

# THE CRY OF THE HEART

*God Hears Our Groanings & Cries*



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## Introduction:

In the journey of faith, believers often find themselves in moments of distress, anguish, and longing. The Scriptures reveal a profound truth: God hears our cries and responds to our needs. This commentary explores the significant theme of crying out to the Lord throughout the Old Testament, highlighting the Hebrew words for “groaning” and “crying,” and showcasing the faithfulness of God in answering.

### Section 1: The Language of Distress

#### 1.1 Groaning in Hebrew:

- שָׁחָ (sha'ah): This term refers to a cry or shout, often expressing anguish or distress. It captures the vocal expression of pain or sorrow.
- אָנַחַ (anachah): This word denotes a groan or sigh, conveying deep emotional pain and lamentation. It reflects a sense of burden and is frequently found in the cries of those in distress.

#### Example Passage:

- Exodus 2:23-24: “During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God.”

## Section 2: The Cry of the People

### 2.1 Crying Out in Hebrew:

- צָעַק (tsa'aq): This verb means “to cry out” or “to shout,” often in urgent distress. It signifies a call for help.
- קָרָא (kara): This verb means “to call” or “to cry,” used in contexts of distress and need.

#### Example Passage:

- Psalm 34:17: “The righteous cry out (kara), and the Lord hears them; he delivers them from all their troubles.”

## Section 3: Scriptural Examples of Crying Out

1. Exodus 3:7-10: God hears the cries of His people in Egypt.
2. 1 Samuel 7:8-9: The Israelites ask Samuel to cry out to the Lord for rescue from the Philistines.
3. Psalm 18:6: “In my distress I called to the Lord; I cried to my God for help.”
4. Jeremiah 33:3: “Call to me and I will answer you and tell you great and unsearchable things you do not know.”

5. Psalm 107:6: “Then they cried out to the Lord in their trouble, and he delivered them from their distress.”

## Section 4: The Assurance of God’s Response

### 4.1 God’s Faithfulness to Answer:

Throughout the Scriptures, we see a consistent pattern: when His people cry out, God responds. This is a testament to His faithfulness and love.

Example Passages:

- Psalm 66:19: “But God has surely listened and has heard my prayer.”
- Psalm 145:18: “The Lord is near to all who call on him, to all who call on him in truth.”

## Section 5: Practical Application for Today

### 5.1 Encouragement for Believers:

In times of distress, let us remember that our cries do not go unheard. God invites us to bring our burdens to Him.

### 5.2 Call to Action:

Encourage the congregation to cultivate a habit of prayer and crying out to God in their daily lives, trusting in His promise to hear and respond.

## Old Testament Scriptures Where Men and Women Cried Out to the Lord

1. Exodus 2:23-25: “During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God.”

2. Exodus 3:7-10: “The Lord said, ‘I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering.’”

3. Exodus 14:10-12: “As Pharaoh approached, the Israelites looked up and there were the Egyptians, marching after them. They were terrified and cried out to the Lord.”

4. Exodus 17:4: “Then Moses cried out to the Lord, ‘What am I to do with these people? They are almost ready to stone me.’”

5. 1 Samuel 7:8-9: “They said to Samuel, ‘Do not stop crying out to the Lord our God for us that he may rescue us from the hand of the Philistines.’”

6. 1 Samuel 9:16: “About this time tomorrow I will

send you a man from the land of Benjamin. Anoint him ruler over my people Israel; he will deliver them from the hand of the Philistines. I have looked on my people, for their cry has reached me.”

7. 1 Samuel 10:18: “He said to the Israelites, ‘This is what the Lord says: I brought Israel up out of Egypt... But you have now rejected your God, who saves you out of all your disasters and calamities.’”

8. 2 Samuel 22:7: “In my distress I called to the Lord; I called out to my God. From his temple he heard my voice; my cry came to his ears.”

9. 1 Kings 8:28-30: “Yet give attention to your servant’s prayer and his plea for mercy, Lord my God. Hear the cry and the prayer that your servant is praying in your presence this day.”

10. 2 Kings 19:14-19: “Hezekiah received the letter from the messengers and read it. Then he went up to the temple of the Lord and spread it out before the Lord.”

11. 2 Chronicles 20:9: “If calamity comes upon us, we will stand in your presence and cry out to you in our distress, and you will hear us and save us.”

12. Psalm 18:6: “In my distress I called to the Lord; I cried to my God for help.”

13. Psalm 30:8: “To you, Lord, I called; to the Lord I cried for mercy.”

14. Psalm 55:16-17: “As for me, I call to God, and the Lord saves me. Evening, morning, and noon I cry out in distress, and he hears my voice.”

