

Dear Sarah,

Thank you for writing us at Christian Questions Radio. You asked why you cry during worship.

Praying and worshipping God and his Son Jesus can be an emotional experience. You may cry because you feel a deep connection to God. You may cry as you humbly ask forgiveness for sins. You may cry in prayer as you mentally relive a personal experience. You may also cry tears of rejoicing as you thank God for all the blessings he has bestowed upon you. There is nothing wrong with crying when you communicate with God through prayer. Prayer is more than just verbal repetition of a known prayer. Fervent prayer is uttered from the heart. When we pray from the heart, we often cry.

The Psalms are songs that are really prayers to God. We are told to “shout for joy to the LORD” (Psalm 100:1), to “sing praise” to the LORD (Psalm 101:1), to “cry for help” to the LORD (Psalm 102:1). “Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.” (Psalm 61:1-2) All of the verbs mentioned above (shouting, singing, crying) are expressions of the intimate relationship we have with our Father in heaven.

You asked why you cry when worshiping. We believe it is because you are endeavoring to form a deep connection with God as you praise Him, ask forgiveness, petition Him, or seek to draw closer to Him and His dear Son. May that connection continue to grow, as you are led by His word. We hope we have answered your question. Please write us again.

Sincerely,
Christian Questions Radio