In Exodus, chapter 22, speaking to Israel after they came out of Egypt, God said, “Ye shall not afflict any widow, or fatherless child. If thou afflict them at all, and they cry at all unto me, I will surely hear their cry; and my wrath shall wax hot, and I will kill you with the sword; and your wives shall be widows, and your children fatherless.” (verses 22-24)

One cannot read the Bible and not understand that God is concerned about his people, especially widows and fatherless children. Time and again he addresses the subject and tells what will happen if they are mistreated.

From this we can know that God also cares about those who are distressed by mistreatment. As you can see, the punishment is severe for those who so afflict.

While the need to “cry out” not always comes to everyone, even those whose lives are lived in the faith face unbelievable stress and difficulty at times. Perhaps it comes in the form of death of a child, the death of a spouse or parent. Or it could also be the betrayal of a trusted family member or friend. Those who have lived many years know the sting that comes from sorrow.

Mortal man is not as able to deal with things that “bring him low” as he thinks. Since God is his creator, who knows better how to succor him when he is dealing with things that are unusual.

Yes, when things go wrong, cry out to God, for he will hear your cry and who knows us better than our creator.