15. Psalm 86:3: “Have mercy on me, Lord, for I call to you all day long.”

16. Psalm 107:6: “Then they cried out to the Lord in their trouble, and he delivered them from their distress.”

17. Jeremiah 33:3: “Call to me and I will answer you and tell you great and unsearchable things you do not know.”

18. Genesis 4:10: “The Lord said, ‘What have you done? Listen! Your brother’s blood cries out to me from the ground.’”

19. Genesis 21:16-17: “Then she went off and sat down about a bowshot away, for she thought, ‘I cannot watch the boy die.’ As she sat there, she began to sob. God heard the boy crying, and the angel of God called to Hagar from heaven.”

20. Judges 3:9: “But when they cried out to the Lord, he raised up for them a deliverer, Othniel son of Kenaz.”

21. Judges 10:10: “Then the Israelites cried out to the Lord, ‘We have sinned against you, forsaking our God and serving the Baals.’”

22. 1 Samuel 12:10: “They cried out to the Lord and said, ‘We have sinned against the Lord.’”

23. 2 Samuel 22:4: “I called to the Lord, who is worthy of praise, and have been saved from my enemies.”

24. 2 Chronicles 33:12-13: “In his distress he sought the favor of the Lord his God and humbled himself greatly before the God of his ancestors.”

25. Psalm 34:6: “This poor man called, and the Lord heard him; he saved him out of all his troubles.”

26. Psalm 40:1: “I waited patiently for the Lord; he turned to me and heard my cry.”

27. Psalm 55:1: “Listen to my prayer, O God, do not ignore my plea; hear me and answer me.”

28. Psalm 66:17-20: “I cried out to him with my mouth; his praise was on my tongue. If I had cherished sin in my heart, the Lord would not have listened; but God has surely listened and has heard my prayer.”

29. Isaiah 19:20: “It will be a sign and a witness to the Lord Almighty in the land of Egypt. When they cry out to the Lord because of their oppressors, he will send them a savior and defender, and he will rescue them.”

30. Isaiah 58:9: “Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.”



31. Jeremiah 14:7: “Although our sins testify against us, do something, Lord, for the sake of your name; for our offenses are many, and we are in great distress.”

32. Lamentations 3:55-56: “I called on your name, Lord, from the depths of the pit. You heard my plea: ‘Do not close your ears to my cry for relief.’”

33. Ezekiel 8:18: “Therefore I will respond in wrath; I will not look on them with pity or spare them, and although they shout in my ears, I will not listen to them.”

34. Ezekiel 11:13: “While I was prophesying, Pelatiah son of Benaiah died. Then I fell facedown and cried out, ‘Alas, Sovereign Lord! Are you going to destroy the entire remnant of Israel by pouring out your wrath on them?’”

35. Psalm 3:4: “I call out to the Lord, and he answers me from his holy mountain.”

36. Psalm 4:1: “Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer.”

37. Psalm 5:2: “Hear my cry for help, my King and my God, for to you I pray.”

38. Psalm 6:9: “The Lord has heard my cry for mercy; the Lord accepts my prayer.”

39. Psalm 9:12: “For he who avenges blood

remembers; he does not ignore the cries of the afflicted.”

40. Psalm 10:17: “You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry.”

41. Psalm 12:5: “‘Because the poor are plundered and the needy groan, I will now arise,’ says the Lord. ‘I will protect them from those who malign them.’”

42. Psalm 18:3: “I called to the Lord, who is worthy of praise, and I have been saved from my enemies.”

43. Psalm 22:24: “For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.”

44. Psalm 28:1: “To you, Lord, I call; you are my Rock, do not turn a deaf ear to me.”

45. Psalm 30:2: “Lord my God, I called to you for help, and you healed me.”

46. Psalm 31:22: “In my alarm I said, ‘I am cut off from your sight!’ Yet you heard my cry for mercy when I called to you for help.”

47. Psalm 32:6: “Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them.”

48. Psalm 34:17: “The righteous cry out, and the Lord hears them; he delivers them from all their troubles.”

49. Psalm 37:4: “Take delight in the Lord, and he will give you the desires of your heart.”

50. Psalm 39:12: “Hear my prayer, Lord, listen to my cry for help; do not be deaf to my weeping.”

51. Psalm 40:13: “Be pleased to save me, Lord; come quickly, Lord, to help me.”

52. Psalm 41:1: “Blessed are those who have regard for the weak; the Lord delivers them in times of trouble.”

53. Psalm 42:5: “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”

54. Psalm 43:1: “Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked.”

55. Psalm 54:2: “Hear my prayer, O God; listen to the words of my mouth.”

56. Psalm 55:22: “Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.”

57. Psalm 56:9: “Then my enemies will turn back when I call for help. By this I will know that God is for me.”

58. Psalm 61:1: “Hear my cry, O God; listen to my prayer.”

59. Psalm 66:19: "But God has surely listened and has heard my prayer."
60. Psalm 69:33: "The Lord hears the needy and does not despise his captive people."
61. Psalm 77:1: "I cried out to God for help; I cried out to God to hear me."
62. Psalm 78:34: "Whenever God killed them, they would seek him; they eagerly turned to him again."
63. Psalm 79:5: "How long, Lord? Will you be angry forever? How long will your jealousy burn like fire?"
64. Psalm 80:3: "Restore us, O God; make your face shine on us, that we may be saved."
65. Psalm 85:4: "Restore us again, God our Savior, and put away your displeasure toward us."
66. Psalm 86:7: "When I am in distress, I call to you, because you answer me."
67. Psalm 88:1: "Lord, you are the God who saves me; day and night I cry out to you."
68. Psalm 91:15: "He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him."
69. Psalm 102:1: "Hear my prayer, Lord; let my cry for help come to you."
70. Psalm 107:13: "Then they cried out to the Lord in

