

Unshakable Women's Bible Study

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4-Part Series — Seen & Strengthened: Becoming A Woman Established in God

Part 2 — The Woman God Strengthens

Main Texts for Part 2: 1 Samuel 1:1–20; 1 Samuel 2:1; Proverbs 31:17, 25

Main Truth: A strong woman is not a woman who never feels pressure. She is a woman who knows where her strength comes from.

Part 1 Recap: **The woman God sees. Understanding God sees me.**

Recap: Hagar teaches us that we are not invisible.

Part 2 is about knowing that **God strengthens me.**

Hannah teaches us that we do not have to stay emotionally defeated by what we are facing. She had pain, disappointment, pressure, and provocation—but she learned how to take all of that to the Lord.

Key 1: Strength Does Not Mean You Never Hurt

1 Samuel 1:10 NLT- “Hannah was in deep anguish, crying bitterly as she prayed to the Lord.”

Hannah was a woman of faith, but she still hurt. She cried. She felt deeply. She was distressed. She was provoked.

Sometimes women think being strong means never letting anyone know something hurts. But Biblical strength is not pretending.

Strength is not denying pain. Strength is knowing what to do with pain.

You can feel hurt and still be full of faith. You can cry and still trust God. You can feel pressure and still refuse to let pressure define you.

A strong woman does not have to deny what she feels, but she does have to decide what she will do with what she feels.

Isaiah 41:10 NLT- “Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”

Key 2: Take Your Pressure to God Before It Takes Over Your Heart

Hannah did not just sit in her pain. She prayed.

1 Samuel 1:15 NLT —“I am very discouraged, and I was pouring out my heart to the Lord.”

Notice: She poured out her heart to the Lord.

She did not pour it into bitterness.

She did not pour it into revenge.

She did not pour it into constant complaining.

She poured it out before God.

Proverbs 4:23 “Guard your heart above all else, for it determines the course of your life.”

Pressure is not always the danger. The danger is what pressure is allowed to produce in your heart.

If pain stays untreated, it can become bitterness.

If disappointment stays untreated, it can become unbelief.

If offense stays untreated, it can harden you.

Psalms 19:14 AMP —“Let the words of my mouth and the meditation of my heart Be acceptable and pleasing in Your sight, O LORD, my [firm, immovable] rock and my Redeemer.”

Matthew 13:15- “For the hearts of these people are hardened, and their ears cannot hear, and they have closed their eyes— so their eyes cannot see, and their ears cannot hear, and their hearts cannot understand, and they cannot turn to me and let me heal them.”

Hannah shows us another way:

******In Matthew 13:15, Jesus explains why He speaks to the crowds in parables, quoting an ancient warning from the prophet Isaiah regarding a spiritually calloused and unresponsive people. This verse highlights a tragic human choice: when people repeatedly reject God's truth, their hearts grow thick and dull, intentionally closing their eyes and ears to spiritual understanding so they miss out on repentance and God's healing.

Prayer is one of the ways we keep pain from becoming our identity. It helps keep our hearts open before the Lord. Clear line of communication.

Key 3: Prayer Can Change You Before the Situation Changes

*******This is one of the strongest parts of Hannah's story.

1 Samuel 1:12-18 NLT— As she was praying to the Lord, Eli watched her. Seeing her lips moving but hearing no sound, he thought she had been drinking. “Must you come here drunk?” he demanded. “Throw away your wine!” “Oh no, sir!” she replied. “I haven't been drinking wine

or anything stronger. But I am very discouraged, and I was pouring out my heart to the Lord. Don't think I am a wicked woman! For I have been praying out of great anguish and sorrow." "In that case," Eli said, "go in peace! May the God of Israel grant the request you have asked of him." "Oh, thank you, sir!" she exclaimed. Then she went back and began to eat again, and she was no longer sad.

In that moment, Hannah was not pregnant yet. Did her situation change yet? Did she become pregnant in that moment?

But she had changed.

