



*“Those who sow in tears shall reap in joy.”*

Psalm 126:5

There are many kinds of tears. Some come from chopping onions. Others come from a fit of laughter. A sad movie can turn on the water works. Smoke from a campfire can make one's eyes water. Music has a way of swelling emotions deep within us to produce heart-felt tears from deep within our soul. (Music during a worship service often has a sincere effect on me and I need to be careful in the order of service not to have to speak after a particularly moving song or hymn.) Babies begin their lives with tears. Tears are important for lubricating our eyes and flushing away debris.

But when we think of tears we usually think of burdens and/or problems. God sees our tears as seeds. Each tear shed in grief, disappointment, pain, or emotional distress is like a seed that falls from our eyes and lands in the garden of God's grace. He knows the meaning behind every drop, and none of them are unnoticed by Him. Psalm 56:8 says “you have collected all my tears in a bottle. You have recorded every one of them in your book.”

In the same way that Romans 8:38 tells us that all things work together for our good, Psalm 126:5 tells us that somehow our tears will produce a harvest of joy. How can that be? We don't fully understand the scope of God's grace, the power of his providence, and the depths of his mercy. But every promise in the Bible is true, so you can adopt Psalm 126:5 as your own.

If we start our day praising God, and continue to praise Him all thru our day; if we keep a song in our heart and a verse of promise in our thoughts; and if we make every day a day of worship and praise, He can dry our tears and banish our fears. With His praise continually on our lips, those tears will always be tears of joy.

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