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| John 20:11-16 | Jesus Questions (5) –  Why are you crying? | Pinelands – 9am - 06/04/2025  Thornton – 10:30am – 30/03/2025 |

Over the past few years I have noticed something about myself…

**I cry a lot easier…** at funerals…

When others are crying…

…In pain or struggle.

At goodbyes

**Not sure why but** ***that is me.***

Henri Nouen once said… ***“We all sit next to a pool of tears”***

We all have struggle, pain, sadness,

Difficulty, Grief.

And Jesus asks us… ***“Why are you Crying?”***

* deep disappointment
* grief or struggle
* break-up of a relationship
* regret from the past
* failed business venture

I would like to suggest that ***maybe…***

we need to become more aware of the tears in our lives.

Maybe you - cry easily *(more easily – older)*

- bottle up your tears in your heart

**BUT…** **we need** to become more aware of our tears

**The good news is…** **Our tears need not end in sadness…**

They can… lead towards…

***Healing, Growth, New Beginnings***

Recall for a moment the setting of our bible story…

Mary standing outside the tomb… weeping

Come to anoint the body… and it is gone.

Imagine for a moment…

*Her anguish, and confusion…*

**And Jesus asks…** *(as did the angels)…*

***“Why are you Crying?”***

Jesus’ question to Mary reminds us… Tears are ***OK.***

They reflect that we are…

vulnerable, Fallible and fragile human beings.

Jesus knew this all to well…

*Jesus wept* at the graveside of Lazarus

*Jesus said…* *“Blessed are those who mourn” (Matt 5)*

**Note** what Jesus does **NOT say…** *(He does not try and fix it)*

*“Belt up Mary… I have been raised back to life”*

*“Pull yourself together… look I am alive”*

**Rather…** Jesus accepted her tears and reach out to her need.

***We need to hear this…***

* We often feel *uncomfortable with tears*
* Deep down we *regard it as a sign of weakness*
* We try to *keep our tears hidden.*

One writer asked the question… ***“Have we forgotten how to cry?”***

Our tears ***put us in touch*** with our ***pain…***

Maybe we need to learn to cry again…

Because ***healing*** *comes through our tears…*

They help us know where we are hurting.

But Jesus’ question… ***“Why are you crying?”…***

***Invites us to face the story behind our tears.***

This is what he is asking Mary to do…

***To examine her pain…***

Put words to her sorrow…

Which she goes on to do…

*“They have taken my Lord away and I do not know*

*where they have put him.”*

We too need to respond to this question…

With a friend or a counselor…

***Talk through*** and about the pain…

Put words to our tears… *Express them*

**ALSO…** We need to share our tears with God

When we read the **Psalms** we *see how to do this*

They show us how to talk simply and honestly with God

* + expressing our pain, grief, frustrations,
  + groanings of our hearts and lives

Too often we only **THINK** about our pain in God’s presence…

***BUT…*** we need to **TELL** him about our pain as well.

**The Psalmist encourages us to speak aloud to God…**

*“I cried out to the Lord”*

*“Hear my pray, O Lord, listen to my cry for help.”*

*“How long, O Lord, how long?”*

Something *healing and life giving happens* when we share our tears

*With God and with others.*

There we often find…

Relief and release

Courage and company.

***God works when we share our tears.***

**This will then lead us to *New Beginings***

Rob Bell *(Nooma Video fame)* speaks about this passage.

He suggests that it is significant that this…

Interaction with Mary takes place **in a garden…**

**And** that Jesus is thought to be **the Gardener.**

**A garden with a gardener is a place of** ***new beginnings…***

***RESURRECTION in the context of the story.***

In the midst of our tears…

Jesus wants us to begin again…

To experience new life and resurrection power.

**Jesus…** in the midst of our tears… Wants us to begin again.

Inviting us into a deeper intimacy…

*(might not always recognize him)*

Caring friend, Beauty of a sunset,

Communion, Peace of a sacred moment.

As we engage with Jesus and the question he asks us…

***“Why are you crying?”***

**Let us *CRY…***

**Let us look *BEHIND OUR TEARS…***

**Let us discover those *NEW BEGINNINGS.***

***Jesus wants to help us move from our…***

**TEARS *to* NEW BEGININGS**.

***Meditation…***

Picture yourself standing with Mary in the garden.

Mary is weeping…

Behind the weeping you hear a voice…

The voice of the one who…

Searches for you until He finds you.

Calls you by name

Loves you with a love that will never let you go

You are keenly aware… You are not alone…

And Jesus asks you… “Why are you crying?”

As you respond… share your feelings with Jesus.

“Why are you crying?”

Because I am missing a loved one so much.

Because my marriage is in trouble and

I do not know what to do.

Because my divorce has ripped my life apart.

Because I am in the dark and do not know what to do

Because my body is in pain and I cannot find relief

Because of the deep guilt I feel

from something I did in the past.

Because God seems far away and

I do not know where to find Him.

Because I just feel sad and I do not know why.

Tell Him why you are crying.

*(silence)*

As you stand with Mary… Allow her to also represent all those other people who weep today…

Someone who…

you know who has cried bitterly recently

you heard about on a news feed or social media.

In your mind bring that person into the presence of Jesus

Hold him or her… their pain, tears and sorrow

Pray for them.

*(silence)*

The resurrected Christ is with you in the garden…

This is a new beginning.

**AMEN**

**John 20:11-16 Jesus Appears to Mary Magdalene**

Mary stood crying outside the tomb. While she was still crying, she bent over and looked in the tomb and saw two angels there dressed in white, sitting where the body of Jesus had been, one at the head and the other at the feet. “Woman, why are you crying?” they asked her.

She answered, “They have taken my Lord away, and I do not know where they have put him!”

Then she turned around and saw Jesus standing there; but she did not know that it was Jesus. “Woman, why are you crying?” Jesus asked her. “Who is it that you are looking for?”

She thought he was the gardener, so she said to him, “If you took him away, sir, tell me where you have put him, and I will go and get him.”

Jesus said to her, “Mary!”

She turned toward him and said in Hebrew, “Rabboni!” (This means “Teacher.”)