.

**Thursday**

Psalm 119:22-23  
**Even the Psalmist was bullied**  
 Don't let them scorn and insult me, for I have obeyed Your laws. Even princes sit and speak against me, but I will meditate on Your decrees.

**Friday**

Psalm 119:28-29  
**God knows your sorrow, give it to Him**  
 I weep with sorrow; encourage me by Your word. Keep me from lying to myself; give me the privilege of knowing Your instructions.

**Saturday**

Psalm 119:35, 37  
**Be encouraged by the Psalmist's honesty**  
 Make me walk along the path of Your commands, for that is where my happiness is found. Turn my eyes from worthless things, and give me life through Your word.

Let God's Word (also called the law) protect you...

***Great peace have they who love Your law; nothing shall offend them or make them stumble.***

Psalm 119:165 AMPC