

Prayers *Small Group Discussion*

WEEK FIVE

Hannah's Prayer of Praise

1 Samuel 2:1-10

Prayer is a vital yet often confusing aspect of the Christian life. Do I pray enough? How should I pray? What should I pray about?

The prayers of the Bible have much to teach us about our freedom to relate to God through prayer, and in these prayers we learn about who Jesus is and what he has done for us.

Psalms 66:16-20

- ¹⁶ Come and hear, all you who fear God;
let me tell you what he has done for me.
¹⁷ I cried out to him with my mouth;
his praise was on my tongue.
¹⁸ If I had cherished sin in my heart,
the Lord would not have listened;
¹⁹ but God has surely listened
and has heard my prayer.
²⁰ Praise be to God,
who has not rejected my prayer
or withheld his love from me!

Romans 8:26-27

- ²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

1 Samuel 2:1-10

Then Hannah prayed and said:

"My heart rejoices in the Lord;

in the Lord my horn is lifted high.

My mouth boasts over my enemies,

for I delight in your deliverance.

² "There is no one holy like the Lord;

there is no one besides you;

there is no Rock like our God.

³ "Do not keep talking so proudly

or let your mouth speak such arrogance,

for the Lord is a God who knows,

and by him deeds are weighed.

⁴ "The bows of the warriors are broken,

but those who stumbled are armed with strength.

⁵ Those who were full hire themselves out for food,

but those who were hungry are hungry no more.

She who was barren has borne seven children,

but she who has had many sons pines away.

⁶ "The Lord brings death and makes alive;

he brings down to the grave and raises up.

⁷ The Lord sends poverty and wealth;

he humbles and he exalts.

⁸ He raises the poor from the dust

and lifts the needy from the ash heap;

he seats them with princes

and has them inherit a throne of honor.

"For the foundations of the earth are the Lord's;

on them he has set the world.

⁹ He will guard the feet of his faithful servants,

but the wicked will be silenced in the place of darkness.

"It is not by strength that one prevails;

¹⁰ those who oppose the Lord will be broken.

The Most High will thunder from heaven;

the Lord will judge the ends of the earth.

"He will give strength to his king

and exalt the horn of his anointed."

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Prayer Ideas

- Pair up and listen and pray for one another.
- Pray (with a partner, trio, large group) for your small group, your church, the greater church, missionaries, etc.
- Share requests together & pray for the person on your right this week.
- Brainstorm characteristics of God. Note them somewhere and take time to reflect & pray over each of them!
- Pray through a favorite worship song's lyrics together. Sing together.
- Pray for your neighbors and co-workers.
- Lay hands on one another to pray.
- Write a prayer on a post it note. Stick the notes all around the room. Take some time to travel and pray over all the prayers. Split the notes up to take home & pray this week.
- Take some time to think of things that start with each letter of the alphabet. Write or draw a picture and then pray prayers of thanks for each of those things listed.
- Kneel together. Take time to listen, pray silently and then pray aloud.
- Pray a Psalm. Look at Psalm 8 or one of your favorites and take time to pray through it together!
- Go for a prayer walk!
- Pray one word prayers.
- Pray for your city together.
- Other ideas?

This prayer is Hannah's response to bearing a child after much heartbreak, anguish and shame. What do we hear as her heart's prayer amidst all these feelings?

How does Hannah praise God's provision in this prayer?

How does your heart respond in prayer during hard seasons of life?

Where in this passage do we see who Jesus is and what he has done for us?

Pray Together! Really. Do it!

Some of these prayer ideas work best with pens, paper, crayons, post it notes, a whiteboard, etc. Look through the list on the left, get creative, ask if anyone else has ideas, add in your own, be bold and try something new - and/or (potentially) plan ahead for next time!

Accountability Questions

What does it look like for you to worship God through prayer this week?

What is one tough situation you're currently facing that you can bring to God in prayer this week? How can we encourage you in this?