

When was the last time you cried? It might've just been this morning, or maybe it was several weeks ago. This verse has been a comfort to the millions of us who have experienced suffering and loss in this life. Jesus said, "In this world you will have trouble," which often means pain and grief accompanied by tears (John 16:33). While we often wish we didn't have to experience it, we can take great comfort knowing that the pain of this life does not go unnoticed.

Whether our hurts are skinned knees, broken bones, or broken hearts, we often feel alone in our sadness. We wonder if anyone has ever hurt like we do right now. Does anyone see me and understand?

Jesus our Savior suffered all alone. Even His Father was silent, distant as the sins of the entire world were piled on top of Him while He hung on the cross. His wounds, His pain, His loss were beyond comprehension. Because of His very human experiences of pain, He knows how we feel. But He does so much more than simply identify and give a pat answer, "I know how you feel...it will be okay." The great, majestic, holy God of the universe tells us that He collects our tears and keeps them in a bottle. He touches our hurt in a very personal way, recording all our sufferings in a book.

This is another category of books in God's library. What do you think might be the title of these books? Will we who know Jesus some day go to God's library, find the book on the shelf where our name is recorded, open it to our page and read all that God wrote about us, even wounds and losses we've already forgotten?

- What sufferings and losses has He recorded in His book for you?
- Does knowing He collects your tears make you feel more loved by Him?
- Pray together with your family, thanking Him for how personally He cares for you by name.

*"You have
kept count
OF MY TOSSINGS:
put my tears in
your bottle.*

ARE THEY NOT IN
YOUR BOOK?"

Psalm 56:8