

w e e k e n d m e s s a g e s e r i e s

Lunchroom



September 28, 2025

Then Hannah prayed: “My heart rejoices in the Lord! The Lord has made me strong. Now I have an answer for my enemies; I rejoice because you rescued me.”

-1 Samuel 2:1

Reflect

Pause and be still for a moment. Invite Jesus to speak to you from His word.

Read the full passage in your Bible - 1 Samuel 1:1-20; 2:1-2 NLT

What is it from these verses that grabs your heart or sparks curiosity?

Put yourself in Hannah’s shoes for a moment. What might it have been like (felt like?) to be her and to be in these circumstances?

Have you ever felt powerless? Have you ever experienced God’s presence and strength in your powerlessness or weakness?

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Pray

Turn to God and use the previous question as a springboard for prayer. What might God want to say to you about this? Listen carefully.

Take a moment to be still. Ask God for help to rest in his power to protect, provide, and prevail in every situation where they feel powerless.

Ask God to bring to mind someone who is struggling with feelings of powerlessness. Pray for them and reach out to them in love this week.

Live It Out

Cast your fears and anxieties (your powerlessness) upon the Lord, praying this prayer, "Jesus, I give everyone and everything to you." Now be like Hannah, turning to God in worship. Read Psalm 18:1-2 over slowly 3 times, making it your prayer. Invite God to bring you back here, to a place of worship, as you walk through your day. Repeat this each day this week.