

**What do you do with your  
tears, disappointments and  
sorrows?**

Psalm 126:1-6; Psalm 39:12-13

## Psalm 39:12-13

*“Hear my prayer, O Lord, and give ear to my cry; hold not your peace at my tears! For I am a sojourner with you, a guest, like all my fathers. <sup>13</sup> Look away from me, that I may smile again, before I depart and am no more!”*

## Psalm 126:1-6

*When the Lord restored the fortunes of Zion, we were like those who dream. <sup>2</sup> Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, “The Lord has done great things for them.” <sup>3</sup> The Lord has done great things for us; we are glad. <sup>4</sup> Restore our fortunes, O Lord, like streams in the Negeb! <sup>5</sup> Those who sow in tears shall reap with shouts of joy! <sup>6</sup> He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him.*

**What do you do with your  
tears, disappointments and  
sorrows?**

Psalm 126:1-6; Psalm 39:12-13

# What do you do with your tears, disappointments and sorrows?

1. We should not be surprised by tears,  
disappointment and sorrows

- Expect to cry

What do you do with your tears,  
disappointments and sorrows?

2. We should not waste our tears,  
disappointment and sorrows

# What do you do with your tears, disappointments and sorrows?

## 3. We have to learn to pray our tears, disappointment and sorrows

- Invest your tears in the context of His grace
- Invest your tears with your eyes fixed on the cross
- Invest your tears in an assurance of a better and abiding possession