





WBS Fall Schedule:

Date:	Topic
September 18 th	Fervent in Prayer Introduction James 5:13-16
September 25 th	Pray like Abraham Genesis 18:16-33
October 2 nd Small Group Luncheon	Pray like Moses Exodus 32
October 9 th Picture Day 	Pray like Hannah 1 Samuel 1:1-20; 2:1-10
October 16 th	Pray like Daniel Daniel 9:1-19
October 23 ^d	Pray like Habakkuk Habakkuk 3
October 30 th Mingle Event	Pray like David Psalm 139
November 6 th	Pray like Jesus Matthew 6:5-15
November 13 th	Pray like the Disciples Acts 4:23-31
November 20 th Friendsgiving Luncheon 	Pray like Paul Ephesians 3:14-21

PRAYER COMMITMENT

COMMITMENT:

To the best of my ability, I commit to pray at least 10 minutes every evening and 10 minutes every morning throughout the duration of the Glenkirk Women's Bible Study Semester from September 18th- November 20th, 2024. I will press into this practice of prayer together with the Women of WBS with the hope that through it God will transform my prayer life.

Date: _____

Printed Name: _____

Signature: _____

Group Guidelines:

Here are some suggestions to make your time in your groups fun, safe, and meaningful.

Be Attentive

Keep cell phones away. When someone is sharing, listen or ask questions. When you share, keep on topic, and be concise so that others can also share. We want to learn from one another, and we can learn the most when we are good listeners. When possible, link what you have to say to the comments of others. Be affirming whenever you can.

Come Prepared

Do your best to do your homework before you come. Bring your study material and a Bible.

Participate

Be willing to participate in the discussion. The leader of your group is there to facilitate. Share what you have learned, others will learn from you! However, be careful not to dominate the discussion. Make sure to leave opportunity for others to respond.

Keep Confidential

Anything said in the group is considered confidential and should not be discussed outside of the group unless given permission to do so.

Be a Safe Place

This time is meant to grow in love for God and for one another. This is to be a safe place. This is not a time to fix one another's problems. Please don't give unsolicited advice to other members of the group. Be sure your feedback is affirming ("thank you for trusting us with your story"), empathetic ("I've done or thought that"), and attentive ("Can you say more about how that made you feel?"). Avoid feedback that is condemning ("Oh, I've never heard of anyone doing that"), counseling/fixing ("You should...have you tried...") or all about you ("That reminds me of my own story..."). Usually, it is best to just be a good listener and show care for others as they share.

Be Respectful of Childcare Staff

If you have children at childcare, please be respectful of the childcare workers time and promptly pick up no later than 11:40.

How to Do Exegesis

What is *exegesis*? Exegesis just means interpreting a text, trying to determine the meaning of a text. This is what we will spend a lot of time doing over the next few months. Exegesis is the process of trying to understand who said what in a passage, and most importantly, with what intent. We will be, together, trying out different methods in order to better understand passages in our Bible. Before we start that, let's go over some basic principles to doing exegesis. Try not to put your own slant on the passage. Be careful to not come to a passage already knowing what you want it to say. If you come to a passage knowing what you want to hear, you might find it there, but you will miss what God wanted to say to you through it. Instead, approach Scripture with an open mind.

1. Our primary tool is Scripture itself. Instead of automatically consulting commentaries, we are going to start with God's word itself. Scripture interprets Scripture. For this, we will be looking at cross references in our passages and looking at the book as a whole in order to better understand what the author meant and what it means for us today.
2. The Holy Spirit inspired the author, and He will also inspire me to understand the text.
3. God wants to redeem His people—this is the primary message of the Bible that we should keep in mind whenever studying even the most difficult to understand passages.
4. Spend time listening. This is always the first step to any of the passages you will study—listen. Read the passage in multiple translations. Read it over and over again. This will really help you to allow God's word to seep into your heart and change you personally. This will help you to meditate upon it as you go throughout your day.
5. Don't forget the context! Context is so important in understanding what God's Word is saying. Look at the surrounding context- the book as a whole, the surrounding chapters, the whole Bible (cross references). All of this will bring what you are studying into better clarity. Look at the genre because each genre will be read with a different perspective. Look at the history behind your passage (using a Bible Background Commentary). Keep in mind the geography (a Bible Atlas may come in handy here).
6. In the end of your study, formulate a statement about what this passage really says and means—why did God put this passage in the Bible? What is His intent for the passage? What does God want me to do, feel, say, or be in light of this passage?

Helpful Resources

You do not need to purchase all of these resources, by any means. However, here is a list of some that are helpful if you are interested in enhancing your study. You will get the most out of this study if you use outside resources, and not all of them cost money. Listed below are books, websites, and apps that are all helpful in doing thorough Bible study. First and foremost, you will need a Bible. You might want an NIV Bible since that is the version used throughout this study; however, it is not required.

Study Bibles: The first thing you will need- and probably the most important- is a good study Bible. A study Bible will be helpful in looking up cross references, using the concordance, and using notes found below to answer questions of the text. Really, you can use any study Bible that you like; however, we would suggest you pick one that is translated by a committee of people instead of by one individual. Here is a good option:

Carson, D.A., ed. *NIV Zondervan Study Bible*. Zondervan Publishing: Grand Rapids, Michigan, 2015.

