

6 Cries of the Heart



by Christi Gee



Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-4

The call or the text comes. And suddenly your world is on edge. It may be a loved one's health, life's circumstances, or your own fall.

When you find yourself facing the unknown, your flesh screams for relief, your mind races for answers, and your heart begins to melt.

I know. I've been there.

Believers know their first line of defense is prayer. But when your world is turned upside down, you need help to focus your prayers.

After I had prayed over and over for my loved one, I was tired of my own words. I knew I needed something more, but I was amazed at how difficult it was to concentrate and recall the verses hidden in my heart.

I resorted to praise music, but constantly skipped through generic playlists to get to the song that expressed my aching heart.

So when the crisis was over, I resolved to create something that would help others who land in life's waiting room.

And it will be waiting for me when I'm back in that place. No one is immune.

If you need this, I am so sorry. The struggle is real, but your Savior is stronger. And you are not alone.

Check out the website for more resources:

www.6Cries.com

These Scriptures are divided into categories — six cries of the heart commonly experienced by those facing the unknown. These are the ones I discovered when I needed courage in the waiting and strength to pray in the Spirit.

I bounced between them all. You may also. However you use this resource, I pray it draws you closer to the ONE who heals the brokenhearted.



One of the first responses is to cry out to God, laying your heart bare before the Lord in an honest, transparent plea that He would hear your cries and draw near.



As you seek the Lord's help for your loved one or yourself, one of the things you'll beg for most is an awareness of His presence and the sense of being held. You want to know you're not alone. Let Him in. He is near. He hears and He cares.



Sometimes He calms the storm and sometimes He calms His child. The God who said, "Peace be still" to the raging waves whispers the same to your heart. Listen for that still small voice.



Not a single maverick molecule can stick its tongue out at the Lord and say, "You can't make me." The creator of the universe is able. More than able. Nothing is too big for your mountain-moving Father-God. Lean into and rely on HIS power.



For some, praise is a first line of defense. For others, you need time to pour your heart out before getting to this point. But you will. And as you praise Him through your storm, you will discover the power, peace, and sense of His presence that envelops your praise.



There will come a time when you will press on and move forward. Courage doesn't always sound like a roar. Sometimes it sounds like a quiet voice at the end of the day saying, "I will try again tomorrow." One step at a time.



PLEA(se)

One of the first responses is to cry out to God, laying your heart bare before the Lord in an honest, transparent plea that He would hear your cries and draw near.

Hear my cry, O God,
listen to my prayer;
from the end of the earth I call to you
when my heart is faint.
Lead me to the rock
that is higher than I,
for you have been my refuge,
a strong tower against the enemy.

Psalm 61:1-3

Hear, O Lord, when I cry aloud;
be gracious to me and answer me!
You have said, "Seek my face."
My heart says to you,
"Your face, Lord, do I seek."
Hide not your face from me.
Turn not your servant away in anger,
O you who have been my help.
Cast me not off; forsake me not,
O God of my salvation!

Psalm 27:7-9

Even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.

Psalm 23:4

Save me, O God!

For the waters have come
up to my neck.
I sink in deep mire,
where there is no foothold;
I have come into deep waters,
and the flood sweeps over
me.
I am weary with my crying out;
my throat is parched.
My eyes grow dim
with waiting for my God.

Answer me, O Lord, for your
steadfast love is good;
according to your abundant
mercy, turn to me.
Hide not your face from your
servant;
for I am in distress; make
haste to answer me.
Draw near to my soul, redeem
me;
ransom me because of my
enemies!
I will praise the name of God
with a song;
I will magnify him with
thanksgiving.

Psalm 69:1-3, 16-18, 30

I cry aloud to God,

aloud to God, and he will hear me.
In the day of my trouble I seek the Lord; in the night
my hand is stretched out without wearying;
my soul refuses to be comforted.
When I remember God, I moan;
when I meditate, my spirit faints.
You hold my eyelids open;
I am so troubled that I cannot speak.
I consider the days of old, the years long ago.
I said, "Let me remember my song in the night;
let me meditate in my heart."
Then my spirit made a diligent search:
"Will the Lord spurn forever,
and never again be favorable?
Has his steadfast love forever ceased?
Are his promises at an end for all time?
Has God forgotten to be gracious?
Has he in anger shut up his compassion?"
Then I said, "I will appeal to this,
to the years of the right hand of the Most High."
I will remember the deeds of the Lord;
yes, I will remember your wonders of old.
I will ponder all your work,
and meditate on your mighty deeds.
Your way, O God, is holy.
What god is great like our God?
You are the God who works wonders; you have made
known your might among the peoples.

