

CRYING IS A GOOD THING

Where do you go when unknown dangers threaten you and your faith? Who do you turn to when loneliness threatens to swallow you alive and whole? What do you do when the humbling, training hand of God seems so crushing that you fear you will not survive your present trial of faith? Where do you turn when the sheer pain of loss becomes a blinding fog that hinders you from seeing the goodness of God? What do you do when even God's ears, the ears of the One who loves you the most, seem deaf to your crying? The answer to each of these questions is cry out to God. You cry to God. You turn to Him. You trust His great love for you. You keep running to the Lord in prayer, not away from Him. Especially, and most critically, when you perceive God's ears have closed to your prayers, still you must go to Him, clinging, resting, believing that in time God will get you through.

There was a time crying had a negative reputation. I grew up in a time when it was said, "men don't cry." Parents would encourage children not to cry about life experiences. I have come to learn that all those teachings and philosophies go against Bible teaching. The scriptures tell us there is a time to cry and all of us have cried at some point.

In the Bible you see the strongest and greatest leaders/people crying out to God. Below are a few individuals who cried out to God and God heard their cries and delivered them:

- Elijah cried out, and God revived a dead child: I Kings 17:20–22
- Jehoshaphat cried out, and God delivered him from death: II Chronicles 18:31
- Hezekiah cried out, and God gave him the victory: II Chronicles 32:20–21
- Jesus' disciples cried out to Him in a storm, and Jesus calmed the sea: Luke 8:23–24
- Blind Bartimaeus cried out to Jesus, and He restored his sight: Mark 10:46

Our heavenly Father appeals to us to cry out to Him. Throughout Scripture, Christians are instructed to cry out to God in times of trouble. Here are a few examples:

- *"Call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me."* (Psalm 50:15)
- *"Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not."* (Jeremiah 33:3)
- *"The righteous cry and the Lord heareth, and delivereth them out of all their troubles."* (Psalm 34:17)
- *"When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me."* (Psalm 56:9)

Crying out to the Lord is a way for God's children to express trust in the Lord's ability and willingness to help. By calling upon Him, we lay down our pride and an attitude of self-sufficiency. The Word of God assures us that our Father hears our cries and responds.

Crying out to the Lord will help purify your faith, restore your joy, turn your valleys into mountains, and make you come forth victorious.

Cry out to the Lord: it's good for you!