

HANNAH: A STORY OF HEARTACHE

Women of the Bible Message Series Week 8

1 Samuel 1:1-28

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August 30, 2026

How to navigate through heartache:

1. Be honest about your pain. (1 Samuel 1:7-8, 10, 15-16)

- Don't pretend to be fine.
- Don't isolate.
- Don't allow your emotions to be the lord of your life.
- Put to words what you are thinking and feeling.

Recommended reading: *Dark Clouds, Deep Mercy: Discovering the Grace of Lament* by Mark Vroegop

2. Recognize God's sovereignty. (1 Samuel 1:5-6, 2:6-7; Isaiah 55:8-9)

"Your story isn't an autobiography...Your story is a biography of wisdom and grace written by another. Every turn he writes into your story is right. Every twist of the plot is for the best. Every new character or unexpected event is a tool of his grace. Each new chapter advances his purpose. 'Whoever is wise, let him understand these things; whoever is discerning, let him know them; for the ways of the LORD are right' (Hos. 14:9). It is almost a gross understatement to say that God's ways are better. How could they not be? He is infinite in wisdom and grace!"

Paul David Tripp, *New Morning Mercies*, Crossway, Wheaton, IL, 2014, July 21.

3. Be fervent in prayer. (1 Samuel 1:10, 12, 15, 20)

- Prayer flows from dependence and weakness.
- Prayer involves faith in God.
- Prayer is a relationship with your heavenly Father.
- Prayer is being brutally honest with God.

“If you cry to people instead of God, you will ask those people to do what only God can do. They will feel overwhelmed and unable, and you will grow more desperate. If you silence your cries, crying only to yourself, you will feel increasingly alone and without anyone who cares and understands, and you’ll feel more and more helpless. The good news of the gospel is that you don’t have to muffle your cries. You don’t have to be ashamed that you have reason to cry, and you surely don’t have to feel that God is too grand, too far off, or too busy with more important things than to listen to your measly little cries for help.”

Paul David Tripp, *New Morning Mercies*, Crossway, Wheaton, IL, 2014, August 15.

4. Worship. (1 Samuel 1:19)

We can worship God in the midst of our heartache because of...

- Who God is
- The Good News of the gospel

*What is the Nazarite vow? Search at gotquestions.org.