

SHIFTING AWAY FROM SORROW

SORROW OF HEART (Proverbs 15:13 NKJ)

- Sorrow - hurt, injury, pain
 1. Sorrowful situations are unavoidable
 2. Allowing sorrow to embed itself in your heart is avoidable

A WOMAN'S SHIFT AWAY FROM SORROW

- Tears for years (1 Samuel 1:6-11 NKJ)
 1. Provoked by her rival year after year
 2. A loving husband was not enough
 3. What Hannah was lacking was fueling her sorrow
- Hannah went to the Lord with her sorrow
 1. She did not hide her pain - honest before the Lord
 2. Made a shift away from self interest
- Shifting before seeing (1 Samuel 1:15-18 NKJ)
 1. Hannah had to convince the priest, Eli, that she was not drunk
 2. She received an inspired word from Eli
 3. When she believed the word she received...

MAKING THE SHIFT AWAY FROM SORROW

- Be aware of / reduce the sorrow triggers
 1. What you hear and see will impact you (2 Peter 2:8 NLT)
- Don't fixate on what you don't have
 1. Thinking about any area where you lack does not improve things
 2. Be intentionally grateful for what you do have (1 Thessalonians 5:18 NKJ)
- Sincerely seek the Lord about the sorrow in you (Matthew 7:7 NKJ)
 1. Seeking is not like texting
 2. God's answers commonly come in seed form
 3. Choose to believe before you see any change (1 Peter 1:8 NKJ)
- Look for ways to connect to God's kingdom
 1. A bigger purpose shifts perspective