

Tears

Welcome to our reflection for Church without Walls

Here are some ideas of how to use these reflections:

Pray that God will lead your thoughts.

Sit comfortably, take a few deep breaths and relax.

Let your mind wander as you read the reflection. Write down your thoughts in a notebook. If you are busy, try and pick out something to take with you in odd moments during the day.

You may wish to memorise the Bible verse. Write it out and stick it up somewhere.

Bible Verse

Those who sow in tears will reap with songs of joy.

(Psalm126:5)

Reflection



There are three types of tears:

- Basal tears which protect the eye from drying out
- Reflex tears which react to things like onions and flies
- Emotional tears which take care of our psychological side

Emotional tears let out the pain and joy inside us. It seems that tears are what we use to express our emotions when we are at bursting point.

It may be pain we have suffered personally. I remember someone saying after a marriage breakup, "I played music and cried until I could cry no more." Tears bring healing. It is never too late to cry however long it is after the event.

Tears may flow because we feel the pain or joy of another person or news item. I see that as a prayer of intercession.

Do you feel like weeping for the world?

Tears are very much part of what God has given us to help us in our prayer life. We can be brought to tears when we are confessing our sins. We may not know why we are crying, but we know it is our sins that are being poured out.

We are living in a time when probably each of us feels like letting our tears fall. We hold them back. Maybe this Lent is a time to let them flow for so many different reasons. We do not need to know why the tears flow. Our wonderful Lord and Father knows. He will bring healing.

Perhaps you find it difficult to let tears flow. Then that is alright.

If you wish you could let tears flow, but they don't come easily, perhaps you need to find a place where you will not be disturbed and just ask Jesus to let the tears flow if there are any waiting to be released. Maybe unknown to you, deep down inside you, is the belief that to let tears flow is a sign of weakness. Paul writes: "For when I am weak, then I am strong" (2 Corinthians 12:10).

Why not fill a container with water and slowly let it empty drop by drop? Let each drop of water be a prayer from within you to God, our healer. You may put words to the prayers or just trust the lord that He knows what you need to pray even if you do not.

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