

WHY DO I STILL FEEL THIS WAY?: *"When God Feels Distant and Quiet"*

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Introduction

Have you ever gone through a season when God felt silent, distant, or far away? If you have, you are certainly not alone. This is a feeling many men and women throughout the bible experienced, and of course many today. But what causes it? What can I do about it? Has God really walked away?

Sometimes difficult circumstances, unanswered prayers, long seasons of waiting, or struggles in our relationship with God can make us wonder where He is. Even David experienced these feelings, as we see in Psalm 13. The good news is that even when God feels distant, He has not changed. Because God has not left, nor has he changed, we can continue seeking Him, honestly examine our hearts, and remember the truth of His love and faithfulness. And in time, God will lift us from those feelings of being alone and desperate to rest in His gracious presence.

Discussion Questions

1. Why might God feel distant during certain seasons of life?

Read Psalm 13:1–2.

- How can distress, waiting, or disappointment affect our relationship with God?
- Have you ever experienced a season when you wondered if God had forgotten you?

2. What should we do when God feels distant?

Read Psalm 13:3–4.

- Why is it important to keep seeking God even when we don't feel His presence?
- What practical steps can help us stay connected to Him during difficult seasons?

3. How can we examine our hearts and grow closer to God?

Read Psalm 139:23–24 and James 4:8.

- Are there areas of sin, delayed obedience, or misplaced priorities that may be affecting your relationship with God?
- When was a moment that God revealed something in your heart/life that you were not able to see on your own?
- How can trusted Christian friends help us grow?

4. How can remembering God's character strengthen our faith?

Read Psalm 13:5–6.

- David moves from expressing his pain to declaring his trust in God's unfailing love. How can remembering God's past faithfulness help us trust Him when we don't understand what He is doing?

Memory Verse

“But I trust in your unfailing love. I will rejoice because you have rescued me.”
— Psalm 13:5 (NLT)