

5-Day Devotional: Trusting God With Your Tears
Pastor Jay Hassman
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Day 1: Permission to Be Honest

Reading: Psalm 13:1-2; Matthew 26:36-39

Devotional: God's Word gives us something precious: permission to be honest. When David cried "How long, O Lord?" he wasn't losing faith instead he was exercising it. Notice that his questions were directed "toward" God, not away from Him. Even Jesus, in Gethsemane, expressed overwhelming sorrow to the Father. Your questions don't disqualify your faith; they reveal you still believe Someone is listening. Today, God invites you to remove your mask. He already sees behind it. He knows the tears you've hidden, the prayers you've whispered in darkness, and the heartbreak you've carried alone. Honest prayer isn't the enemy of faith, but pretending is. Bring your raw, unpolished heart to Him. He can handle every question you're afraid to ask.

Day 2: Lament as an Act of Faith

Reading: Psalm 42:1-11; Lamentations 3:19-26

Devotional: Many confuse lament with unbelief, but lament is profound faith in action. Unbelief walks away saying, "God doesn't care." Lament stays connected, crying, "God, where are You?" The difference is critical. Lament refuses to let go of the rope. It keeps talking even when answers delay. The psalmist declared, "Why are you cast down, O my soul?" yet concluded, "Hope in God." This isn't contradiction. It's coexistence. Sorrow and hope can occupy the same heart. Through the Lord's mercies we are not consumed; His compassions are new every morning. You don't need tomorrow's strength today. Just today's portion of His faithfulness. Keep praying. Keep lamenting. Keep holding the rope. Your persistence in prayer during pain is one of the highest expressions of trust.

Day 3: God's Presence in the Waiting Room

Reading: Psalm 27:13-14; Isaiah 40:28-31

Devotional: Life's greatest struggles often happen not in crisis moments but in waiting rooms while waiting for medical results, for prayers to be answered, for circumstances to change, for God to speak. David wrote Psalm 13 from such a place. Nothing had changed externally, yet something shifted internally. He learned what many must discover: God's faithfulness isn't measured by how quickly He answers but by how constantly He remains present. Isaiah reminds us that those who wait upon the Lord will renew their strength. Waiting isn't passive; it's active trust. It's choosing to believe God's character when you can't see His plan. Today, if you're in a waiting room of any kind, remember: God hasn't forgotten you. His timing isn't delay. It is preparation. Trust Him in the silence. He's working even when you can't see it.

Day 4: The Shift From "How Long?" to "But I Trust"

Reading: Psalm 13:5-6; Habakkuk 3:17-19

Devotional: The most powerful moment in Psalm 13 comes with two small words: "But I..." Despite unchanged circumstances, David's focus shifted from his problems to God's character. This is the heart of biblical faith. We don't understand everything but trusting Someone. Habakkuk demonstrated this same radical trust: "Though the fig tree does not bud...yet I will rejoice in the LORD." Notice he didn't say, "I understand Your plan" or "I see how this works out." He said, "I will rejoice in the LORD." Faith doesn't require full visibility; it requires taking the next step with the light you have. God rarely illuminates the entire path—just enough for today. Your circumstances may not have changed, but you can still choose trust. Today, practice the sacred "but". Acknowledging your pain while anchoring your hope in God's unchanging faithfulness.

Day 5: Tears and Trust at the Foot of the Cross

Reading: John 11:32-44; Revelation 21:1-4

Devotional: At Lazarus's tomb, we see something remarkable: Jesus wept even though He was about to raise Lazarus from death. He didn't rebuke Mary's tears or Martha's grief. He joined them in their sorrow. This reveals a profound truth: tears and trust coexist in God's kingdom. The Christian life isn't choosing between the towel (representing tears) or the cross (representing hope). It is bringing both together. Jesus understands your pain because He experienced it. He carried sorrow to the cross and transformed it into salvation. One day, Revelation promises, He will wipe away every tear. Until then, bring your sealed envelope holding your burden, unanswered prayer, heartbreak and place it at His feet. Faith isn't pretending everything is okay; faith is trusting God when it isn't. He can handle what you're carrying, and He loves you enough to carry it with you.