

A Mood-altering Prayer

SCRIPTURE: 1 Samuel 1

INTRODUCTION: Too many of us are victims of our moods. We suffer from low spirits, anger, depression, or anxiety, often brought on by difficult circumstances. We need to practice “mood-altering” prayers. One of the Bible’s best examples is Hannah, the mother of Samuel.

- 1. Difficult Conditions** (vv. 1–7).
- 2. Depressed Spirits** (v. 8). According to David Hazard, 43 percent of Americans suffer adverse health effects due to stress. One million Americans miss work each day due to stress, and 75–90 percent of doctor visits are stress-related complaints.
- 3. Earnest Prayer** (vv. 9–16).
- 4. Shared Burden** (v. 17). Eli’s response helped Hannah realize that God was sharing her burden.
- 5. Changed Attitude** (v. 18). Hannah’s circumstances had not changed, but her frame of mind was completely different.
- 6. Heaven’s Answer** (vv. 19–20).

CONCLUSION: Cast your burden on the Lord, and He will sustain your spirits.