



Lesson 10B Re-Cap “Your Tears” **Psalms 56** – September 5, 2021

Standing Strong and being a **strong Christian** woman

Is not about you but the **Christ** in you!

If you rely on **your own** strength **than you’re** not living in your full strength

Why did God give us tears?

There are 3 types of tears-

- 1) Basil Tears- The tears that constantly flow
- 2) Reflex Tears- The type that are created by toxins and allergies
- 3) Emotional Tears (spill over tears)- those that occur because of circumstances

God gave us tears so it’s okay to cry; don’t hold your tears back and try to be brave. Release them over to God

God cares so much for us; that our tears move the Lord

Broken to be made whole

- ✚ Broken = to be shattered; the condition of someone who has been crushed
- ✚ Life will give you situations that will cause you to feel broken; you are not alone
- ✚ Do you ever feel like your situations are so far gone all you can do is groan and moan?
- ✚ God’s word says that it’s through our groaning and tears that the Holy Spirit takes them and makes them known to God.
- ✚ God keeps track of all of your tears and sorrows, and he puts them in his bottle of healing and love
- ✚ Those who sow in tears shall reap in Joy; your tears can be spiritual food when your physical body can’t take anything in.
- ✚ God has all power, and he can heal your brokenness and make you whole



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Tears represent pain

- ✚ Jesus had to endure the burden of the cross; in his human form he cried out for God to help him in his time of feeling in despair
- ✚ Your tears represent prayers to God
- ✚ Tears symbolize hurt and communicate our need for love
- ✚ When you're in sorrow and in hurt; God promises to replace them with his joy
- ✚ God designed your tears because he cares for you
- ✚ Tears are a sign of mourning; but be grateful that morning is coming
- ✚ Each day when morning comes; you can rejoice because there is a living hope.
- ✚ Jesus took death when he went to the grave; rejoice because he took the sting of our pain away.
- ✚ When the storms of life start raging; it will cause you to cry out; it will cause you to question God.
- ✚ It's okay to question God; just remember that he has the final answer!
- ✚ When your night seems longer than day remember that God is still near!
- ✚ When you cry and think you have nothing left; remember that your hope is in the God of your salvation!
- ✚ If God is for you; nothing in this life will separate you from the love and comfort that you get from God.
- ✚ God's heart cries for you!
- ✚ God cares for you, and he knows everything you're going through!
- ✚ Remember that you can rest assured that all things are going to work together for the good.
- ✚ Your faith is being tested by all the things you're going through; understand that you have an advantage because of your vertical relationship with God.

Take your tears and use them to defeat the enemy each and every day

It's okay because your tears are safe in God's bottle



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The Oak Tree

A mighty wind blew night and day and stole the Oak trees leaves away

The mighty wind snapped the Oaks bough and pulled its bark

Yet and still the Oak tree stood its ground, while other trees fell all around

The weary wind gave up and spoke, how can you still be standing Oak?

The Oak tree said

I know you can break each branch of mine until you can carry them away

*I know you break each limb of mine; you can even shake me until I sway and
there are no leaves left to cover my stay*

But I have roots that have been grounded since my birth!

You will never touch me for my roots are the deepest part of me

*Until day I wasn't sure; but you helped me to learn that because of you I'm
stronger than I ever knew!*

*Blessed is the SisStar who mediates on the law of the Lord for she shall be like
a tree rooted in the knowledge and power of the Lord*

She shall not be moved!

