

Tuesday, May 5, 2020

Turn off the outside "noise" for a couple of minutes and consider this message from God's Word.
I am praying that it calms your spirit and encourages your heart.



"Basin of Arcachon" — Image by CHRISTOPHE BOULESTEIX from Pixabay

Tonight my granddaughter Ariaah asked me to read her a short chapter from a new book I got her: Louie Giglio's *Indescribable: 100 Devotions for Kids About God & Science*. It got me thinking about all the people who have experienced losses lately, and all the tears that have been shed — and I pray that God pours out his compassion and comfort on them. So I'd like to use this as today's encouragement.

BIG KIDS DO CRY

Jesus wept.
—JOHN 11:35 NIV

Crying. It starts the moment you're born — literally. And it just keeps happening, no matter how old you are. It can happen when you're sad or frightened, when you're happy — or even when you're outside on a windy day or inside chopping up an onion. So what's up with all these tears?

Did you know there are actually three different types of tears? **Continuous** (or basal) tears are the ones you have all the time. They keep your eyes moist and seeing clearly. Then there are **reflex** tears. They happen on windy days and when you're cutting onions. But it's the third type that you usually think of — **psychogenic** tears. Those are the tears you cry when you're sad, afraid, or overjoyed.

BE AMAZED

Why does your nose always seem to get drippy and sniffly when you're crying? Well, it's because tears — at least the ones that don't run down your face — actually drain into your nasal cavity through tiny holes in the inside corners of your eyelids. Once there, either you swallow the tears — or they drip out your nose. And you thought only your eyes cried!

When tears run down your face, do you ever wonder what God does while you're hurting? Well, the Bible says exactly what He does. God sees your tears, keeps a list of them, and then tucks them safely into a bottle to keep (Psalm 56:8). That's proof of just how much He cares for you.

God doesn't stop with just *seeing* your tears. He weeps right along with you. Jesus showed this when His friend Lazarus died. Lazarus's sisters, Mary and Martha, were crying, and the Bible says Jesus wept too. Now Jesus knew He was about to raise Lazarus from the dead and this story would have a happy ending. So why did He cry? Because His friends were hurting. And, since Jesus is your friend, He hurts and weeps with you when you're hurting — even while He knows exactly what He's going to do to give your story a glorious ending.

Lord, thank You for always being right by my side, especially when I'm hurting. It comforts me to know that You feel my pain — and that You work to make things right.

LOUIE GIGLIO, *Indescribable: 100 Devotions for Kids About God & Science* (2019, Thomas Nelson).

::

If this encourages you, maybe you know someone who might also be encouraged by it. Send them a copy. Or maybe just send up a prayer for them. Or perhaps, just weep right along with them (ROMANS 12:15).

Pastor Doug



<https://www.oneeveryword.com/anchorpoints/john-11-35/>