



# God Answers Hannah's Prayer

1 Samuel 1:1-28



**Bible Point:** Turn to God when you're sad.



**Key Verse:** "Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God" (Psalm 42:11).

Use the following activities to further the application of this week's lesson in the lives of your family members.

## Discussion Starters

### Preschoolers

- When do you feel sad?
- Have you ever talked to God about being sad?

### Elementary Students

- What makes you feel sad?
- What are some of the reasons we don't always tell God how we feel when we are sad, lonely, or angry?

### Youth

- Do you find it easy to pray to God when you're feeling sad? Why or why not?
- What difference does prayer really make?

## Talk Topics

- Describe a time you felt sad and talked with God about the situation.
- Discuss ways in which your family can learn more about prayer—and about God, who answers them.
- Talk about some of God's promises concerning prayer and his faithfulness.
- Discuss what can happen when we keep sadness, anger, frustration, or guilt bottled up inside.

## Through the Week

Use the following passages to explore additional biblical insights about sharing our troubles with God.

Monday—Acts 16:22-25

Tuesday—Acts 9:11

Wednesday—1 Chronicles 5:18-20

Thursday—Jonah 2

Friday—Mark 14:32-33

Saturday—Deuteronomy 4:7

## Daily Challenge®

- Next time you feel sad or overwhelmed, talk to God about it. Let him know how you feel, and thank God that he's bigger than your feelings.
- Do you know someone else who's sad right now or is going through trials like ones you've already been through? Spend some time with him or her. Listen to his or her feelings, share how God has worked in your own life, and remind that person of God's love for him or her.
- Is there a group in your neighborhood or town that needs help—homeless or families who've lost children or homes recently? Find out what you can do to help, and commit to doing it.
- When members of your family feel sad this week, play this game. Say: "We might feel sad when..." and have the sad person complete the sentence. Then say: "But we can hope that God will..." and then take turns completing this sentence with the sad person until you've listed as many different things as you can think of.