

# CRYING OUT TO GOD

April 22, 2023

## Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Psalms 13

## Memory Verse

7 God cares for you, so turn all your worries over to him.

1 Peter 5:7



# CASEY'S DAY

written by Ron VandenBurg  
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Have you ever felt so sad that all you could do was cry? Maybe your best friend moved away. Maybe a classmate or a family member was terribly sick. You feel like no one cares. When you hear about horrible events, like a school shooting, happening in the world, you cry out to God "How long?" to show your sorrow. This kind of hurt is called ***lament***.

In the Psalms, David and other authors wrote songs of lament to express the painful emotions they felt. David begins Psalm 13 full of deep sorrow. He felt that God had forgotten him. He was being attacked by his enemies and wanted God to do something right away. Overwhelmed and feeling helpless, David cried out and wondered if God would hear him and answer him. He did not give up hope and kept praying.

David's psalm shows us how to be honest and trust God with what we are feeling. When we cry out to God in despair, we may feel helpless and alone. And we have to keep praying! Know that God cares for you, so turn all your worries over to him (1 Peter 5:7). God knows about your personal struggles. He knows the bad

things in the world are more than we can handle. He invites us to turn to him just like David did with honesty and trust. He will hear our laments.

## Prayer

Dear God, thank you for hearing me when I pray. I am thankful that I can tell you about my worries. Please help me to remember when bad things happen around me, that you care and nothing is too hard for you. Amen.

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*written by Natasha Meniffee*

<https://kidscorner.net/devotions/crying-out-to-god>  
Printed on September 7, 2025