

## Tear Drop

Description: This station will encourage people to connect to the feelings of loss, sadness, and grief that many in our nation are experiencing. Rather than tout our strength and confidence over those who are feeling fragile, we are invited as believers to come alongside one another in patience. In short, this station will allow people to mourn with those who are mourning.

### Supplies you will need:

Two jars - one marked "Tears", one marked "Prayers"

One dropper to collect "tears"

A bible or print out of Psalm 24

### Instructions:

This year our nation has experienced unparalleled division.

Trump or Biden? Mask-up or Anti-mask? Black Lives Matter or Blue Lives Matter? Schools opened or schools closed? A system with only two-sides will inevitably create winners and losers.

As Kingdom people, though, we are not bound to these narrow perspectives. We are called to come up higher, in prayer and love, and see things from the Lord's perspective. As we do we are given grace and mercy to go low in service to those who are hurting, feeling anxious and lost, regardless of their perspective and political persuasion. We are told that we are blessed when we are present to those who grieve.

We mourn with those whose candidate has lost.

We mourn with those who have experienced racial oppression for generations.

We mourn with those who have lost their jobs due to the coronavirus.

We mourn with those who have lost a loved one to sickness.

Regardless of whether we can relate or understand, we mourn with those who mourn.

Read Psalm 23

Invite Holy Spirit to Help you Pray:

1. Allow your thoughts to go to those who are hurting and upset
  - a. (Hint) Anger is often a cover for hurt, and hurt is a clue that there is something to grieve.

- b. Pay attention to areas where you are tempted to scoff, mock, judge, or reject the feelings of others.
  - c. Ask the Holy Spirit to bring to mind the names of one or more people who are hurting and grieving.
- 2. Wait on the Lord to receive His heart for those who are mourning.
- 3. Pray out of the overflow of your heart.
- 4. Take a dropper from one jar, collect the “tears” of those who are weeping. As an act of being present with the grieving, drop the “tears” into the prayer jar as a sign that the Lord is near and has not forgotten their sadness. If the Lord touches your heart and allows you to share in their grief, do not rush. Mourn.
- 5. Read Psalm 23 again over those who are hurting. Declare that goodness and mercy will follow them all the days of their lives.