The Power of Crying Out


Let’s look at some Hebrews words and one Greek word to help us understand what it means “to cry out.”

Jeremiah 33:3 “Call to Me, and I will answer you, and show you great and mighty things, which you do not know.”

Qara (687 times used) which generally carries the meaning of calling aloud or crying out.

“I cried to the Lord with my voice, and He heard me from His holy hill…” Psalms 3:4

“The Lord will hear when I call to Him….To You I will cry, O Lord my Rock…Hear the voice of my supplications when I cry to You.” Psalms 4:3; 28:1-2

Psalms 50:15 “Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.”

Psalm 145:18 “The Lord is near to all who call upon Him, to all who call upon Him in truth.”

Hamah (31 times used) has the connotation of a loud humming or murmuring –even to a growl, roar, moan, clamor, be troubled.

“Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice.” Psalm 55:17

Shava (21 times) is a high-pitched shout for help.

“In my distress I called upon the Lord and cried out to my God; He heard my voice from His temple, and my cry came before Him, even to His ears.” Psalm 18:6

“The eyes of the Lord are on the righteous, and His ears are open to
O Lord my God, I cried out to You, and You healed me.” Psalms 30:2

Hagah is the word for meditation, but sometimes in the Psalms and Proverbs, the word is translated “speak.”

“And my tongue shall speak of Your righteousness” Psalm 35:28

“The mouth of the righteousness speak wisdom.” Psalm 37:30

“For my mouth will speak truth.” Proverbs 8:7

Joshua 1:8 “The book of the Law shall not depart from your mouth, but you shall meditate in it day and night.”

The actual sounding of Scripture helps to focus the mind. The saints of old wanted to make sure they used their voices for what mattered most. Not only prayer, but even reading was commonly done aloud. Acts 8 – The Ethiopian, whom Phillip heard reading aloud from the prophet Isaiah while traveling.

Matthew 12:34 “For out of the abundance of the heart the mouth speaks.”

Psalm 50:15 “Call upon Me in the day of trouble, I will deliver you, and you shall glorify Me.”

Psalm 46:1 “He is our refuge and our strength, a very present help in trouble.”
Psalm 102: 1-2  “Hear our prayer, O Lord, and let my cry come to You.  Do not hide Your face from me in the day of my trouble;  Incline Your ear to me;  In the day that I call, answer me speedily.”

Twice in the life of Jesus the disciples had a day of trouble and they cried out to Jesus:

1. When Jesus was asleep and the storms was about to take the boat out and they woke Jesus up with a cry for help.
2. Peter was walking on the water going to Jesus when he begin to sink and in his day of trouble he cried out to Jesus for help.

These things we know for sure:

1. The day of trouble is a surety for all of us.
2. In our day of trouble, the Lord is near us.
3. In our day of trouble, we can cry out to God.
4. In our day of trouble, he has promised to hear us and deliver us.

The main reason we don’t call out in our day of trouble is pride. But when the trouble is beyond our ability to help, then we’ll call on God.

Mark 6: 45-52

I. Personalization of Crying Out

In this story, Jesus directed them into the storm with full knowledge of what was ahead.

Then Jesus went to pray.
While they were in the boat headed for a storm, Jesus was praying.

Hebrews 7:25 “Since He lives to make intercession for us.”

He intended to pass by – He is intending to let you stay in the situation where you are. May be you are in a mess, debt, an vocational issue, a relational issue.

Problems are an invitation to pray.

II. Practice of Crying Out

So what do they do? They are afraid and their fear causes them to cry out.

Psalm 55:17 “Evening and morning and at noon, I will pray, and cry aloud, and He shall hear my voice.”

What are some things for which we need to cry aloud?

- Wisdom Proverbs 2:3 “Yes, if you cry out for discernment, and life up your voice for understanding.” Read the story from the book on pages 49-52
- Faith Mark 9:17-27 The father who had a son with a mute spirit. If you believe, all things are possible to him who believes. Immediately the father cried out, “Lord, I believe, help my unbelief.”
- Healing Mark 10:46-52 Blind Bartimaeus
- Victory Psalm 56:9 “When I cry out to you then my enemies will turn back.”
Blessing  Prayer of Jabez I Chronicles 4:10 or Jacob  
“I will not let you go until you bless me.”

Mercy Psalm 86:5 “For you, O Lord, are good, and ready to forgive and abundant in mercy to all those who call upon You.

Strongholds, self-control, tongue, gossip, eating, temper

James 5:16 “The effectual fervent prayer of a righteous man availeth much.”

The song writer wrote,
“Pass Me no, O gentle Savior
Hear my humble cry
While on others thy art calling
Do not pass me by.”