



God Hears Her

40-DAY DEVOTIONAL JOURNAL

Our Daily Bread

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Our Daily Bread
Publishing™

God Hears Her 40-Day Devotional Journal

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HOW TO USE THIS BOOK

The women writers of *Our Daily Bread* are so glad to welcome you into these pages. We invite you to grow with us as we dig into and plant ourselves in the truth that *God hears us*. Through Scripture, *God Hears Her* devotionals, and journaling prompts, we will explore what it means that the Almighty Creator of the universe—our Comforter and Sustainer, our Father God—hears us. He hears *you*.

The journaling prompts will help open your eyes to God's work in your life. They'll direct you to immerse yourself in Scripture and personalize what God is saying to you through it. They'll draw you into worship and praise. They'll lead you to gut-wrenching, soul-baring honesty. And they'll remind you that He's listening.

Join us for forty days and draw closer to God as He draws closer to you. Be reminded every day: God is with you and God is for you.



Day 1

1 SAMUEL 1:9-20

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. In her deep anguish Hannah prayed to the LORD, weeping bitterly. 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."

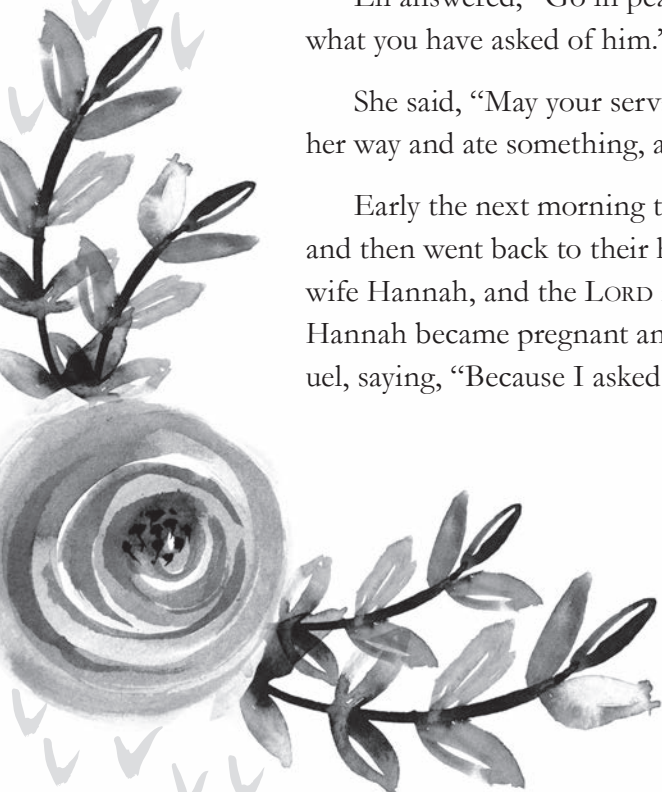
As she kept on praying to the LORD, Eli observed her mouth. Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk and said to her, "How long are you going to stay drunk? Put away your wine."

"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. Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief."

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

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.

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. 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."





The all-knowing God
hears my every prayer—
even silent ones.

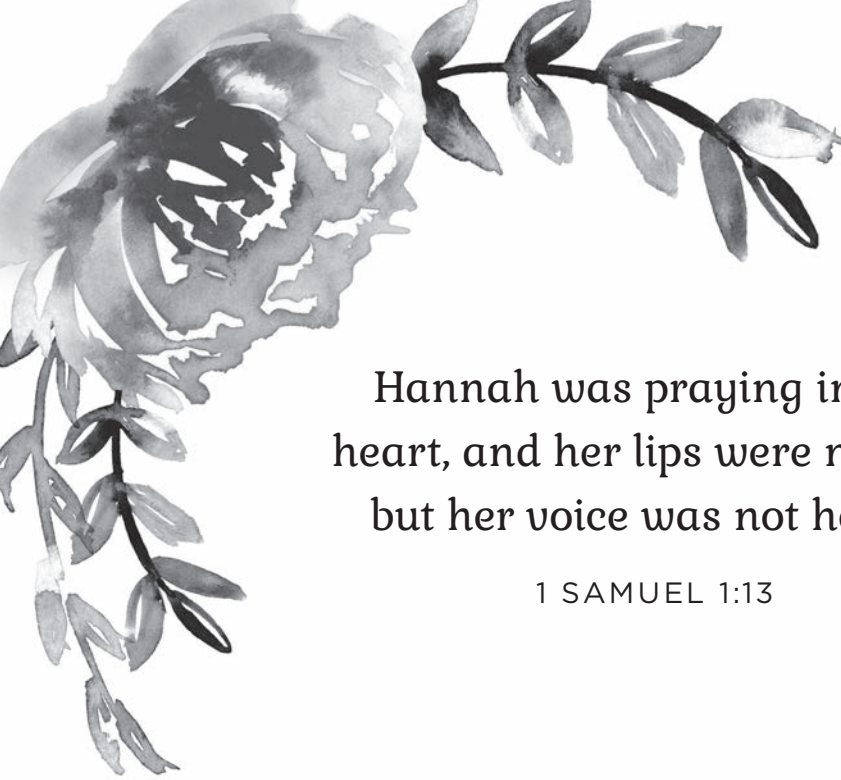
GOD HEARS HER

One day I told my daughter I was going to read a grown-up book for a while, and then we would look at books together. When I started to read in silence, she looked at me and said, “Mommy, you aren’t really reading.” If I wasn’t speaking, she assumed I wasn’t processing words.