their trouble, and he saved them from their distress.”

71. Psalm 107:19: “Then they cried out to the Lord in their trouble, and he saved them from their distress.”

72. Psalm 107:28: “Then they cried out to the Lord in their trouble, and he brought them out of their distress.”

73. Proverbs 1:28: “Then they will call to me but I will not answer; they will look for me but will not find me.”

74. Isaiah 1:15: “When you spread out your hands in prayer, I hide my eyes from you; even when you offer many prayers, I am not listening.”

75. Isaiah 30:19: “People of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you.”

76. Isaiah 37:21: “Then Isaiah son of Amoz sent a message to Hezekiah: ‘This is what the Lord, the God of Israel, says: I have heard your prayer concerning Sennacherib king of Assyria.’”

77. Isaiah 41:17: “The poor and needy search for water, but there is none; their tongues are parched with thirst. But I the Lord will answer them; I, the God of Israel, will not forsake them.”

78. Jeremiah 29:12: “Then you will call on me and

come and pray to me, and I will listen to you.”

79. Jeremiah 33:3: “Call to me and I will answer you and tell you great and unsearchable things you do not know.”

80. Lamentations 3:55-56: “I called on your name, Lord, from the depths of the pit. You heard my plea: ‘Do not close your ears to my cry for relief.’”

81. Ezekiel 8:18: “Therefore I will respond in wrath; I will not look on them with pity or spare them, and although they shout in my ears, I will not listen to them.”

82. Ezekiel 11:13: “While I was prophesying, Pelatiah son of Benaiah died. Then I fell facedown and cried out, ‘Alas, Sovereign Lord! Are you going to destroy the entire remnant of Israel by pouring out your wrath on them?’”

83. Micah 7:7: “But as for me, I watch in hope for the Lord, I wait for God my Savior; my God will hear me.”

84. Jonah 2:2: “He said: ‘In my distress I called to the Lord, and he answered me. From the depths of the grave I called for help, and you listened to my cry.’”

85. Zephaniah 3:9: “Then I will purify the lips of the peoples, that all of them may call on the name of the Lord and serve him shoulder to shoulder.”

86. Psalm 18:16: “He reached down from on high and took hold of me; he drew me out of deep waters.”

87. Psalm 22:5: “To you they cried out and were saved; in you they trusted and were not put to shame.”

88. Psalm 27:7: “Hear my voice when I call, Lord; be merciful to me and answer me.”

89. Psalm 28:2: “Hear my cry for mercy as I call to you for help, as I lift up my hands toward your Most Holy Place.”

90. Psalm 31:2: “Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.”

91. Psalm 34:15: “The eyes of the Lord are on the righteous, and his ears are attentive to their cry.”

92. Psalm 37:17: “For the wicked will be destroyed, but those who hope in the Lord will inherit the land.”

93. Psalm 40:13: “Be pleased to save me, Lord; come quickly, Lord, to help me.”

94. Psalm 55:22: “Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.”

95. Psalm 69:33: “The Lord hears the needy and does not despise his captive people.”

96. Psalm 86:7: “When I am in distress, I call to you, because you answer me.”

97. Psalm 94:17-19: “Unless the Lord had given me help, I would soon have dwelt in the silence of death. When I said, ‘My foot is slipping,’ your unfailing love, Lord, supported me. When anxiety was great within me, your consolation brought me joy.”
98. Psalm 119:145: “I call with all my heart; answer me, Lord, and I will obey your decrees.”
99. Psalm 138:3: “When I called, you answered me; you greatly emboldened me.”
100. Psalm 145:18: “The Lord is near to all who call on him, to all who call on him in truth.”

## Conclusion

This list provides a comprehensive collection of verses from the Old Testament, including many from Psalms, where men and women cried out to the Lord, and He heard and answered them. The theme of crying out to the Lord is a powerful reminder of our dependence on Him. Just as He heard the groanings of the Israelites and the cries of the psalmists, He hears us today. Let us approach His throne with confidence, knowing that He is faithful to answer our cry.

My structured commentary can serve as a guide for preaching or teaching in a Pentecostal context, emphasizing the importance of prayer, the emotional



expressions of faith, and the assurance of God's presence in times of need.

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