

Therapeutic Prayer

Scripture

"So Hannah arose after they had finished eating and drinking in Shiloh. Now Eli the priest was sitting on the seat by the doorpost of the tabernacle of the LORD. And she [was] in bitterness of soul, and prayed to the LORD and wept in anguish. Then she made a vow and said, "O LORD of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the LORD all the days of his life, and no razor shall come upon his head." And it happened, as she continued praying before the LORD, that Eli watched her mouth. Now Hannah spoke in her heart; only her lips moved, but her voice was not heard. Therefore Eli thought she was drunk. So Eli said to her, "How long will you be drunk? Put your wine away from you!" And Hannah answered and said, "No, my lord, I [am] a woman of sorrowful spirit. I have drunk neither wine nor intoxicating drink, but have poured out my soul before the LORD. "Do not consider your maidservant a wicked woman, for out of the abundance of my complaint and grief I have spoken until now." Then Eli answered and said, "Go in peace, and the God of Israel grant your petition which you have asked of Him." And she said, "Let your maidservant find favor in your sight." So the woman went her way and ate, and her face was no longer [sad]." (1Sa 1:9-18 NKJV)

Devotion

Hannah was greatly distressed by her inability to have a child. It appears that this was a long-term sadness that grew with each passing year. Even though Hannah received a double portion from her husband, seeing Peninnah and all her children was a constant reminder of her barrenness.

There are many issues that drive people into a depressed state. Sometimes it is fear that overwhelms us. Sometimes it is loss. No matter what the cause, prayer is the best way to combat depression.

Paul tells us, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." (Php. 4:6-7 NKJV)

The peace of God may be found in prayer. Hannah was weeping in anguish when she went to the Lord, but she went her way and ate, and her face was no longer sad after pouring her heart out to God.

When facing obstacles we need to pray. We need to pray without ceasing, but especially during times of duress. Unfortunately, we often go to others for comfort. This sometimes turns into complaining or gossip which exacerbates the problem.

However, when we take our problems to God, grace rains down like spring showers. The darkest situation is given new light. The insurmountable is brought a little lower. Above all, an eternal perspective is gained, and the mind and heart are placated.

If you are struggling with the path God has you on, go to Him in prayer. His ability to help surpasses all understanding. Take Him at His word and cry out to Him. Avoid earthly substitutes and enter the Holy of Holies. He made the way for you. Will you not avail yourself such a great privilege?