

## **TEARS of the SOUL**

People cry for many different reasons. Some people cry because they feel sorry for themselves. Others cry because they are trying to manipulate the situation. But there is a type of cry that unleashes the restorative powers of God. This type of cry begins in the soul.

Tears of the soul move the \_\_\_\_\_.

Tears of the soul bring forth \_\_\_\_\_.

Tears of the soul testify of \_\_\_\_\_.

## **CHALLENGE for the SOUL**

When we weep, it displays the deepest emotion we have as humans. If you want to go to another level in your relationship with God, spend uninterrupted time with Him in prayer. Be honest with God. Be honest with yourself. It can seem scary to go to these depths, but try it at least one time this week.

\_\_\_\_\_ until you \_\_\_\_\_.

# Discussion Questions

## Getting Started

1. What have you cried the most about in your personal life? If you feel comfortable sharing with the group, discuss why you have shed so many tears about that heartbreaking situation.

## Digging Deeper

2. Study the main reasons we cry: hurt feelings (1 Samuel 1:7); manipulate (Judges 14:16); sympathy (2 Samuel 18:33); guilt (Matthew 26:75). Has anyone ever accused you of crying to get your way or win an argument or even make someone back off from punishing you? How do you conquer the sin of manipulation in your life?
3. Read Psalm 18:6; 27:7; 34:6; 34:18; 39:12; 106:44. Discuss how genuine crying moves God's heart. Why does the raw emotion in your heart move God to show compassion (John 11:33-35)? Share about a time when God was close to you in your brokenness.
4. Read Psalm 30:5. Discuss why we feel the joy of the Lord after we've had a "good cry" in regard to our sin or a difficult trial.

## Applying the Word to Life

5. Is there a sin that you need to repent of and wrestle with before God until His truth so pierces your soul that you weep over your wretchedness? Commit to getting alone this week and pouring your heart out to God. After you sob before God, He will start to heal your heart and fill you with joy.
6. Do you long for God to "restore what once was" in your life? Plead with Him this week. Show Him your heart. Make sure there isn't a hint of manipulation in you as you honestly pray to Him. He already knows your emotions.