“Blessed be the name of our Lord .” As we meditate on the Word of God, let’s remember that Scripture is not only truth but also nourishment for our souls (Matthew 4:4). In times of weakness, uncertainty, or spiritual dryness, it is the Word that revives, corrects, and restores us.

One might wonder: Why did Jesus, the perfect Son of God, sometimes cry deeply and with great emotion in His prayers to the Father? After all, Jesus was sinless (Hebrews 4:15), fearless, and in perfect union with God. He had divine authority, and whatever He asked of the Father was always aligned with God’s will. So why would such a powerful and holy figure need to weep?

The answer reveals something profound about Christ’s humanity, His heart, and His mission.

JESUS WEPT BECAUSE HE FELT DEEPLY—AND LOVED DEEPLY

In Hebrews 5:7 (NIV), we read:

> “During the days of Jesus’ life on earth, He offered up prayers and petitions with fervent cries and tears to the one who

> could save Him from death, and He was heard because of His reverent submission.”

Here, the writer emphasizes both Jesus’ divinity and His full humanity. In His humanity, Jesus experienced deep sorrow, fear, and grief, especially as He approached His crucifixion. His tears were not a sign of weakness but of profound empathy and surrender. He willingly submitted to God’s will even when it meant suffering and death (Luke 22:42-44).

Though Jesus had all authority (Matthew 28:18), His tears reveal that true spiritual strength is expressed through humility, submission, and compassion. In Gethsemane, His agony was so intense that “His sweat was like drops of blood” (Luke 22:44), a condition known medically as hematidrosis, which occurs under extreme stress.

JESUS SHARED OUR HUMAN EXPERIENCE

Jesus wept not only for Himself, but also for others. When He approached the tomb of Lazarus and saw the sorrow of those mourning, the shortest yet one of the most powerful verses in

Scripture says:

“Jesus wept.” (John 11:35, NIV)

This wasn’t a superficial sadness. Jesus, though knowing He would raise Lazarus, was moved by the grief of others. His tears demonstrate His deep emotional connection to human suffering—He is “a man of sorrows, acquainted with grief” (Isaiah 53:3).

THE APOSTLES CONTINUED IN THIS SPIRIT OF COMPASSION

This heartfelt emotion did not stop with Jesus. The Apostle Paul, filled with the Spirit of Christ, also displayed deep compassion. In Acts 20:31 (NIV), Paul says:

> “So be on your guard! Remember that for three years I never stopped warning each of you night and day with tears.”

Again in 2 Corinthians 2:4 (NIV):

> “For I wrote you out of great distress and anguish of heart and with many tears, not to grieve you but to let you know the depth of my love for you.”

And in Philippians 3:18 (NIV):

> “For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ.”

Paul was not ashamed of tears. In fact, his emotional depth reflected his deep understanding of grace, the cost of salvation, and the lostness of humanity without Christ. His tears were part of his calling and a sign of his genuine love.

WE TOO MUST BE MOVED BY THE GOODNESS OF GOD

Some may say, “I don’t cry easily.” That may be true. But tears in the spiritual life are often a sign of awakening, of deep conviction,

and of gratitude. If you take time to reflect—on what God has done for you, how He has sustained you, forgiven you, chosen you despite your flaws—you may begin to feel that same spiritual tenderness.

Think about this:

- Why are you still alive today, when many have died—some due to sickness, some due to accidents or violence?
- Have you ever truly paid for the air you breathe or the health you enjoy?
- Did you earn salvation? No—Ephesians 2:8-9 (NIV) reminds us:

> “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.”

You were chosen by grace, not because you were smarter or better than others. If God had not drawn you to Himself (John 6:44), you would still be lost. Reflecting on that reality—God’s mercy, His patience, His protection—can break the hardest heart.

GRATITUDE SHOULD MOVE US TO PRAISE—AND TEARS

As this year ends, reflect on God’s goodness. Maybe you escaped a tragedy. Maybe you had moments of weakness or even rebellion, yet God remained faithful. Maybe, during a global pandemic, you were preserved while others perished. All of that is grace.

Don’t harden your heart. Let your emotions respond to God. Allow yourself to worship, to cry if needed, and to give thanks with your whole being.

1 Chronicles 16:34 (NIV) says:

> “Give thanks to the Lord, for He is good; His love endures forever.”

A PRAYER

May God give us the sensitivity to see His hand at work in our lives. May He heal not only our bodies and minds, but our

eyes—our spiritual vision—to recognize His presence, His mercy, and His power. And may we respond not just with words, but with heartfelt worship.

Shalom

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