

the trip. I love that the Lord spoke so kindly to give me more than a mere "physical" lesson, but to take this to my spiritual life as well.

It is so easy to look so far ahead to where we are going that we fail to look at all that is going on all along the way and enjoy those simple delights and joys. A comparison would be the delight on Christmas morning, but begrudging every minute of the holidays. Enjoying our little ones reading aloud, but struggling through the REAL memories of learning to read together. I share this, yet the REAL memories I cherish the most throughout my life are those little things. The little things—that's where REAL, ABUNDANT LIFE is found! Not in our tomorrows... Not in the mountain peaks... But, in the little trails along the way!



Finally, what can zap life like the "what-if's" that plague us? ***Give yourself a break!*** Stop beating yourself up for mistakes you have made along the way! We ALL make mistakes. Mistakes give us maturity...wisdom...and often, as much as we would never want to admit it, help us to see the value of staying on the right path!

Also, ***stop beating yourself up for what you don't have or what you don't do!*** In our culture, there is such an emphasis on what we all have or do. It is so easy to think that others have or can do something special that we are missing out on. Appearances are so deceiving! Think of Hannah's situation again. Peninnah had children and Hannah did not. What perception do you think Hannah had of this situation?



How do you think this was deceiving?

What was the reality for both Hannah and Peninnah?

Take a look at 1 Samuel 2. What does Hannah say there?

The situation completely shifted! Isn't that SO life?

So, look at your situation again. Take it easy on yourself! Give yourself a break! Let go of unreasonable expectations of yourself and your situation! Stop waiting for your situation to change before you "will be happy" my dear friend! Stop beating yourself up! Stand still. Wait upon the Lord! You are going to love what He is up to!



4. Hannah waged war WITH WORSHIP!

Look at Hannah's prayers. One is recorded in the first chapter and the other is recorded in the second chapter. I love them in *The Message* because it is like listening in on Hannah's communion with the Lord. Here is the first prayer:

Oh, God-of-the-Angel-Armies,

If you'll take a good, hard look at my pain,

If you'll quit neglecting me and go into action for me

By giving me a son,

I'll give him completely, unreservedly to you.

I'll set him apart for a life of holy discipline.

Now, before I share the second prayer, note a few things:

How did she address God?

What was the subject of her prayer?

When did she pray this prayer?

More on this in a bit! Now, here is that second prayer:

I'm bursting with God-news! I'm walking on air. I'm laughing at my rivals. I'm dancing my salvation. Nothing and no one is holy like God, no rock mountain like our God. Don't dare talk pretentiously—not a word of boasting ever! For God knows what is going on. He takes the measure of everything that happens. The weapons of the strong are smashed to pieces, the well-fed are out begging in the streets for crusts, the barren woman has a houseful of children, while the mother of many is bereft. God brings death and God brings life, brings down to the grave and raises up. God brings poverty and God brings wealth; He lowers and He lifts up. He puts poor people on their feet again; he rekindles burned-out lives with fresh hope, Restoring dignity and respect to their lives—a place in the sun! For the very structures of earth are God's; He has laid out his operations on a firm foundation. He protectively cares for His faithful friends, step-by-step, but leaves the wicked to stumble in the dark. No one makes it in this life by sheer muscle! God's enemies will be blasted out of the sky, crashed in a heap and burned. God will set things right all over the earth, He'll give strength to His king, He will set His anointed on top of the world!

This chic was waging war through worship! Let's look at how she did it:

1. She knew Who God was—

Take a look at both prayers. Make a quick list of what Hannah called God. List the at-

tributes she declares about Him...

All throughout Scripture, we are introduced to God and His character through His Names. As we meet precious vessels that God used mightily, we are introduced to specific revelations of God's character. You have probably seen the Scriptures. I just love all of the Scriptures that are so specific in stating, "I AM ---"

From Genesis to Revelation, we are introduced to the Great I AM—Jehovah! There is a constant revelation of Who God is and What He wants to be for each and every one of our circumstances.