Exhaustive Concordance: An exhaustive Concordance will be especially helpful in doing word studies or thematic studies. Here is the most popular one:

Strong, James. *The New Strong's Exhaustive Concordance of the Bible*. Nelson Publishers: Nashville, Tennessee, 1995.

Bible Dictionary: Bible Dictionaries are helpful in looking up terms and better understanding them in light of the historical context. Here are some good options:

Vine, W.E. *Vine's Expository Dictionary of Old and New Testament Words*. Thomas Nelson Publishers: Nashville, Tennessee, 1997.

Richards, Lawrence O. *Richard's Complete Bible Dictionary*. Word Bible Publishers, Inc. Iowa Falls, Iowa, 1973.

Brand, Chad, ed. *Holman Illustrated Bible Dictionary*. Holman Reference: Nashville, Tennessee, 2015.

Websites: There are several websites that are free to use and are helpful in performing many of these studies.

www.biblegateway.com is especially good for looking up the same passage in several different versions of the Bible. When looking up different translations, some good ones to use are NIV, NRSV, The Amplified Bible, NASB, or ESV. There are also translations of the Bible that are considered *paraphrases*. Examples of this would be New Living Translation or the Message. These can be useful in helping to understand a passage; however, they are not what you would want to use as your regular study Bible. They are not direct translations but paraphrases of the text, usually done by one person.

www.blueletterbible.org is a great resource for commentaries on the different Bible passages. If you have questions and want to research answers, the many commentaries are a great resource. If you type in a verse at the top, it will come up with an interlinear (with original language definitions of words), other versions of the same verse, cross references, commentaries, and dictionaries.

www.studylight.org has an interlinear which is very helpful in doing word studies. An interlinear Bible has the English words laid out with the Hebrew or Greek laid out underneath. You can then click on the word and get a better understanding of the use of the word in the original languages. This website can be used as an exhaustive concordance and can also give frequency numbers for how many times a word is used in the Bible and where.

Here's How:

Using this link: <https://www.studylight.org/interlinear-bible/> you can get to the interlinear Bible. This will allow you to see all the words used in each text and learn the original meaning of them.

For instance, let's look up Genesis 1:1 and the word for "created". When you click on Genesis and chapter one, the whole chapter comes up. Then, click on the word for "created", which is, "bara". The definition will come up:

- 1) to create, shape, form
 - 1a) (*Qal*) to shape, fashion, create (*always with God as subject*)
 - 1a1) of heaven and earth
 - 1a2) of individual man
 - 1a3) of new conditions and circumstances
 - 1a4) of transformations

Below that you will see a frequency list. This shows that the word comes up in Genesis 8 times. Click on that. Then, every verse in Genesis with that word in it will come up.

Apps: There are several apps on your phone or tablet that can be very useful for Bible study.



The NIV Bible App is free and has a lot of helpful resources built in. You can use it as a concordance, finding certain word occurrences throughout the Bible. It also has the option to purchase other resources in the app to add to its capabilities.



The You Version Bible App is probably the most popular app for Bible Study. It has several different versions of the Bible included and you can download more as well. You can highlight or listen to a passage being read to you if you would prefer to audibly listen to the text we are studying.



Scripture Typer or the Bible Memory App is a great app to use for memorizing verses. If you find a verse you would like to memorize from our study, you can add it to your list of verses, and it will remind you to work on memorizing it. It slowly builds up until you master a verse.



Naves Topical Bible App is helpful in doing a topical or thematic study in the Bible. If you want to find verses that relate to a particular topic, this would be helpful. Perhaps a passage relates to the topic of faith but doesn't have the word "faith" in it. This would be a helpful resource.

Fervent in Prayer Introduction

September 18, 2024

James 5:13-16

“The effectual fervent prayer of a righteous man availeth much.” (James 5:16b KJV)

¹³Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. ¹⁴Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. ¹⁶Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (NIV)

Group Questions:

1. How would you describe your prayer life right now, honestly?
2. In what ways would you like to see your prayer life grow through this study?
3. Are there any Scriptures that have been particularly helpful to you in your prayer life?

4. Write out a prayer for this study. Include honest confession about the state of your prayer life currently as well as ask God for what it is you want to see happen through this semester's commitment to prayer. Admit your shortcomings, ask for grace.

Pray Like Abraham

September 18th-September 24th

Genesis 18:16-33

¹⁶When the men got up to leave, they looked down toward Sodom, and Abraham walked along with them to see them on their way. ¹⁷Then the LORD said, “Shall I hide from Abraham what I am about to do? ¹⁸Abraham will surely become a great and powerful nation, and all nations on earth will be blessed through him. ¹⁹For I have chosen him, so that he will direct his children and his household after him to keep the way of the LORD by doing what is right and just, so that the LORD will bring about for Abraham what he has promised him.”

²⁰Then the LORD said, “The outcry against Sodom and Gomorrah is so great and their sin so grievous ²¹that I will go down and see if what they have done is as bad as the outcry that has reached me. If not, I will know.”

²²The men turned away and went toward Sodom, but Abraham remained standing before the LORD. ²³Then Abraham approached him and said: “Will you sweep away the righteous with the wicked? ²⁴What if there are fifty righteous people in the city? Will you really sweep it away and not spare the place for the sake of the fifty righteous people in it? ²⁵Far be it from you to do such a thing—to kill the righteous with the wicked, treating the righteous and the wicked alike. Far be it from you! Will not the Judge of all the earth do right?”