Like reading, prayer can be silent. The Old Testament character Hannah, who longed for a child, visited the temple and prayed “in her heart.” Her lips were moving, but “her voice was not heard” (1 Samuel 1:13). She explained, “I was pouring out my soul to the LORD” (v. 15). God heard Hannah’s silent prayer and gave her a son (v. 20).

Our all-knowing God searches our hearts and minds, and He hears every prayer—even silent ones. We can confidently pray—knowing He’ll hear and answer (Matthew 6:8, 32). We can praise God, ask Him for help, and thank Him for blessings—even when no one else can hear us. If someone sees us talking to the Lord, he or she can say with confidence: “God hears her!”

Jennifer



Hannah was praying in her heart, and her lips were moving but her voice was not heard.

1 SAMUEL 1:13



CONNECT

Hannah felt alone and desperate about her situation. But when Hannah prayed in her heart, “the LORD remembered her” (1 Samuel 1:19) and blessed her with a child. When have you felt as if God wasn’t listening? How has He shown you that He really does hear you?

Day 1

MATTHEW 11:25-30 NRSV

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”





Jesus gives me rest.

“COME TO ME”

I was stressed about mounting medical bills after we had our third daughter. I couldn't sleep as I tried to figure out how we'd pay the bills. My muscles were tense. I was exhausted. So I cried out to God.

Experts tell us to combat stress by getting plenty of rest, eating right, and exercising. But Jesus tells us about something else that provides true peace and rest: prayer.

As I prayed, I was reminded of Matthew 11:28 where Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest.” Jesus invited me to come to Him to gain perspective and real rest. In the next verse, He said, “Take my yoke upon you and learn from me . . . and you will find rest for your souls” (v. 29). Our loving Savior doesn't scold us for being unable to handle the pressures of life by ourselves. Instead, He wants us to *give* our burdens to Him (Psalm 55:22).

Go to Him today!

Marlena

PRAY

Identify a heavy burden you carry (v. 29),
and bring it to Jesus.



CONNECT

Quiet yourself and hear Jesus's words: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" (vv. 28-29). What is Christ's invitation to you through these words? What do you particularly need to hold on to right now?

Take Inventory

What current activities and experiences are life-giving to you? Which are draining your energy? Share them here.



Come to me, all
you that are weary
and are carrying
heavy burdens,
and I will
give you rest.

MATTHEW 11:28 NRSV

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Day 3

EPHESIANS 1:3-10 NLT

All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. So we praise God for the glorious grace he has poured out on us who belong to his dear Son. He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. He has showered his kindness on us, along with all wisdom and understanding.

God has now revealed to us his mysterious will regarding Christ—which is to fulfill his own good plan. And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth.



God's favor is a gift.



JUST THE TICKET

When a police officer stopped a woman because her young daughter was riding in a car without the required booster seat, he could have written her a ticket. Instead, he asked to meet the mother and daughter at a nearby store where he bought them the needed car seat. It was something the struggling mother couldn't have purchased on her own.

Although the woman should have received a fine, she walked away with a gift instead. Anyone who knows Christ has experienced something similar. All of us deserve a penalty for breaking God's laws (Ecclesiastes 7:20). Yet because of Jesus, we experience undeserved favor from God. This favor excuses us from the ultimate consequence for our sin. "In [Jesus] we have . . . the forgiveness of sins, in accordance with the riches of God's grace" (Ephesians 1:7).

When the young mother experienced this, she later remarked, "I will be forever grateful!" This response to the officer's gift is an inspiring example for those of us who have received the gift of God's grace!

Jennifer

CONNECT

Remember a time when you or your family's needs were met so completely (and generously!) you knew it had nothing to do with you—God must have been behind it! Take time to reflect on the experience, praising God for the gift.



He is so rich in
kindness and
grace that he
purchased our
freedom with
the blood of his
Son and forgave
our sins.

EPHESIANS 1:7 NLT





GOD WANTS TO HEAR *You*

With this beautiful all-in-one devotional journal, explore what it means that the Creator of the universe hears you. In forty days, this one book will guide you to

- * Meditate on Scripture and read a related devotional
- * Connect biblical truths to your life—past, present, and future
- * Take inventory of your experiences and emotions
- * Express your pains, passions, and pleasures in prayer
- * Find hope in a growing relationship with God

This journal is part of the God Hears Her series from the writers of *Our Daily Bread*, bringing comfort and encouragement to women every day. Each product is designed to speak to a woman's heart, lift her up, and remind her that God is bigger than the trials she faces. Learn more about the God Hears Her series of products at godhearsher.org.

Our Daily Bread is distributed around the world and is translated into more than fifty languages. Each month millions of readers turn to the pages of this beloved devotional for inspiration, comfort, peace, and hope. Visit odb.org for more information.



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