The very meaning of name Jehovah (Yahweh) is *"to be"* or *"to become."* Every use of Jehovah is combined as a compound word. For example, the compound word Jehovah-Jireh means *the Lord Who provides or the Lord Who wants to become your Provider!* Jehovah-Rapha—*meaning the Lord Who Heals or the Lord Who wants to become your Healer!* Jehovah-Jireh—*meaning the Lord Who Redeems or the Lord Who wants to become your Redeemer!*

As we journey through Scripture, we see a constant revelation of Jehovah! The most precious uses of Jehovah that I return to again and again are those that were revealed to others smack-dab-in-the-middle of their crisis situations! I think that this is because I have become deeply familiar with those Names of God in smack-dab-in-the-middle of MY crisis situations! Want a great study? Begin recording in a journal each situation that you find a person in--their greatest need and how Jehovah could step up to meet their need as ALL that they could EVER need.

For now, we see Hannah crying out to Almighty God—the ONLY answer to her heart-cry! She cried out to Him and turned Him loose to wage war on her behalf! She declared His name! She clung to His character! She praised Him for being just Who He was/is!

Our struggles teach us Who God is. They give us a greater intimacy with the Lord! We rarely personalize our knowledge of Him until we hit our crisis situations. In the midst of our tough times, we see that He is ALL we will ever need for every single situation in our lives! He has a NAME for every single situation. He wants for us to know Him, declare His powerful Name, cling to Him, and lift praise to His Name and character! Then, we can stand still and watch our Lord wage battle for us!

2. She poured out ALL!

In fact, as Eli questioned her, her response to him was:

"The only thing I've been pouring out is my heart, pouring it out to God... It's because I'm so desperately unhappy and in such pain that I've stayed here so long."

Hannah was pouring out her ALL to God! All she was... All she felt... All she needed... All of her intense frustrations... She poured out her all!

Her situation did not appear to be changing! There was absolutely NO hope in site! No changes in site! No one else "got it!" She could not find any one else who could grasp her pain... heartbreak... disappointment... and utter despair! But, this is exactly what God was looking for! He gets to work on behalf of those that offer up their precious sacrifice of praise in the midst of their pain.

Praise is not a "sacrifice" when all is up—happy—going your way! Praise is a true "sacrifice" when no hope is in site—all is tough—the battle is raging on all sides—and the only hope you have is in the Lord! Look up 2 Chronicles 16: 9. What does He do at this time?

Isn't this good? Beloved, it is at these times that we may not even know what on earth to pray—in fact, those are the times that you think you have prayed it all! Yet, this is just when God will “show-out” for you! This is the time that He will draw near and break through your situation!

KNOW that your prayers are precious to Him! David, the man known in Scripture as having a heart after God's own heart, had a secret! Well, one he is willing to share with you!

Take a look at Psalm 141:2. In this prayer to God, David asks that his prayers be a sweet incense, a sweet aroma, before the Lord. He wanted for his prayers to move the heart of God.

Envision this! I love the smell of anything apple-cinnamon. I just want to stick close—draw close—just “SMELL UP” that aroma! It is SWEET to my senses! In fact, just something about those smells makes me just die to get busy cooking, cleaning, and “making” my home. Can you just see God? Our “sacrifice of praise” is like that apple-cinnamon...or grilled steak! It is pleasing to Him. It is an aroma that turns Him loose!

As you can see in this passage, Hannah knew this secret! She surrendered ALL before Him. She poured herself out! Been holding back?

What holds you back?

Ready to pour forth?

Stop now! Pull aside! Cast your cares—ALL of them before your precious Lord! Don't get up—don't move on---wait until HE moves!

3. She left her prayer changed!

Now! How different is that? I am talking about a woman that came to her prayer and

left her prayer with life the very same way from all appearances! How often do we mumble prayers to God, yet leave them the very same? As troubled? As worried? As frustrated? As burdened?

Hannah left her prayer changed! What was different? Well, here are a few things I noted (you may want to add others too.)

- ♥ **She left her prayer committed!** Nothing changed—well, from the way it LOOKED! Yet, she was committed anew!

- ♥ **She left her prayer rested!** She poured out her burdens, but that was not all! She knew that the One she was pouring herself out to was the God that COULD and WOULD answer her heart cry!

- ♥ **She left her prayer patient!** She climbed up in the comfy arms of her Abba Father, cried out to Him, and let Him still her spirit with His peace that passes beyond all understanding! She left KNOWING that she could patiently wait for God to work AND take care of her enemies!

- ♥ **She left expectant!** Coming into His presence, she had lost her hope...her vision...and her strength! Leaving her prayer, this gal was changed! She carried back renewed hope! Renewed vision! Renewed strength! She left her prayer changed!