²⁶The LORD said, “If I find fifty righteous people in the city of Sodom, I will spare the whole place for their sake.”

²⁷Then Abraham spoke up again: “Now that I have been so bold as to speak to the Lord, though I am nothing but dust and ashes, ²⁸what if the number of the righteous is five less than fifty? Will you destroy the whole city for lack of five people?”

“If I find forty-five there,” he said, “I will not destroy it.”

²⁹Once again he spoke to him, “What if only forty are found there?”

He said, “For the sake of forty, I will not do it.”

³⁰Then he said, “May the Lord not be angry, but let me speak. What if only thirty can be found there?”

He answered, “I will not do it if I find thirty there.”

³¹Abraham said, “Now that I have been so bold as to speak to the Lord, what if only twenty can be found there?”

He said, “For the sake of twenty, I will not destroy it.”

³²Then he said, “May the Lord not be angry, but let me speak just once more. What if only ten can be found there?”

He answered, “For the sake of ten, I will not destroy it.”

³³When the LORD had finished speaking with Abraham, he left, and Abraham returned home.

Pray Like Abraham

“I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me.”

- CS Lewis

Practice

Create a prayer journal. There are many samples and examples online. You can purchase one or make one. Consider having one section for each of the steps of prayer: Adoration, Confession, Thanksgiving, Supplication. Perhaps break up supplication into prayers for others and prayers for yourself. You could even divide the prayers for others into sections for family, friends, church, city, country, world, etc... It might be nice to also have a section for answered prayers.

Here is an excerpt from *Confessions of a Prayer Slacker* by Diane Moody that gives an explanation of one way to make a prayer journal.

“For now I’ve made do by converting a Day-Timer notebook for my needs. You can find them at most office supply stores. Mine is one of the smaller Day-Timers, approximately 5 x 7 inches, with a tapestry cover that zips. These usually come with colorful tabbed dividers, a calendar, notepads, and lots of other accessories. By the way, that notepad is essential. Trust me on this. It never fails—I start praying and BAM! I’ll think of something I need to pick up at the store or a phone call I need to remember to make. At my age, if I don’t write it down, it’s gone. Now, instead of having to go dig through my kitchen drawer for a scrap of paper, I just flip over to the notepad in my Day-Timer journal and make a note to myself. More recently, I’ve kept a pad of sticky notes tucked in my journal. I can easily make myself a note, slap it on my cell phone, then get back to my prayer time.”

She goes on to say she has a section for Thanksgiving, Confession, Intercessory prayer for others, and one for personal prayers.

You can use these ideas or just grab a nice journal and start. I encourage you to put the date when you write in a prayer so that you can look back and see the things that God does. This week at least do your first entry into this journal. You can write out a prayer or just write bullet points of what you want to pray for throughout the week. If you write out a prayer, refrain from the desire to make it eloquent instead of honest and real. Lay yourself before the Lord in all vulnerability and honesty. Admit your shortcomings and allow him to use even the most simple prayers for His glory.

Primary Passage

1. Pick a key verse and write it out below. Try to memorize it this week
2. Why did you pick this particular verse? What about it stuck out to you?
3. What is the main theme of this passage? Write out one sentence describing what it teaches you about prayer.

Purpose

4. What are the key points of this passage? What does it tell you about God? What does it tell you about humanity?

5. What is the purpose of the prayer?

6. Who starts this conversation between Abraham & God? Who begins this prayer? What do you think is the significance of this?

Parallel Passages

7. Interpret Scripture with Scripture. What other passages connect to this section of Scripture? Are there any footnotes or cross references that help enlighten what you read?

8. Read verses 1-15 of this chapter. How does this context inform what you read in the rest of the chapter?

9. Read James 2:20-24. How does this passage describe Abraham? Connect that to what God says in Genesis 18:16-19.

10. Read Romans 4:21. How does the question, “Is anything too hard for the Lord?” frame the prayer of Abraham and connect to it? How does that faith help Abraham pray boldly?

Promises & Problems

11. Are there any promises of God within this passage? What is the hope? What problems or sins are listed?

12. Joyce Baldwin, in her commentary, states this: “What had begun as intercession turned into an urgent probing of the character of God...We see also that Abraham built his prayer upon what he knew of God’s character, and argued on the basis of God’s integrity.” What attributes of God does Abraham point to in this prayer. What does he rest his asks upon?

13. How does this truth from question 6 inform the way you pray?

14. What do you think of the fact that Abraham is not disciplined for questioning the Lord’s judgment? What does that say to you about how to pray?

Pray

15. Write out a prayer in response to what you have studied this week.

Pray Like Moses

September 25th-October 1st

Exodus 32

When the people saw that Moses was so long in coming down from the mountain, they gathered around Aaron and said, “Come, make us gods who will go before us. As for this fellow Moses who brought us up out of Egypt, we don’t know what has happened to him.”

²Aaron answered them, “Take off the gold earrings that your wives, your sons and your daughters are wearing, and bring them to me.” ³So all the people took off their earrings and brought them to Aaron. ⁴He took what they handed him and made it into an idol cast in the shape of a calf, fashioning it with a tool. Then they said, “These are your gods, Israel, who brought you up out of Egypt.”