She had gone from anguish to peace before she ever saw the answer. **That is faith.**

Sometimes we think the miracle is only when the circumstance changes. But sometimes the first miracle is:

I have peace again.

I can eat again.

I can sleep again.

I can worship again.

I can move forward again.

Have you ever experienced that?

Nothing around you has changed yet, but something inside you has.

Philippians 4:6–7 NLT— "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Prayer and thanksgiving do not always immediately change the circumstance, but they guard the heart and mind while we wait.

You do not have to wait for your situation to change before your heart can become steady.

Key 4: The Lord Has Made Me Strong

Unshakable Women's themed verse: **1 Samuel 2:1 NLT**—"My heart rejoices in the Lord! The Lord has made me strong."

Notice what Hannah did not say: "I made myself strong."

She said: "The Lord has made me strong."

Her strength had a source.

Proverbs 31:17—"She is energetic and strong, a hard worker."

Proverbs 31:25—“She is clothed with strength and dignity, and she laughs without fear of the future.”

The Proverbs 31 woman is not strong because life has always been easy. She is strong because she has learned where to draw strength from.

Godly strength is not self-sufficiency. It is dependency on God.

That is a major distinction.

World says, “Be strong enough to handle everything. Don’t ask for help.”

Word of God says, “Let the Lord be your strength.”

Psalm 28:7 AMP- “The Lord is my strength and my [impenetrable] shield; My heart trusts [with unwavering confidence] in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I shall thank Him *and* praise Him.”

Psalm 46:1 AMP- God is our refuge and strength [mighty and impenetrable], A very present *and* well-proved help in trouble.

Key 5: Strength and Dignity Are Something You Wear

Proverbs 31:25 NLT: “She is clothed with strength and dignity, and she laughs without fear of the future.”

****Clothed with strength. Clothing is something you *intentionally* put on.**

You may not wake up feeling strong every morning. But you can still choose what you are going to wear spiritually. SAY:

Today I will wear faith.

Today I will wear dignity.

Today I will wear peace.

Today I will wear courage.

Today I will not wear yesterday’s fear.

I will put on the **whole** armor! (Ephesians 6:10-18)

This does not mean feelings are fake. It means feelings are not your master.

Every outcome is made by a choice. Think of how you want your outcomes to look.

Key 6: A Strong Woman Does Not Have to Fear Tomorrow

The second half of Proverbs 31:25 says: “She laughs without fear of the future.”

That does not mean she knows what tomorrow holds. It means she knows who holds tomorrow.

She prepares, but she does not panic. She plans, but she does not live in fear.

There is a difference between wisdom and worry.

Wisdom prepares.

Worry obsesses.

Wisdom says: I will do what I can today.

Worry says: I must control tomorrow.

A woman strengthened by God can plan without becoming consumed by fear.

This is where Hannah's story becomes especially powerful.

She had no guarantee when she first prayed, but she left with peace. Her confidence began shifting from the situation to the Lord.

You do not need certainty about tomorrow when you have confidence in God today.

Read Matthew 6:25-34

Weekly Declaration: *The Lord makes me strong. I will not be ruled by pressure, disappointment, or fear. I will take my heart to God, allow prayer to steady me, and walk clothed in strength and dignity. I do not fear tomorrow because my confidence is in the Lord.*

Weekly Discussion Questions:

1. What is the difference between being strong and pretending nothing hurts?
2. What did Hannah do with her pain that we can learn from?
3. What changed in Hannah before her circumstances changed?
4. What does "the Lord has made me strong" mean to you personally?
5. What would it look like for you to be "clothed with strength and dignity" this week?
6. Is there an area of your future you have been trying to control instead of trust God with?

Weekly Challenge:

Every time pressure, fear, or disappointment rises this week, stop and say: "The Lord has made me strong." Then add a scripture you find that means something to you.

Then turn that specific thought into prayer instead of allowing it to become worry.

*******See you for Part 3- The Woman Who Builds // Oct 6th @ 6:30p
(new location for in-person: MWCRegister.com for details)**