Psalm 77:1-14



PRESENCE

As you seek the Lord's help for your loved one or yourself, one of the things you'll beg for most is an awareness of His presence and the sense of being held. You want to know you're not alone. Let Him in. He is near. He hears and He cares.

But you, O Lord, are a shield about me,
my glory, and the lifter of my head.

Psalm 3:3

The Lord is near to the brokenhearted
and saves the crushed in spirit.

Psalm 34:18

And behold, I am with you always, to the
end of the age.

Matthew 28:20b

My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.

Psalm 73:26

At my first defense, no one came to my support, but everyone deserted me.
 ... But the Lord stood at my side and gave me strength,
 ... The Lord will rescue me from every evil attack
 and will bring me safely to his heavenly kingdom.

2 Timothy 4:16-18

I waited patiently for the Lord;
 And He inclined to me and heard my cry.

He brought me up out of the pit of
 destruction, out of the miry clay,
 And He set my feet upon a rock making
 my footsteps firm.

He put a new song in my mouth, a song
 of praise to our God;

Psalm 40:1-3a

I have set the Lord always before me;
 because he is at my right hand, I shall
 not be shaken.

Therefore my heart is glad, and my
 whole being rejoices;
 my flesh also dwells secure.

For you will not abandon my soul to
 Sheol,
 or let your holy one see corruption.
 You make known to me the path of life;
 in your presence there is fullness of
 joy;
 at your right hand are pleasures
 forevermore.

Psalm 16:8-11

Where shall I go from your Spirit?

Or where shall I flee from your
 presence?

If I ascend to heaven, you are there!

If I make my bed in Sheol, you are
 there!

If I take the wings of the morning
 and dwell in the uttermost parts of the
 sea,

even there your hand shall lead me,
 and your right hand shall hold me.

If I say, "Surely the darkness shall cover
 me,

and the light about me be night,"
 even the darkness is not dark to you;
 the night is bright as the day,
 for darkness is as light with you.

Psalm 139:7-12



PEACE

Sometimes He calms the storm and sometimes He calms His child. The God who said, “Peace be still” to the raging waves whispers the same to your heart. Listen for that still small voice.

You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.
Trust in the Lord forever,
for the Lord God is an everlasting rock.

Isaiah 26:3-4

Peace I leave with you,
My peace I give to you;
not as the world gives do I give to you.
Let not your heart be troubled,
neither let it be afraid.

John 14:27

The Lord is near.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:5b-7

The Lord is my light and my salvation;
whom shall I fear?
The Lord is the stronghold of my life;
of whom shall I be afraid?

Psalm 27:1

But I trust in you, O Lord; I say, "You
are my God."
My times are in your hand;

Psalm 31:14-15a

These things I have spoken to you, that
in Me you may have peace. In the
world you will have tribulation; but be
of good cheer, I have overcome the
world.

John 16:33

When I am afraid,
I put my trust in you.
In God, whose word I praise,
in God I trust; I shall not be afraid.
What can flesh do to me?

Psalm 56:3-4

The steadfast love of the Lord never ceases;
his mercies never come to an end;
they are new every morning;
great is your faithfulness.

"The Lord is my portion," says my soul,
"therefore I will hope in him."

The Lord is good to those who wait for him,
to the soul who seeks him.

