

Valley of Tears

Psalm 84:4-6

Blessed are those who dwell in your house, ever singing your praise! Selah
Blessed are those whose strength is in you, in whose heart are the highways to Zion. As they go through the Valley of Baca (valley of tears and suffering) they make it a place of springs; the early rain also covers it with pools.

I think the best place to cry is in the bathtub. Fill it up as high as you can before the drain starts sucking the excess away. (I hate that. I have tried sticking the sides of my feet into the side of the drain to keep the water from leaving. Not so good. Shoving a facecloth in works better.) Best time of the day is first thing in the morning or when it gets dark at night. But don't let that limit you should the tears come in-between.

Light a candle, even if it is daylight. Then, sit in there and feel your vulnerability in nakedness, in not being able to do a thing about what hurts. Let the tears fall and watch them add to this pool of water. You are in the valley of Bacca.

Other things you can do is to groan, yell, say softly, "Help me, Jesus." You can lay back and immerse your whole self under the water – but come up again! In fact, repeating the going down and coming back up is quite therapeutic and symbolic. You can blast one of your favourite songs, one of the ones you like to belt out when you are hurting or melancholic. One of my favourites is, "You've Got a Friend," by Carole King...but Giselle Sanderson sings it just as wonderfully!

"When you're down and troubled
And you need some lovin' care
And nothin', nothin' is goin' right
Close your eyes and think of me
And soon I will be there
To brighten up even your darkest night..."

The thing about being in the Valley of Baca is that there are a lot of parts to how to be there with Jesus and yourself.

Right there – in the middle of being in that valley, you can still thank God that you are His dwelling place – He is ever within you. Your strength to be in the Valley of Baca and your strength to move through it (because you won't always be here!) comes from Jesus. And in your heart, even though you might not sense it very much, are the ways – the highways that lead to Zion. Zion represents a place appointed by the Lord where his followers can live and serve Him, a place that is a

city of refuge where Christ protects us. God Himself has written these ways into your heart. Because of all of this, you – by the power of the Spirit within you – will make this valley a place of springs. A place of life. A place that tells a story of the grace of God. A place where you meet God in a new and deeper way.