♥ List what you notice...

Beloved, this is not just an old story! Our God has not changed! He is a covenant God! Same for ALL generations!

Imagine all that we have failed to seize that was OURS all along! Our enemy LOVES to discourage, depress, and defeat us! Yet, I have the best news around! ***"God is always on the alert, constantly on the lookout!"*** Cry out to Him! Pour all you have out before Him. ***Wage war with worship!!*** You AND your situation will never be the same again!



5. Hannah chose joy!

Take another look at 1 Samuel 2: 1...

I'm bursting with God-news! I'm walking on air. I'm laughing at my rivals. I'm dancing my salvation!

Girlfriend, AIN'T THAT GOOD???? Just reading this after grieving alongside of my beloved friend makes me want to shout!

Our situations are much the same as Hannah. Isn't it great to see the Hannah live "happily-ever-after?" I sure need this word of encouragement!

The first time I remembered reading Hannah's story, I was expecting my third child. I was going through all of the pain of an apparent miscarriage—ended up being a tubal pregnancy. As I asked the Lord for my child's name, He brought me to this story and to the name Samuel. Everything about that pregnancy, loss, and subsequent period of infertility reminded me of the story of Hannah and Samuel. I drew so much comfort in my situation. I knew that, as Hannah, if I knew the END of the story, I would never miss a beat! So, I committed then to wait upon the Lord and to trust His work in my life!

Last year, the Lord brought me back to Hannah's story, yet this time my situation was completely different from the last time. I hit the bottom after losing my last baby and coming to the end of my child-bearing years. Depression finally hit an all-time low. All of the sudden, I could not seem to "shake it off!" My heart-cry in the midst of depression was, "Lord, JUST give me joy!"

I found myself envisioning how Hannah REALLY felt at the point we meet her in this passage. I felt that desperation for the first time in my life!

I was zapped of my strength. I was weary from the pain. I was so sick and tired of the constant roller coaster of emotional and physical and spiritual pain that I had endured over the seven- year battle. Others agree with Proverbs that a womb is never

satisfied—but, my womb was pretty exhausted, broken, and disappointed. The whole experience left me feeling that curse from the Garden of Eden—greatly increased pain in childbearing! My pain was so intense that I could no longer battle in my own strength.

It was at the point that I could not go on anymore in my own strength that God gently picked me up and began ministering to me with His Holy Spirit in a way that only those who have "HAD IT" can really grasp! I found that precious passage in Nehemiah 8:10, "*The joy of the Lord is your strength.*" At last! The answer!

At that time, I clung to the Lord as never before! I asked Him to change MY perspective! To help me to just laugh again! To help me to dance before Him in complete surrender! To help me to once again experience His joy that had been my mainstay for my whole life! Want some of that? Well, here are some quick tips that I pray will help "*let you laugh again; you'll raise the roof with shouts of joy!*" (Job 8:21)

- ♥ **Collect JOY verses!** Hunt for God's picture of true joy! Keep all of His words of encouragement! Don't forget to also look them up in different versions of the Bible. Some of my favorites are Proverbs 12:25 (especially in the MB); Nehemiah 8:10; Proverbs 15: 15b (especially in the AMP); Ecclesiastes 7:14; I John 1: 3-4; Proverbs 17: 22; Proverbs 15:13 (especially in the NASV); Romans 5:2; Job 8:21; Psalm 105:43; Psalm 5:11; Psalm 125: 5-6; Psalm 51: 8; John 15:11; Ecclesiastes 11:10; Psalms 84: 5-6; Proverbs 12:25...etc! Look up key words to get you started: joy, rejoice, laugh, dance, delight...). On tough days re-copy or re-read!
- ♥ **Begin a JOY JOURNAL.** Keep all of your verses that you find along the way in ONE place! I have a tiny JOY JOURNAL that I keep in my purse with all of my special goodies tucked inside. I keep my copied verses inside of it. I copy cute funnies, great quotes, prayers, funny things the children say, etc. I keep it on hand for those moments I need a bit of encouragement—but, also it is right there ready for me to share with others along the way!
- ♥ **Collect Funnies!** One of the best things that has come from my time of depression is my NEW hobby! I began collecting funnies and now have an incredible collection that keeps on growing! Good clean humor is EVERYWHERE waiting to changing our

lives! Anything from bumper stickers, mugs, t-shirts to email, books, videos! I love videos, books, and tapes by the queens of humor like Barb Johnson, Chonda Pierce, Becky Freeman... I ended up investing in their DVDs, books, and tapes and it is THE BEST money I have ever spent in my life! While reading some of Barb's books, I found the idea to collect funnies in a box. Well, being THE BINDER QUEEN, I want to relieve you all that I stayed faithful to my good old binders, but began a whole new collection of binders dedicated to the "funnies" that I ran/run across! I get some online... some from friends and family... some as I travel... they are EVERYWHERE! So, start your collection now. You will LOVE it!

