

Tears

You number my wanderings; Put my [tears](#) into Your bottle; Are they not in Your book? Psalms 56:8

When I introduce the Immanuel Approach, it's not uncommon for people to say that they don't want to try it because they don't want to cry. Tears are a sign of emotion- overflowing deep emotion. They can indicate sorrow or joy, but always intense. When we get in touch with that intensity of emotion, we shed tears. God cares about us and knows our hearts. In Immanuel, I experience Jesus' tenderness which brings me to brings tears. He also is so able to take me back to unresolved memories which sometimes reconnect me with feelings of grief, despair, or anger which I have been able to hide from myself. He comforts me in those moments as He wipes away every tear and I find myself lost in Him.

Studies included in this article are: God Sees Our Tears; Tears of Intercession; Tears As Expression of Emotion; Tears of Repentance

For additional information on this topic, please see: "Jesus Knows Our Hearts"; "Comfort And Consolation"; "Full of Compassion"

God Sees Our Tears

2 Kings 20:5 Return and tell Hezekiah the leader of My people, "Thus says the LORD, the God of David your father: "I have heard your prayer, I have seen your [tears](#); surely I will heal you. On the third day you shall go up to the house of the LORD."

Psalms 56:8 You number my wanderings; Put my [tears](#) into Your bottle; *Are they* not in Your book?

Psalms 116:8 For You have delivered my soul from death, My eyes from [tears](#), *And* my feet from falling.

Psalms 126:5 Those who sow in [tears](#) Shall reap in joy.

Isaiah 25:8 He will swallow up death forever, And the Lord GOD will wipe away [tears](#) from all faces; The rebuke of His people He will take away from all the earth; For the LORD has spoken.

Isaiah 38:5 "Go and tell Hezekiah, "Thus says the LORD, the God of David your father: "I have heard your prayer, I have seen your [tears](#); surely I will add to your days fifteen years.

Jeremiah 31:16 Thus says the LORD: "Refrain your voice from weeping, And your eyes from [tears](#); For your work shall be rewarded, says the LORD, And they shall come back from the land of the enemy."

Tears of Intercession

Esther 8:3 Now Esther spoke again to the king, fell down at his feet, and implored him with [tears](#) to counteract the evil of Haman the Agagite, and the scheme which he had devised against the Jews.

Psalms 39:12 Hear my prayer, O LORD, And give ear to my cry; Do not be silent at my [tears](#); For I *am* a stranger with You, A sojourner, as all my fathers *were*.

Psalms 42:3 My [tears](#) have been my food day and night, While they continually say to me, "Where *is* your God?"

Job 16:20 My friends scorn me; My eyes pour out [tears](#) to God.

Jeremiah 9:1 Oh, that my head were waters, And my eyes a fountain of [tears](#), That I might weep day and night For the slain of the daughter of my people!

Lamentations 2:18 Their heart cried out to the Lord, "O wall of the daughter of Zion, Let [tears](#) run down like a river day and night; Give yourself no relief; Give your eyes no rest."

Malachi 2:13 And this is the second thing you do: You cover the altar of the LORD with [tears](#), With weeping and crying; So He does not regard the offering anymore, Nor receive *it* with goodwill from your hands.(-)

Mark 9:24 Immediately the father of the child cried out and said with [tears](#), "Lord, I believe; help my unbelief!"

Acts 20:31 Therefore watch, and remember that for three years I did not cease to warn everyone night and day with [tears](#).

Hebrews 5:7 Who, in the days of His flesh, when He had offered up prayers and supplications, with vehement cries and [tears](#) to Him who was able to save Him from death, and was heard because of His godly fear.

Tears As Expression of Emotion

Psalms 6:6 I am weary with my groaning; All night I make my bed swim; I drench my couch with my [tears](#).

Psalms 80:5 You have fed them with the bread of [tears](#), And given them [tears](#) to drink in great measure.

Ecclesiastes 4:1 Then I returned and considered all the oppression that is done under the sun: And look! The [tears](#) of the oppressed, But they have no comforter—On the side of their oppressors *there is* power, But they have no comforter.

Isaiah 16:9 Therefore I will bewail the vine of Sibmah, With the weeping of Jazer; I will drench you with my [tears](#), O Heshbon and Elealeh; For battle cries have fallen Over your summer fruits and your harvest.

Jeremiah 9:18 Let them make haste And take up a wailing for us, That our eyes may run with [tears](#), And our eyelids gush with water.

Jeremiah 13:17 But if you will not hear it, My soul will weep in secret for *your* pride; My eyes will weep bitterly And run down with [tears](#), Because the LORD'S flock has been taken captive.

Jeremiah 14:17 Therefore you shall say this word to them: 'Let my eyes flow with [tears](#) night and day, And let them not cease; For the virgin daughter of my people Has been broken with a mighty stroke, with a very severe blow.

Lamentations 1:2 She weeps bitterly in the night, Her tears are on her cheeks; Among all her lovers She has none to comfort *her*. All her friends have dealt treacherously with her; They have become her enemies.

Lamentations 2:11 My eyes fail with tears, My heart is troubled; My bile is poured on the ground Because of the destruction of the daughter of my people, Because the children and the infants Faint in the streets of the city.

Ezekiel 24:16 Son of man, behold, I take away from you the desire of your eyes with one stroke; yet you shall neither mourn nor weep, nor shall your tears run down. (-)

Acts 20:19 Serving the Lord with all humility, with many tears and trials which happened to me by the plotting of the Jews.

2 Corinthians 2:4 For out of much affliction and anguish of heart I wrote to you, with many tears, not that you should be grieved, but that you might know the love which I have so abundantly for you.

2 Timothy 1:4 Greatly desiring to see you, being mindful of your tears, that I may be filled with joy.

Tears of Repentance

Luke 7:38 And stood at His feet behind *Him* weeping; and she began to wash His feet with her tears, and wiped *them* with the hair of her head; and she kissed His feet and anointed *them* with the fragrant oil.

Luke 7:44 Then He turned to the woman and said to Simon, "Do you see this woman? I entered your house; you gave Me no water for My feet, but she has washed My feet with her tears and wiped *them* with the hair of her head.

Hebrews 12:17 For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears. (-)

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