⁵When Aaron saw this, he built an altar in front of the calf and announced, “Tomorrow there will be a festival to the LORD.” ⁶So the next day the people rose early and sacrificed burnt offerings and presented fellowship offerings. Afterward they sat down to eat and drink and got up to indulge in revelry.

⁷Then the LORD said to Moses, “Go down, because your people, whom you brought up out of Egypt, have become corrupt. ⁸They have been quick to turn away from what I commanded them and have made themselves an idol cast in the shape of a calf. They have bowed down to it and sacrificed to it and have said, ‘These are your gods, Israel, who brought you up out of Egypt.’

⁹“I have seen these people,” the LORD said to Moses, “and they are a stiff-necked people. ¹⁰Now leave me alone so that my anger may burn against them and that I may destroy them. Then I will make you into a great nation.”

¹¹But Moses sought the favor of the LORD his God. “LORD,” he said, “why should your anger burn against your people, whom you brought out of Egypt with great power and a mighty hand? ¹²Why should the Egyptians say, ‘It was with evil intent that he brought them out, to kill them in the mountains and to wipe them off the face of the earth’? Turn from your fierce anger; relent and do not bring disaster on your people. ¹³Remember your servants Abraham, Isaac and Israel, to whom you swore by your own self: ‘I will make your descendants as numerous as the stars in the sky and I will give your descendants all this land I promised them, and it will be their inheritance forever.’” ¹⁴Then the LORD relented and did not bring on his people the disaster he had threatened.

¹⁵Moses turned and went down the mountain with the two tablets of the covenant law in his hands. They were inscribed on both sides, front and back. ¹⁶The tablets were the work of God; the writing was the writing of God, engraved on the tablets.

¹⁷When Joshua heard the noise of the people shouting, he said to Moses, “There is the sound of war in the camp.”

¹⁸Moses replied:

“It is not the sound of victory,
it is not the sound of defeat;
it is the sound of singing that I hear.”

¹⁹When Moses approached the camp and saw the calf and the dancing, his anger burned and he threw the tablets out of his hands, breaking them to pieces at the foot of the mountain. ²⁰And he took the calf the people had made and burned it in the fire; then he ground it to powder, scattered it on the water and made the Israelites drink it.

²¹He said to Aaron, “What did these people do to you, that you led them into such great sin?”

²²“Do not be angry, my lord,” Aaron answered. “You know how prone these people are to evil. ²³They said to me, ‘Make us gods who will go before us. As for this fellow Moses who brought us up out of Egypt, we don’t know what has happened to him.’ ²⁴So I told them, ‘Whoever has any gold jewelry, take it off.’ Then they gave me the gold, and I threw it into the fire, and out came this calf!”

²⁵Moses saw that the people were running wild and that Aaron had let them get out of control and so become a laughingstock to their enemies. ²⁶So he stood at the entrance to the camp and said, “Whoever is for the LORD, come to me.” And all the Levites rallied to him.

²⁷Then he said to them, “This is what the LORD, the God of Israel, says: ‘Each man strap a sword to his side. Go back and forth through the camp from one end to the other, each killing his brother and friend and neighbor.’” ²⁸The Levites did as Moses commanded, and that day about three thousand of the people died. ²⁹Then Moses said, “You have been set apart to the LORD today, for you were against your own sons and brothers, and he has blessed you this day.”

³⁰The next day Moses said to the people, “You have committed a great sin. But now I will go up to the LORD; perhaps I can make atonement for your sin.”

³¹So Moses went back to the LORD and said, “Oh, what a great sin these people have committed! They have made themselves gods of gold. ³²But now, please forgive their sin—but if not, then blot me out of the book you have written.”

³³The LORD replied to Moses, “Whoever has sinned against me I will blot out of my book. ³⁴Now go, lead the people to the place I spoke of, and my angel will go before you. However, when the time comes for me to punish, I will punish them for their sin.”

³⁵And the LORD struck the people with a plague because of what they did with the calf Aaron had made.

Pray Like Moses

“The potency of prayer has subdued the strength of fire, it has bridled the rage of lions, hushed anarchy to rest, extinguished wars, appeased the elements, expelled demons, burst the chains of death, expanded the fates of heaven, assuaged diseases, dispelled frauds, rescued cities from destruction, stayed the sun in its course, and arrested the progress of the thunderbolt. There is (in it) an all-sufficient panoply, a treasure undiminished, a mine which is never exhausted, a sky unobscured by clouds, a heaven unruffled by the storm. It is the root, the fountain, the mother of a thousand blessings!” -John Chrysostom

Practice

In our passage this week, Moses uses the promises of God as the basis for his prayer. Pray the promises of God this week. Here are a few options:

Romans 8:38-39 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Philippians 4:7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Isaiah 40:28-29 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak.

Psalms 34:18-19 The LORD is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the LORD delivers him from them all

Deuteronomy 31:8 The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Primary Passage

1. Pick a key verse (from Exodus 32) and write it out below. Try to memorize it this week
2. Why did you pick this particular verse? What about it stuck out to you?
3. What is the main theme of this passage? Write out one sentence describing what it teaches you about prayer.

