

THE OTHER WOMAN WAS A SISTER TOO:

HARD LESSONS FROM HANNAH & PENNINAH

Anchor Text: 1 Samuel 1:1-20

1. Hannah & Peninnah's Story – When Women Hurt Women

Ever been hurt by another woman? Misunderstood? Mocked in your pain?
Hannah has.

Her story in 1 Samuel 1 is often told as a tale of a "good woman" and a "mean girl." But it's more than that—it's a wake-up call about how pain, insecurity, and comparison can destroy sisterhood if we let it.

Hannah was deeply loved by her husband but barren. Peninnah had children but lived knowing she was the less-loved wife. Both women were living with lack, and instead of compassion, rivalry grew between them.

Peninnah used her words like weapons. Hannah carried her grief in silence—until she poured it out to God.

This story forces us to ask the hard question: *Am I Hannah in this moment, or have I been someone's Peninnah?*

Key Gems:

- Unprocessed pain will either humble you or harden you.
- Your blessings do not make you better; they make you responsible to show compassion.
- Rivalry is the enemy's favorite tool to keep women from unity.

God's Receipts (Because We Love Receipts):

📖 1 Samuel 1:1–20 – The full account of Hannah & Peninnah's rivalry.
📖 Proverbs 14:10 – "Each heart knows its own bitterness, and no one else can share its joy."
📖 Galatians 5:15 – "If you bite and devour each other, watch out or you will be destroyed by each other."
📖 Philippians 2:3 – "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."

2. Time to Get Real!

Reflect deeply:

- Have I ever hurt another woman because I was hurting?
- Who in my life have I silently envied instead of celebrating?
- Where am I mistaking competition for calling?

3. Word Study Highlights – Truth in the Text

Hard Lesson 1: "Rival" – *Tsarah* (צָרָה)
Meaning adversary, oppressor, or one who causes distress. This isn't passive tension—it's active opposition, like a battle.
"Provoke" – *Kaas* (כָּעַס) – to stir up anger, irritate, or wage emotional war.

Fresh Revelation: Some women in your life are not "just joking"—they're launching emotional warfare.

Hard Lesson 2: "Portion" – *Manah* (מָנָה)
A measured allotment, a symbol of provision.
"Double Portion" – *Aphayim* – literally "two faces," a display of honor and special favor.

Fresh Revelation: Having more in one area does not mean you have all you need. Everyone carries unseen lack.

Hard Lesson 3: "Year after year" – *Shanah shanah* (שָׁנָה שָׁנָה)
A repeated cycle that needs divine intervention.

Fresh Revelation: If you don't interrupt the cycle, the cycle will interrupt your destiny.

Hard Lesson 4: "Bitterness of Soul" – *Marat Nephesh* (מָרַת נֶפֶשׁ)
Deep grief saturating your inner being.
"Prayed" – *Palal* (פָּלַל) – to plead your case before God as a legal advocate.

Fresh Revelation: Prayer is not a performance—it's a court case where you let God be your defender.

Hard Lesson 5: "Remembered" – *Zakar* (זָכַר)
To recall with intent to act on your behalf.

Fresh Revelation: God's memory is your miracle in motion.

4. Sincerely Talk to God!

"Lord, heal the Hannah in me that's been wounded, and the Peninnah in me that's been hurtful. Break every cycle of rivalry in my life. Give me eyes to see the unseen battles in other women's lives and a heart to pray instead of provoke. Amen."

5. Let It ALL Out, Sister!

- Write about a time another woman's words or actions wounded you. How did you respond?
- Write about a time you may have wounded another woman. What could you have done differently?
- What cycle of comparison or competition do you need God to break in you today?

6. Speak Life, Queen!

✅ I am not in competition with any woman.

✅ I choose compassion over comparison.
✅ I will not weaponize my pain.
✅ I celebrate other women without resentment.

7. One Day Devo – When Rivalry Turns to Revival

📖 *1 Samuel 1:7* – "This went on year after year..."

Deeper Reflection:

- What cycles of hurt or envy have been on repeat in your life?
- How can you disrupt those patterns with prayer and unity?
- What would it look like for you to be a safe space for other women's vulnerabilities?

📖 Scriptures for Meditation:

- Ecclesiastes 4:9–10 – "Two are better than one... If either falls down, one can help the other up."
- Romans 12:10 – "Be devoted to one another in love. Honor one another above yourselves."

✨ NEXT STEPS

Ready for more?

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💎 Grab my book *The Sisters Stay Dropping Gems* for more truths from powerful women in Scripture.

📺 Subscribe to House of Women on YouTube. We're on the road to 1,000 subscribers and every single one matters.

📣 **Don't keep this to yourself! Share this study with a woman who needs to remember that she's still worthy.**