- ♥ **GIVE Joy!** God's principle of "sowing and reaping" never ceases to amaze me! What we sow, we will reap. If we plant seeds of happiness and joy, we will reap FULL, ABUNDANT crops of happiness and joy! Want to get to feeling better? Spend yourself on others! Give joy away! Call! Write notes! Let others know you care! Make others laugh! Let them know that YOU want to laugh WITH THEM! You will soon find a whole support group of friends and family to enjoy life with! Oh, and your worries will be much, much lighter too!

- ♥ **Get into the presence of God!** Touch the heart of God! LET Him touch your weary, grieved heart! Keep on asking Him (John 16:24). In His presence if healing, comfort, fresh starts, and complete joy!

- ♥ **Play!** Have fun! Don't take life so seriously! REALLY! I found that this is the key to living a life of joy! Sacrifice to play! Make it a priority to play! Make it a priority to make sweet memories with those you love the most!

- ♥ **Make a hobby of laughter!** Yep! This hobby can be the least expensive, yet best remedy for any and all of life's ailments! Find laughter all along the way! Look on the light side! Take those tough situations and think of how funny the circumstances REALLY can be!

- ♥ **Decide NOW to make laughter and joy a CENTRAL part of each day—your whole life!** A couple of years ago, I ran across a quote that first convicted me... then convinced me that it needed to be a way of life for our family. Here it is:

"Laughter is the medicine intended to cure the disease of self-importance. It's hard to puff yourself up to weather balloon size if you can deflate yourself with a good prick of self-directed humor. How many laughs *are* you having--some at your own expense? Have you, as a couple, claimed the promise, *"He will yet fill your mouth with laughter, and your lips with shouting."* (Job 8:21) Before the wedding ceremony, many couples need to have a bold objective for their first year of marriage: **Over the next year, we will be found guilty of having too much fun rather than too little fun.** That is not a bad objective for any year of marriage." (Dennis and Barbara Rainey)

Not only is this MY priority, but my entire family has also committed to making this a priority for our whole life! We want to be guilty of having too MUCH fun rather than coming to the end of this life and finding that we took ourselves and our lives SO seriously that we never made time for fun! So far this commitment has changed the whole atmosphere of our home—and trust me, for the BETTER

- ♥ **Make "amusement" a ministry!** Yep! Talk about really making a difference in the lives of others! Take all of the above and pass it on to others! Perhaps, share those verses you collect with others...buy a Joy Journal (include a few entries) to get them going...share your funnies as you come across them...have a movie night featuring your FAVORITE DVDs...play...share your hobby with those that are hurting...etc!

Ok...what do you plan to do TODAY to choose joy? Make a list here:



6. Hannah chose to look at her troubles from a different perspective!

Talk about a HUGE difference! I am ever amazed at how precious stories are in the Bible. Yep, we get to see from beginning to the end. That CAN be a bit frustrating when we are smack-dab-in-the-middle of our struggles. If we are not careful, we will only look at the part of the story where the person lived "happily-ever-after" and miss the wisdom that we can glean from their struggles. Looking at great women of the faith is simply incomplete unless we look at them as JUST LIKE US. I am sure that if they had ONLY KNOWN how their situations would have worked out, they would have had no big deal in dealing with them! But, the truth of life is that each of them DID struggle! They DID blow it! They DID miss God's will even when it was staring them in the face! And now, we can praise the Lord that their struggles give us a new perspective!

