



TEARFUL EXPRESSIONS

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Tears are a powerful expression of our emotions that often communicate feelings of joy and sadness, confidence and fear, and many other sentiments. And although they serve as a channel for emotional release, sometimes we can still be uncomfortable with allowing ourselves to cry or even wail. However, the Bible shares many moments in the lives of God’s people when words failed and only tears could accurately express the emotions of their hearts.

Grow with us this week as we explore God’s Word to discuss a myriad of passages that highlight moments of “tearful expression.” Together we’ll get a better understanding of how God sees our tears, why His Son wept, and how tears can deepen our relationship with the Lord.



THIS WEEK’S DISCUSSION QUESTIONS

- In Luke 23:26–31, Jesus acknowledges and redirects the laments of the women following Him on His way to the cross. How did Jesus redirect the thinking of these women, and how may these same words redirect our focus today?
- Read John 20:1–2, 11–18. What do Jesus’s questions say about Mary’s tears? How might Jesus be revealing Himself to you in your tears?
- Reflecting on the passages and conversations of this week, how has studying God’s weeping servants changed your perspective on how God views your tears?



CHALLENGE

In emotional times when your eyes are welling up with tears, think about Jesus’s response to God’s weeping servants. Then take a deep breath and remember that Jesus is right there with you—He knows exactly how to respond to your moments of tearful expression.



COMMIT TO MEMORY

“Why are you crying? Who is it you are looking for?”
(John 20:15 NIV).



PRAYER

Dear God, help me to understand Your tender care for my tears; and in understanding, help me to see how they bring me closer to you. In Jesus’s name, amen.