



## LESSON RECAP FOR AUGUST 24, 2025

### "The Value of Your Tears"

#### Scripture Focus: Psalm 56:8-9

*"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."*

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#### Paragraph Summary

SisStars,

God sees you. He sees the tears you've cried in silence, the ones you've cried in prayer, and even the ones you tried to hold back. Each one is precious to Him—so precious, in fact, that Scripture tells us He collects them in His bottle and records them in His book. Nothing you've gone through has been missed by the eyes of your loving Father.

Yes, life has brought storms—grief, fear, sickness, loss—but those things don't define you. You are still His daughter. Still chosen. Still seated at the King's table. Your tears are not a sign of weakness; they are evidence of your humanity and your faith. Even Jesus wept.

When words fail, know that your cries and groans are prayers, and the Holy Spirit is interceding on your behalf. So let the tears flow if they need to—God welcomes them. And remember His promise: *"Weeping may endure for a night, but joy comes in the morning"* (Psalm 30:5).

SisStars, even in your most broken moments, He cares. Oh yes, He cares.

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### I. Your Tears Have Value

So many of us are carrying heavy burdens:

- Grief from losing loved ones,
- Personal struggles with health or mental wellness,
- Emotional exhaustion from life's constant storms,
- Fear of what's next...



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God is still good, and He has not forgotten about you!

**SisStars, your storms don't define your God.**

Even in the chaos, God is still in control. He sees the beginning and the end. He's not confused. He's not shaken. He is still on the throne—and **you are still His daughter**, beautifully and wonderfully made.

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### II. You Still Have Your Seat at the King's Table

- Storms can't move your seat.  
Pain can't cancel your purpose.  
Grief can't erase your identity.

**You're still seated at the King's table**, and your father is still supplying your every need.

### III. Praise Through the Pain

David said, *"I will bless the Lord at all times. His praise shall continually be in my mouth."*  
So SisStars, don't let the storm silence your praise. Don't withhold what belongs to God.

Even if all you can offer are **tears**, let those tears be **worship**!

### IV. What Are Tears, really?

There are three kinds of tears:

- **Basal Tears** – keep your eyes moist daily.
- **Reflex Tears** – respond to irritation like smoke or dust.
- **Emotional Tears** – the ones we shed when our hearts are full... or broken.



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**SisStars, emotional tears are sacred.**

They're God-designed to release the stress, sorrow, and toxins from your body. When you cry, you're not weak.

**You're doing holy work.**

Let it flow.

Let it release.

Let God catch every drop.

### V. Your Tears Are Collected in God's Bottle

Psalm 56 tells us that **God records every tear.**

Just like in ancient times when mourners caught their tears in bottles, God does the same for you. Not one tear is wasted. **Every single one is precious to Him.**

### VI. Does God Care When You Hurt?

SisStars—**He absolutely cares!**

- When your heart is shattered, when all you can do is rock, groan, and cry with no words...  
When grief has stolen your breath...  
When pain shows up without warning...  
When life has hit too hard...

**Yes, He cares.**

Even Jesus cried.

- *"Jesus wept"* (John 11:35)
- He cried out in Gethsemane.
- He knows what it feels like to mourn, to ache, to grieve.

He doesn't just **understand**—**He feels it with you.**



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### VII. Your Groans Are Prayers

Romans 8:26 reminds us that when we don't know what to say, the Holy Spirit steps in. Your **groans become intercession**, and your **tears become prayers**.

You don't have to have the perfect words.  
You don't even have to speak.  
Just cry—and trust that God hears every drop.

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### Joy Is Coming, SisStars

*"Weeping may endure for a night, but joy comes in the morning."*  
(We don't know how long the night will be... but morning **will** come.)

And when it does, your mourning will turn into dancing. Your sorrow into songs. Your ashes into beauty.  
When the days are long and the nights are darker...  
When your soul aches and your heart is heavy...  
**He cares.**

Like Peter, you can cast all your cares on Him—because He truly does care for you.

Like David, you can pour out your heart and say:  
*"Hear my cry, O God... when my heart is overwhelmed, lead me to the Rock that is higher than I." (Psalm 61)*

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You don't have to be strong every moment.  
You don't have to hide your tears.  
You don't have to pretend everything's okay.

Let God hold you in your brokenness.  
Let Him collect your tears.  
Let Him comfort your soul.

**You are stronger than you think, because your strength is in the Lord.**





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Cry when you need to, praise while you cry, and trust that **your tears are not in vain.**

*They are prayers.*

*They are seen.*

*They are precious.*

*They are safe in God's bottle.*

*Be encouraged, my SisStars.*

*You are not forgotten.*

*You are not invisible.*

***You are deeply loved by God.***

*Oh yes, He cares.*

*I know He cares.*

**Stay strong, stay rooted, and stay connected to the Rock!**