

PEAKS AND VALLEYS

1 Samuel 1:3-11, 18-20 & 1 Samuel 2:4-5, 8-10

MAIN IDEAS FROM THIS WEEK

1. HANNAH'S SORROW
2. HANNAH'S RESPONSE

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. This week we started a new series where we will be looking at the life of David in the books of 1 & 2 Samuel. What do you know about David? Is there any aspect of David's life that you find relatable in your life?
3. Hannah's story at the beginning of 1 Samuel shows us how to be free from expectations. Have you ever experienced what it's like to fail to live up to the expectations of others or what it's like to fail to live up to your own expectations for yourself? How did you respond? What can Hannah's story teach us about how to respond?
4. Every culture has its cultural ideals that people are pressured to live up to. What are some of the cultural ideals that you feel pressure to live up to?
5. Hannah responded to her sorrow by doing something that is no easy task, she stopped giving the people in her life "God-like" control of her life. What are some ways you've found yourself doing this? Who are the people you tend to give this control to?
6. In order to respond like Hannah and stop living for the approval of the "functional gods" in our lives, we must see the pattern of how God works and the Person through which He has won our salvation. What is the "Great Reversal?" How does Jesus perfectly embody this pattern of how God works?
7. **OPEN DISCUSSION:** Take some time to discuss the expectations that different members in your group feel pressured to live up to. Talk about the times you've failed to meet them and how you've responded and then look at Hannah's story and discuss what you can learn about how to respond to times like these in your life.

A TRUTH TO TAKE WITH YOU: When we are weak enough to know how much we depend on our Savior, then we are strong.