Looking up from the bottom of the pit, we can KNOW a couple of things that will change our perspective! Here are a few:

- ♥ **Life is a grinding stone!** There was a story from an owner of a junkyard. When referring to the origin of cars that were in his inventory, he said that very few were from accidents, as many of us would assume. Rather, the majority of the automobiles came in because they were just plain wore out! Looking at Christians today, we see the same thing! Few people are in "wrecks" causing them to give it up and just quit the life of faithfulness. Rather, the majority are just plain worn out! Author, John Maxwell says that he believes that this is because "Life is a grindstone." Sounds tough huh? But, the good news is that he continues by sharing that there IS an option for how we will respond! He says, "Whether it grinds you down or polishes you up depends upon what you are made of."

Hannah had an option here! She could let her circumstances grind her down and wear her out—like she had already done when we meet her. OR...she could climb up in the Master's arms and surrender her life and circumstances to Him so He could bring GOOD out of them! Her choice made all of the difference and BOY did she begin to shine!

Ok! Let's get REAL honest here? Have you had it? Is your cup empty...and your coffee pot broke?? Ground down? Or polished up?

Ready to shine?

Look back over Hannah's story. Make a note of the things that you see were wearing her down.

Now...go back over Hannah's story. Make a note of the things that seemed to help her the most to SHINE?

Now...the tough part! Think about your toughest moments. You know, those that you are so worn down that you don't really think you can keep on going. What wears you down?

Is there anything that needs to just "GO" in your life so you can keep on, keeping on?

What helps you to view your circumstances differently so you can get the most from the tough stuff?

If Hannah had only known what life would look like so near in her future, do you think she would have been as frustrated and worn down? Why? Why not?

Like Hannah, we rarely see the big picture when we are the most wore out. At that point, the events of life wear against us to the point that our vision is completely hindered. We begin to change our focus from the call—to our current pain...suffering...frustrations. Oh! And it wears on us!

Also, like Hannah, we often go much, much further in our pain without surrendering that TOO to our Lord. This wears us down faster and faster! We need to spot those things that knock us off balance or wear us out. Then, as soon as we see it coming, we need to take it to the Lord! He will take the burden! He will battle for us! He will extend His precious grace so that we are strengthened anew!

Now, note that I say, we need to learn how to spot it coming! So much of our weariness is at our own hands. We try to stick it out and take care of things ourselves even though we have a storehouse of resources available for our every need. Hannah was there too. It did not work for her to carry her own burden. Neither will it help for us to carry our burdens, handle them ourselves, or try to simply endure! We will be ground down and wore completely out!

Want to shine? OH! Spot the Grindstone and climb up in the Master's hands! Girl! Sure the grinding may last for a season...but, you will SHINE! You will be polished! You will reflect your Master's image better and better...AND you won't get weary along the way!

- ♥ **The lessons are there for us to SEIZE!** Seize the lessons for GROWTH! Think about one of your greatest struggles of the past. How did you grow as a result?

What do you know now that you didn't know before?

How can you use those lessons to help others now?

- ♥ **Know that the SIZE OF THE TRIAL is always in proportion to the SIZE OF THE CALL!** Nothing in our lives is wasted! Every single event that God allows into our lives can be used for our calling here on earth. Every lesson, however raw and painful at the time, can be used to comfort, teach, help, and minister to the body of Christ! I love one thing that Joyce Meyer always says: "You'll get double for your trouble!" Think back over your struggles. How have they prepared you for where you are today?

Now...how have you been rewarded for your trouble?

Would you REALLY change anything?

I look back over some very tough, rough, not so fun times. Yet, in all honesty, I know that I would not change ANYTHING even if I had a choice! God has taken what my enemies have done to attempt to destroy me and made it all into a full ministry! I can see already how the struggles have put me under the fire to refine out the impurities that needed to go if I wanted to grow—and I did! Even the situations that I have faced that seemed to me at the time as if God was failing me, those have come full circle to allow me to see them through God's eyes. He had much, much more confidence in me than I would have ever had in myself. If left to myself, I would never want to endure any pain or heartache...yet, God knew that "this too" was not TOO much for me to go through with HIM right there with me! Looking back...it was ALL perfect preparation for the calling that He has for my life! Keeping this perspective gives me strength to keep the past in perspective AND to move toward tomorrow in total trust!

- ♥ **Know that God will take the pain and use it for a great purpose!** All of us MUST know that it absolutely breaks God's heart to see us in pain! We have to remember that our lives are NOT God's perfect design—eternal heaven is God's perfect design! His covenant to us at our salvation is that He will take those very bad, painful, tough things that burden and grieve us and use every single bit of it for a great purpose! Every single problem has a possibility for deeper relationship with God! Every single problem has a possibility for greater refinement of our character! Every single problem has a possibility for tremendous ministry! Think back over your life. How has the pain in your life been used for a great purpose?

