

LWML *Texas* District

April 24, 2023

Meditation

Cry of My Heart

What brings you to tears? What makes your heart cry out? Is it the sight of a small child taking their first steps, or a friend slowly growing distant due to a terrible mind-altering disease? Is it joy or sorrow or anger or fear or laughter? Maybe in the right moment, all these things will bring you to tears.

Amazingly, research scientists have studied the water molecules of tears. The shape of the water molecules is determined by what emotion is felt when crying them. It is fascinating stuff! To those on the outside the tears all look the same, but to our all-knowing God each tear cried looks different. *Come and hear, all you who fear God, and I will tell what he has done for my soul. I cried to Him with my mouth, and high praise was on my tongue. If I had cherished iniquity in my heart, the Lord would not have listened. But truly God has listened; he has attended to the voice of my prayer* (Psalm 66:16–19).

Have you ever cried out to God? Cried out to Him because you long to worship Him? Each of us have seen His incredible faithfulness. We have seen His miraculous hand at one time or another. We have known the gift of an answered prayer. There was a popular Christian song written in 1997, “The Cry of My Heart” by Terry Butler. Verse one and two of the song: “It is the cry of my heart to follow You. It is the cry of my heart to worship You. It is the cry of my heart to follow All the days of my life. Teach me Your holy ways oh Lord, So I can walk in Your truth. Teach me Your ways oh Lord, And make me wholly devoted to You.” May we be reminded this week to crave God in our daily life. May our hearts cry out to Him in all circumstances leading us to be wholly devoted to Him alone.

God hears our prayers. He longs to see and comfort all of our tears, and draw us closer to Him through His beloved son Jesus Christ.

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