

# A Tale of Two Hearts

In Practice 4, we open 1 Samuel 1:1-28 and read the tale of two hearts: Hannah (the protagonist) and Peninnah (the seeming antagonist), affectionately called Penni, for the sake of this exercise. Penni is called “a rival” in this story and it is written and recorded that she chided Hannah...for years and years. This chiding could have killed Hannah, but she rose above it by staying on her knees—in prayer to her God. It seems what her enemy meant for evil, God used for good (Genesis 50:20). We’re not given a whole lot of information, just enough to surmise that in the face of such hurtful words, one way of overcoming and ultimately, becoming our very best, God-breathed self, is to examine our own heart. Using the two hearts and two samples given in this exercise:

- Grab two 8 ½ x 11 sheets of white paper, some colored pencils or markers, a dictionary, a Bible concordance and a Bible. If you have access to the Internet, use [www.blueletterbible.com](http://www.blueletterbible.com) or [www.biblegateway.com](http://www.biblegateway.com).
- Write one word from the “Heartrift” illustration in the middle of one piece of white paper and the one word\* from the “Heartlift” illustration in the middle of the other piece of white paper. \*The one word from the “Heartlift” illustration will be the healthy behavior (virtue) that reframes the unhealthy behavior (vice).
- Define each word.
- Then, using your Bible concordance, search for Scriptures that use this word. Choose 3-5 verses that stand out to you. Write these words on the paper(s) surrounding the main word (see example: grudges, love).
- Just a note: take your time. You don’t have to do this all at one time.
- Always remember, be kind and compassionate towards yourself. This exercise is designed to help you become your God-breathed, God-created best self.

# Figure 1. Heartrift Illustration

Unhealthy, heartrifting behaviors



# Figure 2. Heartlift Illustration

Healthy, heartlifting behaviors



# Reframing Vice for Virtue

GRUDGE

Hebrew: *natar*

to guard; figuratively,  
to cherish anger.

*Grudge defined:*

"To be discontented at another's enjoyments or advantages; to envy one the possession or happiness which we desire for ourselves."  
(Websters 1828.)

*Give up the*

**GRUDGE.**

"Grudge not one against another, brethren, lest ye be condemned; behold, the judge standeth before the door." —James 5:9 (KJV)

GOD IS SHEER MERCY AND GRACE; NOT EASILY ANGERED; HE'S RICH IN LOVE. He doesn't endlessly nag and scold; nor hold grudges forever. He doesn't treat us as our sins deserve, nor pay us back in full for our wrongs. As high as heaven is over the earth, so strong is his love to those who fear him. And as far as sunrise is from sunset, he has separated us from our sins. —Psalm 103:6-12 (NLT)

"Do not nurse hatred in your heart for any of your relatives. Confront people directly so you will not be held guilty for their sin. Do not seek revenge or bear a grudge against a fellow Israelite, but love your neighbor as yourself. I am the LORD." —Leviticus 19:17-18 (NLT)

*Love (n) defined:*

“An affection of the mind excited by beauty and worth of any kind, or by the qualities of an object which communicate pleasure, sensual or intellectual. It is opposed to hatred.” (Websters 1828).



*Live out the*

**LOVE.**

“A new commandment I give you: Love one another. As I have loved you, so you must love one another.” —John 13:34

*“Above all, love each other deeply, because love covers over a multitude of sins.”*

—1 Peter 4:8 (NIV)

“LOVE IS PATIENT AND KIND. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice, but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.”

—1 Corinthians 13:4-8 (NLT)