



**Brad Gray**  
**Pour It Out**  
**1 Samuel 1**

**July 17, 2016**

***NOTE: There are more questions below than you are expected to answer. Please just choose a few that are relevant for your personal reflection & application.***

1. What was your major takeaway from the message this morning?
2. Identify those things that cause your soul to become disturbed.
3. How do you try to neutralize your pain, anxieties, frustrations? What do you do?
4. What do you learn from Hannah's sacred act of pouring out her pain to God? How does this encourage you?
5. What is it that you need to pour out to God?
6. What kind of creative way can you pour out what's on the inside? (I.e. running, journaling, drawing, driving, praying out loud, calling a friend, etc.)
7. As a result of this message, why is it important that we pour out our soul in a healthy way?