



## 018.Bravely Believing in God's Truth HANNAH: *Girded with Truth, Living in Goodness*

**Challenge** from the podcast:

Read 1 Samuel 2:1-10 and reflect on the TRUTH's in which Hannah made her foundation

### Finding God's Truth

Look at the very first line of Hannah's prayer in 1 Samuel 2:1

***My heart rejoices in the Lord!  
The Lord has made me strong.***

Hannah is standing before God, Eli, and her family, giving away the very son she prayed for with anguish. She is no longer the animated, empty woman accused of being drunk.

Clearly, Hannah has been changed. But how?  
How can she speak of such rejoicing?

Could it be BECAUSE she is using words of praise to God that she has been made strong?

Look at this verse Nehemiah speaks over the people of Israel when they faced difficult times.

*"Don't be dejected and sad, for the joy of the Lord is your strength!"*

Nehemiah 8:10

This is a verse that never made much sense to me until I learned the meaning of the words JOY and STRENGTH as they were written in the original language of Hebrew.

We often think of JOY as a feeling, and STRENGTH as an ability or movement.

But in this verse, JOY is an active word, a verb. It means to show thankfulness, to speak positive words regardless of circumstance. It means to serve the Lord with gladness, not for the bad times, but even through them because we trust Him.

And this STRENGTH has nothing to do with our ability. Rather it means a place of refuge, safety, security, protection for waiting as we trust in the TRUTH's of God.

### Consider these TRUTH's

#### **T** TRANSFORMED

Hannah prayed...

*My heart rejoices in the Lord!  
The Lord has made me strong.*

because she was transformed... changed by JOY!

#### **R** RESCUED

Hannah prayed...

*Now I have an answer for my enemies;  
I rejoice because You rescued me.*

because God rescued her from insults and taunting.

#### **U** UNWAVERING

Hannah prayed...

*No one is holy like the Lord!  
There is no one besides You;  
there is no Rock like our God.*

because she did not waver on this foundation of faith.

#### **T** TRUSTWORTHY

Hannah prayed...

*The bow of the mighty is now broken,  
and those who stumbled are now strong.  
Those who were well fed are now starving,  
and those who were starving are now full.*

because she kept her vow, God provided.

#### **H** HUMBLER

Hannah prayed...

*"Stop acting so proud and haughty!  
Don't speak with such arrogance!  
For the Lord is a God who knows what you have done;  
He will judge your actions.*

because she kept her vow, God provided.



HANNAH: *Girded with Truth, Living in Goodness*



Expressing JOY in the midst of trial certainly takes an act of will, especially if you're in a situation like Hannah. She didn't have anything to be joyful about when we first met her. But after launching her prayer of anguish, I believe her perspective changed. She left in peace, no longer sad because she GIRDED herself with the TRUTH's about God

### God's TRUTH

Using the acronym, write five statements about your own life for which you are trusting God's TRUTH:

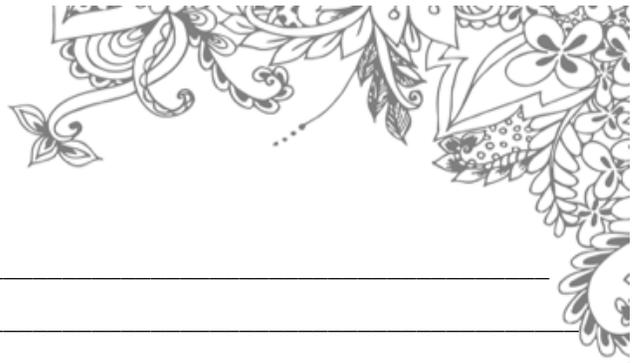
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### PRAYER

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Consider these encouraging verse for your prayer:  
Cast your burden on the Lord [release it] and He will sustain and uphold you; He will never allow the righteous to be shaken [slip, fall, fail]. (Ps 55:22) Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. (1 Thessa 5:16-18). Trust [confidently] in Him at all times, O people; Pour out your heart before Him. God is a refuge for us. (Ps 62:8). Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. (Ps 142:6)