Purpose

4. What are the key points of this passage? What does it tell you about God? What does it tell you about humanity?

5. What is the purpose of the prayer?

6. Read verses 11-13. What does Moses base his prayer upon?

7. Compare verse 10 with verses 30-32. Does Moses accept what God offered him?
Why or why not?

8. What do you make of the fact that God told Moses his plan in the first place? Think back to Abraham from last week. What purpose could he have had in telling Moses his plan?

Parallel Passages

9. Interpret Scripture with Scripture. What other passages connect to this section of Scripture? Are there any footnotes or cross references that help enlighten what you read?

10. Skim through Exodus 20-31 noticing the main points. Read Exodus 25:8. How do you think Moses was feeling as he came to the end of these 40 days? Imagine you were Moses, having experienced these 40 days in the presence of God and learning all that he learned. What emotions would you have as you prepare to come down from the mountain (before you hear of the people's rebellion)?

11. Read Psalm 106. What other details about this encounter in Exodus does this Psalm offer. How does it help you understand Exodus 32?

12. Compare Exodus 32:1 with Exodus 14:19 and 23:23. What did they want the "god" to do? What had their God already done?

13. Read Deuteronomy 9:23-29. What more do you learn about Moses' prayer here?

Promises & Problems

14. Are there any promises of God within this passage? What is the hope? What problems or sins are listed?

15. Read Exodus 19:1-8. How did the people respond here? How does this compare to what they do in chapter 32?

16. Read Exodus 33:15-17. What does Moses say that he needs?

Pray

17. Write out a prayer in response to what you have studied this week.

Pray Like Hannah

October 2nd-8th

1 Samuel 1:1-20; 2:1-10

1 There was a certain man from Ramathaim, a Zuphite from the hill country of Ephraim, whose name was Elkanah son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephraimite. **2** He had two wives; one was called Hannah and the other Peninnah. Peninnah had children, but Hannah had none.

3 Year after year this man went up from his town to worship and sacrifice to the LORD Almighty at Shiloh, where Hophni and Phinehas, the two sons of Eli, were priests of the LORD. **4** Whenever the day came for Elkanah to sacrifice, he would give portions of the meat to his wife Peninnah and to all her sons and daughters. **5** But to Hannah he gave a double portion because he loved her, and the LORD had closed her womb. **6** Because the LORD had closed Hannah's womb, her rival kept provoking her in order to irritate her. **7** This went on year after year. Whenever Hannah went up to the house of the LORD, her rival provoked her till she wept and would not eat. **8** Her husband Elkanah would say to her, "Hannah, why are you weeping? Why don't you eat? Why are you downhearted? Don't I mean more to you than ten sons?"

9 Once when they had finished eating and drinking in Shiloh, Hannah stood up. Now Eli the priest was sitting on his chair by the doorpost of the LORD's house. **10** In her deep anguish Hannah prayed to the LORD, weeping bitterly. **11** And she made a vow, saying, "LORD Almighty, if you will only look on your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the LORD for all the days of his life, and no razor will ever be used on his head."

12 As she kept on praying to the LORD, Eli observed her mouth. **13** Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk **14** and said to her, "How long are you going to stay drunk? Put away your wine."

15 "Not so, my lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the LORD. **16** Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief."

17 Eli answered, "Go in peace, and may the God of Israel grant you what you have asked of him."

18 She said, "May your servant find favor in your eyes." Then she went her way and ate something, and her face was no longer downcast.

¹⁹ Early the next morning they arose and worshiped before the LORD and then went back to their home at Ramah. Elkanah made love to his wife Hannah, and the LORD remembered her. ²⁰ So in the course of time Hannah became pregnant and gave birth to a son. She named him Samuel, saying, “Because I asked the LORD for him.”

2 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.”

Pray Like Hannah

“To pray is to descend with the mind into the heart, and there stand before the face of the Lord, ever-present, all seeing, within you.”

-Theophan the Recluse

Practice

Sit before the Lord in silent reflection. Ask the Holy Spirit to bring to mind any unanswered prayers that you have prayed for a long time. Write them out. Journal a few points about the grief you feel over those unanswered prayers. Lay that grief in honesty and full vulnerability before the Lord. Now journal the ways that God may have changed you through those unanswered prayers. How has he molded you as you waited? How has your reliance upon Him grown as you have cried out without an answer? How has prayer changed you? Continue to pray over those unanswered prayers with the full assurance that God hears you, he cares for your grief, and he will shape you through the silence.

Primary Passage

1. Pick a key verse and write it out below. Try to memorize it this week
2. Why did you pick this particular verse? What about it stuck out to you?
3. What is the main theme of this passage? Write out one sentence describing what it teaches you about prayer.
4. How would it have been different if Elkanah had instead said “Don’t YOU mean more to me than ten sons? (1:8)

Purpose

5. What are the key points of this passage? What does it tell you about God? What does it tell you about humanity?

6. How does Hannah's story encourage you to keep praying prayers that seem to go unanswered? Besides simply getting what we ask for, what other things might prayer do for us? What do you think it does for Hannah?

7. You have possibly heard this story before and had thoughts about Hannah's request. Maybe you have asked yourself if this is bribery, bargaining with God, and if it is the right way to pray. Put all those thoughts aside for a moment and think about the fact that Hannah dedicates her son to the Lord (1:11, 22). What other desire might have played a part in her asking the Lord for a son?

