



Doggy Bag: *Something to Chew On and Ponder Throughout the Week*

1. Are you comfortable with your own tears?
2. In what ways do you identify with Mary weeping outside the tomb?
3. When have you experienced someone's being a human wailing wall for you? What qualities did this person have?
4. Share one experience when you moved through tears to new beginnings.



Why Are You Crying?
John 20:1 - 18

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¹¹ Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb ¹² and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

*¹³ They asked her, "**Woman, why are you crying?**" (v. 11 – 13a)*

Why are we so uncomfortable with our tears?

- Because we see them as being weak.
- Because we are trying to hide them when we're heartbroken.
- Because we are trying to be "strong" for others.
- Because we've forgotten how to cry.

These are some of the possible reasons. What reasons have you held back your tears?

CONSIDER THIS: Our tears put us in touch with our pain. They help us know where we are hurting. So, what can we do with our tears?

1. Accept that your tears are _____. Our tears reflect the fact that we are vulnerable, fallible, and fragile human beings.

Jesus' special blessing...

³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴ Blessed are those who mourn, for they will be comforted. ⁵ Blessed are the meek, for they will inherit the earth. (Matthew 5:3 – 5)

When Lazarus Died...

³³ When Jesus saw Mary weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. ³⁴ "Where have you laid him?" he asked. "Come and see, Lord," they replied. ³⁵ Jesus wept. (John 11:33 – 35)

2. Learn to _____ behind your tears.

"They have taken my Lord away," she said, "and I don't know where they have put him." ¹⁴ At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

¹⁵ He asked her, "**Woman, why are you crying? Who is it you are looking for?**" (v. 13b – 15a)

We can respond to Jesus' question in one of two ways:

- ✠ We can find someone with whom we feel safe enough to trust with our tears, someone who can be our 'wailing wall'
- ✠ We can also share our tears with God.

3. Let the risen Christ, in the midst of your tears, _____ the seeds of a new future in the soil of your pain.

Thinking he was **the gardener**, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him."

¹⁶ Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher").

¹⁷ Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'"

¹⁸ Mary Magdalene went to the disciples with the news: "**I have seen the Lord!**" And she told them that he had said these things to her. (v. 15-18)

THE MAIN POINT:

The Good News is that our tears do not always have end in sadness. They can lead us toward healing and growth and new beginnings!