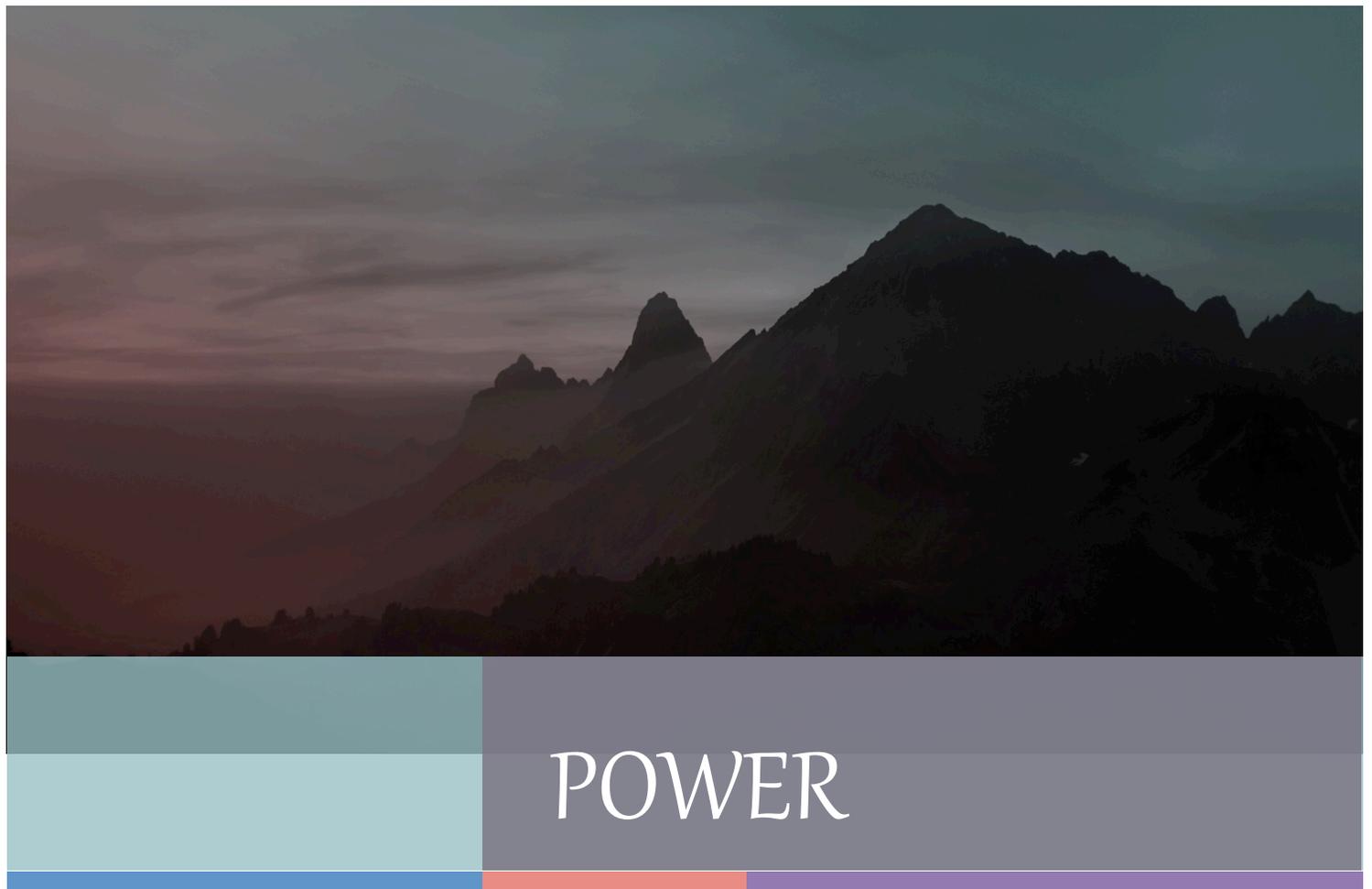
Lamentations 3:22-25

Fear not, for I have redeemed you;
I have called you by name, you are mine.

When you pass through the waters, I will be
with you;
and through the rivers, they shall not
overwhelm you;
when you walk through fire you shall not be
burned,
and the flame shall not consume you.

For I am the Lord your God,
the Holy One of Israel, your Savior.

Isaiah 3:1b-3a



POWER

Not a single maverick molecule can stick its tongue out at the Lord and say, “You can’t make me.” The creator of the universe is able. More than able. Nothing is too big for your mountain-moving Father-God. Lean into and rely on HIS power.

Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world.

1 John 4:4

Behold, I am the Lord, the God of all flesh. Is anything too hard for me?

Jeremiah 32:27

He alone is my rock and my salvation,
my fortress where I will not be shaken.

My victory and honor come from
God alone.

He is my refuge, a rock where no enemy
can reach me.

Psalms 62:6

Yours, O Lord, is the greatness and the power
and the glory and the victory and the majesty,
for all that is in the heavens and in the earth is yours.
Yours is the kingdom, O Lord, and you are exalted as head above all.