Parallel Passages

8. Interpret Scripture with Scripture. What other passages connect to this section of Scripture? Are there any footnotes or cross references that help enlighten what you read?

9. Read Genesis 11:30 & Genesis 30:1-24. How has barrenness been presented in the Bible?

10. Read Genesis 8:1, 19:29, 30:22, Exodus 2:24 alongside 1 Samuel 1:19. What do all these have in common?

11. Read James 1:2-12. What connections do you see with Hannah's song from chapter 2?

Promises & Problems

12. Are there any promises of God within this passage? What is the hope? What problems or sins are listed?

13. Take a step back from the story and consider what you can learn about God from how he deals with individuals in this story. Write down anything you see.

Pray

14. Mary J. Evans in her commentary on Samuel says this of Hannah's song, "There is often a thankfulness that goes far beyond the significance of the event itself. But how many times do we experience the joy and then move on, without stopping to reflect on what has been going on in the way that Hannah does here?" What can you express gratitude for this week, month, even year? Can you write out your own psalm of praise about those things? Specifically reflect upon what your blessings or answered prayers say about God and who He is. What do they say about you and how do they humble you?

Pray Like Daniel

October 9th-15th

Daniel 9:1-19

In the first year of Darius son of Xerxes (a Mede by descent), who was made ruler over the Babylonian kingdom—²in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the LORD given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. ³So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes.

⁴I prayed to the LORD my God and confessed:

“Lord, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments, ⁵we have sinned and done wrong. We have been wicked and have rebelled; we have turned away from your commands and laws. ⁶We have not listened to your servants the prophets, who spoke in your name to our kings, our princes and our ancestors, and to all the people of the land.

⁷“Lord, you are righteous, but this day we are covered with shame—the people of Judah and the inhabitants of Jerusalem and all Israel, both near and far, in all the countries where you have scattered us because of our unfaithfulness to you. ⁸We and our kings, our princes and our ancestors are covered with shame, LORD, because we have sinned against you. ⁹The Lord our God is merciful and forgiving, even though we have rebelled against him; ¹⁰we have not obeyed the LORD our God or kept the laws he gave us through his servants the prophets. ¹¹All Israel has transgressed your law and turned away, refusing to obey you.

“Therefore the curses and sworn judgments written in the Law of Moses, the servant of God, have been poured out on us, because we have sinned against you. ¹²You have fulfilled the words spoken against us and against our rulers by bringing on us great disaster. Under the whole heaven nothing has ever been done like what has been done to Jerusalem. ¹³Just as it is written in the Law of Moses, all this disaster has come on us, yet we have not sought the favor of the LORD our God by turning from our sins and giving attention to your truth. ¹⁴The LORD did not hesitate to bring the disaster on us, for the LORD our God is righteous in everything he does; yet we have not obeyed him.

¹⁵“Now, Lord our God, who brought your people out of Egypt with a mighty hand and who made for yourself a name that endures to this day, we have sinned, we have done wrong. ¹⁶Lord, in keeping with all your righteous acts, turn away your anger and your

wrath from Jerusalem, your city, your holy hill. Our sins and the iniquities of our ancestors have made Jerusalem and your people an object of scorn to all those around us.

¹⁷“Now, our God, hear the prayers and petitions of your servant. For your sake, Lord, look with favor on your desolate sanctuary. ¹⁸Give ear, our God, and hear; open your eyes and see the desolation of the city that bears your Name. We do not make requests of you because we are righteous, but because of your great mercy. ¹⁹Lord, listen! Lord, forgive! Lord, hear and act! For your sake, my God, do not delay, because your city and your people bear your Name.”

Pray Like Daniel

“Prayer is the way to both the heart of God and the heart of the world—precisely because they have been joined by the suffering of Jesus Christ...Praying is letting one’s own heart become the place where the tears of God’s children merge and become tears of hope.”

- Henri Nouwen

Practice

Daniel 6:10 says this, “Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.”

Daniel had a practice of praying three times a day. Phyllis Tickle has a book on Fixed Hour Prayer called “The Divine Hours: Prayers for Autumn and Wintertime.” Part of the prayers for Wednesday of this week are printed below. Try praying these as many times this week as you can. It is sometimes nice to practice a new way of approaching God and so this may be new to you. They are meant to be chanted or sung if possible- but if not, simply read aloud will help. Phyllis Tickle says this, “By chanting, the observant is weaving in yet another part of the bouquet of prayer that is being offered to God, and a constant remembrance of this purpose will do much to make the discipline acceptable and pleasing.” If you don’t use this prayer everyday, I still encourage daily prayer at set times throughout the day. Set a reminder on your phone for what times you would like to pause to pray.

The Morning Office: Between 6AM and 9AM

The Call to Prayer

Bless our God, you peoples; make the voice of his praise to be heard; Who holds our souls in life, and will not allow our feet to slip. Psalm 66:7-8

The Request for presence

...come to me speedily, O God. You are my helper and my deliverer; O Lord, do not tarry. Psalm 70:5-6

The Greeting

You are my hope, O Lord God, my confidence since I was young. I have been sustained by you ever since I was born; from my mother’s womb you have been my strength; my praise shall be always of you. Psalm 71:5-6

The Refrain for the Morning Lessons

“Be still, then, and know that I am God; I will be exalted among the nations; I will be exalted in the earth.”