If you have not used your pain to help others, why?

What did you need the most when you were going through your tough times?

Could those things be the very ministry opportunities that YOU are NOW perfectly prepared for?

Why not GO FOR IT now? List a few ideas to begin now...

- ♥ **You CAN hold on!** Feeling the pressure to quit? Give up? Run the other way? Hold on! If the enemy cannot stop us with adversity, then his next hit is to make us quit! In fact, usually we will feel the MOST pressure right before our breakthrough! He knows that it is at that point that we are the most vulnerable AND most likely to cave in!

Notice Hannah's story? She was at her point of despair at the turning point in the

battle! What were some of the things that the enemy used to push Hannah into despair?

Look at your own life. What are some of his common tactics that he uses against you?

Know the enemies tactics! But, most of all! Know that you CAN HOLD ON! It will be worth it all!

Plus! God will use every single bit of it. As we suffer, we find that God gives us a gift of relationship with Him that changes suffering completely! We no longer suffer alone! We have Him at our side! We no longer suffer without a purpose. Every thing that we learn can help others to see how to wage war against the enemy! We can help them to see a picture of victorious living! Oh! And that is not all! As we suffer, we become more and more like Jesus Christ. We begin to have more of His character! We begin to have more of His heart to minister to others in their suffering! Best of all! We bring God the glory that He deserves! Now...see why the enemy wants for you to quit? Stick it out! Hold on! It will be worth it all!



7. Hannah let GOD fill her cup back up!

When we met Hannah, she was at the point where she had just "HAD IT!" Her was empty...her coffee pot was broke...and she did not even have gas to get her to town for a quick cup of coffee at the local Starbucks! There appeared to be no hope in site!

Hannah was completely weary...wore out...exhausted from the battle... broken! She was tired of waiting! Tired of believing! Ready to throw in the towel! Yet, now as we read her second prayer, her cup is filled back up AND sloshing all over the place! Even as we sit here in her presence, she is pouring out all over us! Now! THAT IS A FILLING!

Final lesson we learn from Hannah is to let God fill our cup back up! Talk about God's specialty! Here it is! All throughout Scripture we are introduced to vessels like Hannah that found their only source of complete satisfaction to be God! At the point of despair, He always stepped up to the call! He always filled empty cups!

Think back...Elijah. At the point of complete despair, God stepped up and filled his cup to overflowing! He spent the rest of his life mentoring and ministering!

The Woman at the Well. She is one of my personal favorites! She had tried everything—religion...men...even physical sustenance. Nothing filled the void that kept her cup empty and her coffee pot broke! Well, until the Living Water came her way! Jesus Christ poured into her life and she was never the same again!

Oh, speaking of Jesus! We see a priority to pull apart and let God fill His cup back up all throughout His life here on earth. He uses the analogy of "being poured out" several times (look it up—it is neat!). Unlike so many of us, He knew the power of pouring from a full cup!

So, today...where are you? Only you can answer that question honestly. Friends may be fooled by your outward appearance and actions. Well, EVEN family can be fooled. Oh, even YOU can be fooled. Your heart will lie to you every day. In fact, you will find a struggle like none other when looking at the true state of your heart, but do a soul

search. Hannah did not get to the point of despair in a day. She was tough for years. She battled the depression for years before it got her completely choked down. I am sure that NO ONE truly knew the extent of her depression—not even her husband! She was just a bit TOO MUCH like any of us if you ask me! So, now...let's get REAL honest here... Have you found yourself to be a bit more like Hannah than you care to admit?

Like Hannah as Chapter One opens?

Have you been going on and on? Stuff still hitting a bit hard? Collapsing from the heaviness?

Ready to pour it all out...sit at the feet of the Master...and let HIM fill your cup back up—to overflowing?

Well, beloved! God wants for you to live a FULL life! He wants for you to live victoriously! He knows the heartaches. He knows the disappointments. He ALSO knows the delight that is stored up for you! So, want to know how to fill your cup back up? Ready to go for it? Here are some suggestions...

♥ **Stop what zaps you!** Think back over Hannah's life. What were some of the things