1 Chronicles 29:11

I lift up my eyes to the hills.
From where does my help come?
My help comes from the Lord,
who made heaven and earth.
He will not let your foot be moved;
he who keeps you will not slumber.
Behold, he who keeps Israel
will neither slumber nor sleep.
The Lord is your keeper;
the Lord is your shade on your right
hand.
The sun shall not strike you by day,
nor the moon by night.
The Lord will keep you from all evil;
he will keep your life.
The Lord will keep
your going out and your coming in
from this time forth and
forevermore.

Have you not known? Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
He gives power to the faint,
and to him who has no might he increases
strength.
Even youths shall faint and be weary,
and young men shall fall exhausted;
but they who wait for the Lord shall renew
their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.

Isaiah 40:28-31

Psalm 121



PRAISE

For some, praise is a first line of defense. For others, you need time to pour your heart out before getting to this point. But you will. And as you praise Him through your storm, you will discover the power, peace, and sense of His presence that envelops your praise.

I love you, O Lord, my strength.
The Lord is my rock and my fortress and my deliverer,
my God, my rock, in whom I take refuge,
my shield, and the horn of my salvation, my stronghold.
I call upon the Lord, who is worthy to be praised,
and I am saved from my enemies.

Psalm 18:1-3

Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy,
to the only God, our Savior, through Jesus Christ our Lord,
be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

Jude 1:24-25

O Lord, our Lord,
how majestic is your name in all the earth!
You have set your glory above the heavens.
Out of the mouth of babies and infants,
you have established strength because of your
foes,
to still the enemy and the avenger.
When I look at your heavens, the work of
your fingers,
the moon and the stars, which you have set
in place,
what is man that you are mindful of him,
and the son of man that you care for him?

Psalms 8:1-4

Blessed be the God and Father of our Lord
Jesus Christ! According to his great mercy, he
has caused us to be born again to a living
hope through the resurrection of Jesus Christ
from the dead, to an inheritance that is
imperishable, undefiled, and unfading, kept in
heaven for you, who by God's power are being
guarded through faith for a salvation ready to
be revealed in the last time.

1 Peter 1:3-5

“Worthy is the Lamb who was slain,
to receive power and wealth and
wisdom and might and honor and
glory and blessing!”

And I heard every creature in
heaven and on earth and under the
earth and in the sea, and all that is
in them, saying,

“To him who sits on the throne and
to the Lamb be blessing and honor
and glory and might forever and
ever!”

Revelation 5:12-13

From the rising of the sun to its
setting,
the name of the Lord is to be
praised!
The Lord is high above all nations,
and his glory above the heavens!
Who is like the Lord our God,
who is seated on high,
who looks far down
on the heavens and the earth?

Psalms 113:3-6



PRESS ON

There will come a time when you will press on and move forward. Remember that exhaustion from the stress of your ordeal – as well as setbacks – are common. Courage doesn't always sound like a roar. Sometimes it sounds like a quiet voice at the end of the day saying, "I will try again tomorrow." One step at a time.

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own.

Philippians 3:12

The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand.

Psalms 37:23

And let steadfastness have its full effect,
that you may be perfect and complete, lacking in nothing. ...
Blessed is the man who remains steadfast under trial,
for when he has stood the test he will receive the crown of life,
which God has promised to those who love him.

James 1:4,12

No, in all these things we are more than conquerors through Him who loved us.

For I am persuaded that neither death nor life, neither angels nor principalities nor powers, neither things present nor things to come, neither height nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Romans 8:37-39

I have fought the good fight, I have finished the race, I have kept the faith.

Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day, and not only to me but also to all who have loved his appearing.

2 Timothy 4:7-8

Finally, be strong in the Lord and in the strength of his might.

Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

Ephesians 6:10-13

..knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 5:3b-5

encouraging
you as you
inspire others

the cheerio trail by Christi Gee



About the Author:

Christi is a blogger, speaker, and marketing professional inspiring frontline difference-makers to persevere and make their mark. With a "been-there-done-that" perspective and a "we can do this" outlook, she merges relatable stories, relevant experience, practical life application, and foundational biblical truth. For more of her written encouragement, visit TheCheerioTrail.com.

Empathize. Encourage. Equip. Embolden.

Visit the companion *6 Cries of the Heart* website:

www.6cries.com

for associated playlists and other resources as they become available.

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