A Reading

Jesus looked round and said to his disciples, ‘How hard is it for those who have riches to enter the kingdom of God!’ The disciples were astounded by these words, but Jesus insisted, ‘My children,’ he said to them, ‘how hard is it to enter the kingdom of God! It is easier for a camel to pass through the eye of a needle than for someone rich to enter the kingdom of God.’ They were more astonished than ever, saying to one another, ‘In that case, who can be saved?’ Jesus gazed at them and said, ‘By human resources it is impossible, but not for God: because for God everything is possible.’ Mark 10:23-27

The Refrain

“Be still, then, and know that I am God; I will be exalted among the nations; I will be exalted in the earth.”

The Morning Psalm

Read Psalm 90:1-8, 12

The Midday Office- Between 11am and 2 pm*The call to Prayer*

Sing praise to the Lord who dwells in Zion; proclaim to the peoples the things he has done. Psalm 9:11

The Request for Presence

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling. Psalm 43:3

The Greeting

How glorious you are! More splendid than the everlasting mountains! Psalm 76:4

The Refrain for the Midday Lessons

Away from me, you wicked! I will keep the commandments of my God. Psalm 119:115

The Midday Psalm

Read Psalm 113

The Vespers Office- Between 5 and 8 PM*The Call to Prayer*

Give thanks to the Lord, for he is good; his mercy endures forever. Psalm 118:29

The Request for Presence

As the eyes of servants look to the hand of their masters, and the eyes of a maid to the hand of her mistress, So my eyes look to you, O Lord my God. Adapted from Psalm 123:2-3

The Greeting

My heart sings to you without ceasing; O Lord my God, I will give you thanks forever Psalm 30:13

The Hymn

Come, Holy Ghost, our hearts inspire,
Let your influence prove;
Source of the old prophetic fire,
Fountain of life and love

Come Holy Ghost (for moved by you
The prophets wrote and spoke),
Unlock the truth, yourself the key,
Unseal the sacred book.

Expand your wings, celestial Dove,
Brood over our nature's night;
On our disordered spirits move,
And let there now be light.

God, through the Spirit we shall know
If you within us shine,
And sound, with all your saints below,
The depths of love divine
--Charles Wesley

The Refrain for the Vespers Lessons

But you, O Lord, are gracious and full of compassion, slow to anger, and full of kindness and truth. Psalm 86:15

The Vespers Psalm

Read Psalm 71:14-17

The Cry of the Church

Lord, have mercy on us. Christ, have mercy on us. Lord, have mercy on us.

End with the Lord's Prayer.

Primary Passage

1. Pick a key verse and write it out below. Try to memorize it this week
2. Why did you pick this particular verse? What about it stuck out to you?
3. What is the main theme of this passage? Write out one sentence describing what it teaches you about prayer.

Purpose

4. What are the key points of this passage? What does it tell you about God? What does it tell you about humanity?

5. What is the purpose of the prayer?
6. What part does confession play in your regular prayer life? Does anything need to change?

Parallel Passages

7. Interpret Scripture with Scripture. What other passages connect to this section of Scripture? Are there any footnotes or cross references that help enlighten what you read?
8. Read Daniel 2:17-18; Daniel 2:19-23; and Daniel 6:10. What do you learn about Daniel's prayer life?

9. What do you think of the posture Daniel takes in 9:3 for this prayer? What does it indicate about what he was feeling and portraying to God?
10. Read Deuteronomy 28:15-68 and Deuteronomy 30:1-10. How did these passages inform Daniel's prayer?
11. Read Jeremiah 25:11 and 29:10-14. How does Scripture motivate Daniel to pray? How does this prayer of Daniel help you understand that common verse Jeremiah 29:11?

Promises & Problems

12. Are there any promises of God within this passage? What is the hope? What problems or sins are listed?

13. What does this prayer teach us about sin?

14. What does this prayer teach us about mercy?

15. What does this prayer teach us about God?

Pray

16. Write out a prayer in response to what you have studied this week.

Pray Like Habakkuk

October 16th-October 22nd

Habakkuk 3

A prayer of Habakkuk the prophet. On *shigionoth*.

² LORD, I have heard of your fame;
I stand in awe of your deeds, LORD.
Repeat them in our day,
in our time make them known;
in wrath remember mercy.

³ God came from Teman,
the Holy One from Mount Paran.
His glory covered the heavens
and his praise filled the earth.

⁴ His splendor was like the sunrise;
rays flashed from his hand,
where his power was hidden.

⁵ Plague went before him;
pestilence followed his steps.

⁶ He stood, and shook the earth;
he looked, and made the nations tremble.

The ancient mountains crumbled
and the age-old hills collapsed—
but he marches on forever.

⁷ I saw the tents of Cushan in distress,
the dwellings of Midian in anguish.

⁸ Were you angry with the rivers, LORD?
Was your wrath against the streams?
Did you rage against the sea
when you rode your horses
and your chariots to victory?

⁹ You uncovered your bow,
you called for many arrows.
You split the earth with rivers;

¹⁰ the mountains saw you and writhed.
Torrents of water swept by;
the deep roared
and lifted its waves on high.

¹¹ Sun and moon stood still in the heavens
at the glint of your flying arrows,
at the lightning of your flashing spear.

