

When Your Prayers Have Tears

Vulnerable prayers are powerful prayers.

Time:
7-10 minutes

Focus:
Honesty, Relationship
with God, Prayer

Scriptures

1 Samuel 1:10
Psalm 56:8
1 Samuel 1:15-16
Psalm 62:8
Matthew 7:7
Luke 18:1
1 Samuel 1:27-28
Romans 12:12
James 5:16
Hebrews 4:16
Psalm 34:18

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Turn off notifications on your phone if you can. Ask God to help you connect with him as honestly and vulnerably as you can manage.

Thought starter

1 Samuel 1:10 NIV

In her deep anguish Hannah prayed to the Lord, weeping bitterly.

Have you ever cried so hard you couldn't get the words out? Hannah did. She was a woman in the Bible who poured out her heart and tears to God, and he heard every sob. Her tears weren't weakness—they were worship, perseverance, and persistence.

Here's what we'll learn in this Quick Quiet Time:

- Poured-out hearts have power.
- Persistent prayers move God.
- Surrendered prayers are powerful prayers.



Scripture Spotlight

Psalm 56:8 NLT

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

This verse is a powerful reminder that God doesn't overlook our pain; he treasures every tear we cry. In moments of grief, heartbreak, or silent struggle, he is not distant. He is near, attentive, and deeply moved by what moves us. Every tear is seen. Every sorrow is known.

God also connects with our pain on a personal level. He embraces our emotions with compassion and invites us to bring our full, unfiltered selves to him.

So let's talk about what it means to pray with poured-out hearts and persistent faith. Because sometimes, the most powerful prayers are the ones soaked in tears.



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Notes:

**Reflect**

What do you think it means to have poured-out hearts and persistent prayers?

Poured-out hearts have power.**1 Samuel 1:15-16 NIV**

Hannah replied, “I am a woman who is deeply troubled... I was pouring out my soul to the LORD. [16] Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief.”

Psalm 62:8 TPT

Trust only in God every moment! Tell him all your troubles and pour out your heart-longings to him. Believe me when I tell you—he will help you!



Truth bomb: Our vulnerability has value.

- God doesn't need religious talk or fancy words. He responds to heartfelt honesty.
- When we cry—especially in prayer—God sees it. When we're falling apart with God, we're opening up. And God doesn't ignore that.

Visualize this: Tears are like seeds sent from our soul to God.

- Tears are like little offerings.
- Just as seeds planted in the ground grow into something beautiful, our tears given to God can lead to healing, growth, and even breakthrough.

**Reflect**

- Hannah was telling God about her grief over not having a child. What's something you've been silently carrying that God's waiting for you to speak aloud?

**Respond**

Write out two things you can be vulnerable with God about today. Pray about them alone or with a friend. Be as honest as you can with God as you tell him how you feel about them.


Persistent prayers are powerful prayers.**Matthew 7:7 NLT**

"Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you."

Notes:

Luke 18:1 TLB

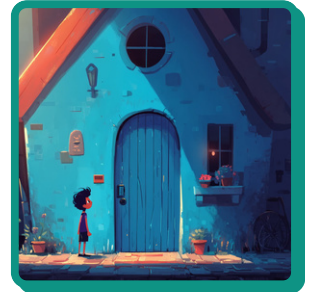
One day Jesus told his disciples a story to illustrate their need for constant prayer and to show them that they must keep praying until the answer comes.

 **Truth bomb:** We have to “keep on” praying!

- Persistent prayer comes from a deep belief that God is working, even when we can’t see it.
- God never gets tired of hearing from us; he wants us to keep asking.

 **Reflect**

- Are you “keeping on”? Do you keep asking, keep seeking, and keep knocking?
- Is there something you’ve given up asking or looking for?



 **Surrendered prayers are powerful prayers.**

1 Samuel 1:27-28 NIV

I prayed for this child, and the LORD has granted me what I asked of him. [28] So now I give him to the LORD. For his whole life he will be given over to the LORD.” And he worshiped the LORD there.

 **Mic drop:** Hannah surrendered her deepest desires to God.

- She trusted God with her desires even before she saw an answer to her prayer.
- Faith isn’t just believing God can do something—it’s trusting him even when he doesn’t seem to answer.
- Hannah finally got the son she asked for, but kept her promise to give her son back to God. She did it because she trusted God.

 **Reflect**

If God answered your deepest prayer, would you give it back to him like Hannah did?

Notes:



Deeper dive

Read through the story of Hannah in [1 Samuel 1-2](#). Take a deeper look at Hannah's heart by circling, underlining, or writing down what you notice about these themes:

Persistence

- 1 Samuel 1:7 – “This went on year after year..”
- Hannah had a constant struggle, but she still trusted that God wanted to hear her cries.

Emotional honesty

- 1 Samuel 1:15 – “I was pouring out my soul to the Lord.”
- Hannah was emotionally honest with God.

Feeling misunderstood but undeterred

- 1 Samuel 1:13-16 – Eli thought she was drunk, but she kept praying.
- Hannah was misunderstood but stayed faithful.

Radical surrender

- 1 Samuel 1:27-28 – “I give him to the Lord...”
- Hannah was grateful and gave back to God.

Bonus scriptures on persistent prayer

Luke 18:1 NIV

Then Jesus told his disciples a parable to show them that they should always pray and not give up.

Romans 12:12 NIV

Be joyful in hope, patient in affliction, faithful in prayer.

James 5:16 NIV

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Hebrews 4:16 NLT

Let us come boldly to the throne of our gracious God ..

Psalm 34:18 NIV

The Lord is close to the brokenhearted...

Notes:

 **Final thoughts**

God is moved by poured-out hearts, not polished words.

Persistent prayer means showing up again and again with raw honesty, even when the tears won't stop.

Like Hannah, we're invited to bring our anguish, our longing, and our surrender to the one who collects every tear and hears every whisper.

So don't hold back. Keep praying. Keep pouring. Because every tear you shed in faith is a seed—and in God's time, it will bloom into something beautiful.

**Humor break!**

Q: Why do trees get emotional in spring?

A: They always feel a little sappy!

Share the inspiration!

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