

## **"Hear Oh Lord, when I cry with my voice! Have mercy also upon me, and answer me." Psalms 27:7**

Babies cry because that is the only way they know how to communicate their needs. Our job as a parent is to learn how to distinguish the different ways that a child cries and what the child is trying to say.

My three year old daughter has mastered different ways of crying. She cries when she is hurt, tired, sick or when she wants to manipulate people into doing something or giving her what she wants. I know the tone of her voice for each cry. I didn't have to teach her that, its part of her human nature. No other creatures on this earth can cry but us humans and I believe that ability was given to us with a purpose.

As we get older somehow crying is shunned upon, especially for men. Crying means showing emotion and showing emotion is a lot of times associated with weakness. Growing up I was conditioned that way. I had to be tough because life was tough and it had no room for tears. At a young age I learned that crying equals defeat. As a result I learned to bottle up my emotions, walking around life like a ticking bomb ready to explode at any minute.

Many times that's how life treats us yet the Bible shows us otherwise. On this verse written by David, he expresses his anguish and clearly shows his distress. David had no shame in his game because his relationship was not with people but with God. He didn't have time to care about how bad he looked to others, he was on a mission to be a man after God's own heart. There was also Job when he showed grief, Jeremiah, the prophet Elijah, Moses, Joseph, even Jesus being God, showed his tears (knowing He could bring back to life) when he wept for his friend Lazarus.

When my child is hurt I have a need to comfort her that is just as bad as her need to be comforted. With God is the same way; He longs to comfort us when we hurt and help us when we are in trouble. But if we don't cry out, if we don't ask, if we don't let go of our ailments at His feet, it shows we are trusting our own strength. Asking requires a certain closeness and a trust that comes from you and makes you comfortable enough to feel free to ask. Just like when your child asks you for something they need, is because they trust you to give it. Is like a contract, as if God is saying: "If you know me and you trust me, you will ask freely". Even though these men mentioned above were all in a rut, at some point, they were able to cry out and that's how they got delivered. They were able to discard their pride and doubts and held on to their faith.

Somedays I come before God and I can't say a word, tears just come and when Im done, I fell like I said what I had to say and Im finally able to hear what He has to say to me. A lot of times I can't fully enter into His presence until I shed some tears. Over the years I have gone from not knowing how to cry to crying like a baby, every time. I am learning to lean on Him and not care of what others think of my emotions. I am learning to trust and

let go. Trust that your father will help you and comfort you, no matter the situation. Like a child trusts his/her parent to provide what they need, also trust that your father in Heaven will be able to handle whatever it is that you have to give to Him.