¹² In wrath you strode through the earth
and in anger you threshed the nations.

¹³ You came out to deliver your people,
to save your anointed one.

You crushed the leader of the land of wickedness,
you stripped him from head to foot.

¹⁴ With his own spear you pierced his head
when his warriors stormed out to scatter us,
gloating as though about to devour
the wretched who were in hiding.

¹⁵ You trampled the sea with your horses,
churning the great waters.

¹⁶ I heard and my heart pounded,
my lips quivered at the sound;
decay crept into my bones,
and my legs trembled.

Yet I will wait patiently for the day of calamity
to come on the nation invading us.

¹⁷ Though the fig tree does not bud
and there are no grapes on the vines,
though the olive crop fails
and the fields produce no food,
though there are no sheep in the pen
and no cattle in the stalls,

¹⁸ yet I will rejoice in the LORD,
I will be joyful in God my Savior.

¹⁹ The Sovereign LORD is my strength;
he makes my feet like the feet of a deer,
he enables me to tread on the heights.

For the director of music. On my stringed instruments.

Pray Like Habakkuk

“Is prayer your spare tire or your steering wheel?”

- Corrie Ten Boom

Practice

“Your prayers immediately relocate you to face the tender face of God. Your every breath—inhale, exhale—makes the sound of His name, is calling for Him—YHWH, YHWH. And He who makes us will make it so we make it. Make it to the next breath, to the next moment, to the next season, to the next step that will take us closer to home and Him.”¹

Breath prayer is a beautiful way to incorporate prayer into your day. It is as easy as breathing. The following page will give you some instructions if you are unfamiliar with breath prayer. Jennifer Tucker in her book on Breath as Prayer says, “The science of breathing and the practice of praying God’s word can work hand-in-hand to help calm your body and reorient your mind toward Christ.”

This week, use Habakkuk 3:18 to practice breath prayers.

Inhale: yet I will rejoice in the Lord

Exhale: I will be joyful in God my Savior.

¹ Tucker, Jennifer. *Breath as Prayer*. Nashville, Tennessee: Thomas Nelson Publishing, 2022.

Breath Prayer 101

Breath prayers combine deep breathing exercises with prayers of meditation on God's Word to help calm your body while focusing your mind on truth.

Breath Prayer BASICS

Breath prayers can be done at anytime and anywhere you are able to slow down, be still, and breathe.

1 breathe

Breathe in deeply and slowly through your nose. Feel your lungs fill completely.

Breathe out slowly. Empty your lungs fully.

Repeat as you bring your breathing into a slow and steady rhythm.

2 pray

Inhale: Continue breathing slowly as you pray. Fill your lungs slowly as you say the "inhale" part of the prayer.

Exhale: Empty your lungs slowly as you say the "exhale" part of the prayer.

Meditate on the words as you breathe to the rhythm of the prayer.

3 repeat

Repeat the breath prayer, inhaling and exhaling slowly, for at least one minute.

Try to work up to 5 minutes.

Techniques

365 Breathing

three times per day, six breathe per minute, five-minute duration

- Inhale slowly through the nose for **five** seconds
- Exhale slowly through the mouth for **five** seconds
- Repeat for **five** minutes

Square Breathing

- Inhale slowly through the nose for a count of **four**
- Hold your breath for a count of **four**
- Exhale slowly through the mouth for a count of **four**
- Hold your breath for a count of **four**

Primary Passage

1. Pick a key verse and Write it out below. Try to memorize it this week
2. Why did you pick this particular verse? What about it stuck out to you?
3. Can you trace the theme of God's wrath throughout the chapter? What key words are connected to this theme? How does he contrast it with God's mercy?
4. Read Habakkuk 1:1-4 and Habakkuk 3:16-19. Comparing the beginning of the book to the very end, how does the tone shift?

Purpose

5. What are the key points of this passage? What does it tell you about God? What does it tell you about humanity?

6. What is the purpose of the prayer?

7. How does Habakkuk 3 read differently knowing it is a song?

8. What does he list about:

The Past:	The Present:	The Future:

Parallel Passages

9. Interpret Scripture with Scripture. What other passages connect to this section of Scripture? Are there any footnotes or cross references that help enlighten what you read?
10. Read Hebrews 10:32-39. This is quoted from Habakkuk 2:3-4. How does this help you understand the book of Habakkuk?
11. Skim through Moses' song in Exodus 15, Deborah's song in Judges 5, and David's song in 2 Samuel 22. Do you see any connections? How does this enlighten Habakkuk's prayer even more?

Moses' Song:	Deborah's Song:	David's Song:

12. Read Psalm 18:31-33. Compare it with v. 19 of Habakkuk 3. What is the significance of being able to walk on the “high places”?

Promises & Problems

13. Are there any promises of God within this passage? What is the hope? What problems or sins are listed?

14. David Prior in his commentary on Habakkuk says this of verses 16-19, “Habakkuk has brought his request to God in prayer. In placing it before God, he has been led into a profound experience of God’s majesty, during which he has been brought face to face with God in his awesome, though necessarily hidden, power over nature and over nations.” How does this speak to the value of prayer? Reading through verses 16-19 how can you see this change evident in what he describes?

Pray

15. Write out a prayer in response to what you have studied this week.

