

# **“It’s Ok To Cry”**

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I once heard these words spoken by a friend, “if you’re too much of a man to cry than you’re not man enough.” I have come to learn in life that this statement is true.

As I look back in my life, I have to say that I have cried a lot. I’ve always cried when I pulled and delivered a dead calf. I cried when my foal didn’t make it through delivery alive. I named him “Lightning” born during an early spring storm. I’ve cried and wiped tears from my eyes during my children’s senior yr. in H. S. when I knew it was their last yr. on the B Ball floor. I cried when I watched in horror the terrorist attacks on Sept 11, 2001. I cry when I see how America, this great Nation, founded on Godly principles is turning its back on God and on His ways. Judgment is inevitable, unless we repent. Last, I also cry tears of joy when I think about all that Jesus did for me upon the cross, all because of my own sin.

I am reminded of a few of the Bible characters that also cried. I love the story of Joseph. What calamity he had to endure for years. At the end of the story, Scripture tells us that Joseph wept and cried deeply (Gen. 42:24; 43:30; 45:2; 45:14). It indeed was a defining moment for Joseph and his family. What man meant for evil God meant for good, (Gen 50:20).

I also love the book of Nehemiah. Nehemiah was indeed a man’s man to say the least. He was passionate, visionary, dedicated and committed. Nothing could deter him from his God given mission. We can read in chapter one that after Nehemiah heard of the broken down walls and burned gates that he “sat down and wept for some days” (Neh. 1:1-4).

I am also reminded of the prophet Jeremiah. Jeremiah was known as the “weeping prophet.” His prophetic ministry of repentance was never received by family, friends, kings and priests as well as the people of southern Judah. His heart was broken as he watched the people turn their back on God and His ways. His heart was broken as he knew of the soon coming judgment of God (Jer. 8:21-9:3).

Last, I am reminded that Jesus wept too. In Matthew 9:36, scripture tells us that Jesus wept when he saw His people harassed and helpless like sheep without a shepherd. Jesus also cried when he saw the pain in the lives of his friends, Mary and Martha, who had suffered loss of their brother, (John 11:35). Last Jesus also wept when He stood overlooking Jerusalem, which had failed to recognize His coming, (Luke 19:41). I wonder of Jesus is weeping now as He overlooks the world and sees how many have not recognized His coming as the real Messiah?

**IT’S OK TO CRY!**

**Ps. 18:6 “In my distress I called to the Lord; I cried to my God for help. From His temple he heard my voice; my cry came before him, into his ears”.**

**Ps. 30:5 "For His anger lasts only a moment, but His favor lasts a lifetime; weeping may remain for a night but rejoicing comes in the morning".**

**Matt. 5:4 "Blessed are those who mourn, for they shall be comforted".**

**Rev. 21:4 "He will wipe away every tear from their eyes. There will be no more death, mourning or crying or pain, for the old order of things has passed away".**

**IT'S OK TO CRY!**

**God sees every tear you cry! He knows your heart! Never be ashamed of your tears!**

**In Christ's love**

**Pastor Donn Jibben**