Lesson 7-What Do I Do When God Seems Distant?

God is real and He loves you, no matter how you feel. Growing in Christ requires learning to live according to God’s word, and trust Him, even when you don’t feel His presence.

Psalm 10:1 Why, Lord, do you stand far off? Why do you hide yourself in times of trouble?

Psalm 42:1 As the deer pants for streams of water, so my soul pants for you, my God.

Psalm 43:2 You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?

Psalm 44:23 Awake, Lord! Why do you sleep? Rouse yourself! Do not reject us forever.

Deuteronomy 31:8 The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

Isaiah 8:17 The Lord has hidden himself from his people, but I trust him and place my hope in Him.

Job 23:8-10. **8**But if I go to the east, he is not there; if I go to the west, I do not find him.  
**9**When he is at work in the north, I do not see him; when he turns to the south, I catch no glimpse of him. **10**But he knows the way that I take; when he has tested me, I will come forth as gold.

Psalm 51:1-2, 10-13 **1**Have mercy on me, O God, according to your unfailing love;  
according to your great compassion, blot out my transgressions.  
**2**Wash away all my iniquity and cleanse me from my sin. . . **10**Create in me a pure heart, O God, and renew a steadfast spirit within me. **11**Do not cast me from your presence  
or take your Holy Spirit from me. **12**Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. **13**Then I will teach transgressors your ways,  
so that sinners will turn back to you.

Job 23:12 I have not departed from the commands of his lips; I have treasured the words of his mouth more than my daily bread.

Isaiah 46:3-4 Listen to me, you descendants of Jacob, all the remnant of the people of Israel,  
you whom I have upheld since your birth, and have carried since you were born.  
Even to your old age and gray hairs I am he, I am he who will sustain you.  
I have made you and I will carry you; I will sustain you and I will rescue you.

1. Briefly describe a time, since becoming a Christian, when you felt spiritually dry and didn’t feel God’s presence. What was going through your mind? What did you do?

2. Read the first 4 verses from Psalms, above. How was David feeling? Had God really left him? Had God forgotten about him?

3. Read God’s promise in Deuteronomy 31:8, and write it out, and memorize it. How might you use this promise to help you when you can’t feel God’s presence?

4. Read Isaiah 8:17. What did Isaiah choose to do when he couldn’t feel God’s presence?

5. Read Job 23:8-10 above. What confident assurance did Job have even though he couldn’t feel God’s presence? What spiritual principle do you learn from these verses?

6. Fill in the blank: It is faith, not \_\_\_\_\_\_\_\_\_\_ that pleases God.

7. Sometimes when we don’t feel God’s presence it’s because we have sinned. Read what David did after he sinned in Psalm 51:1-2 & 10-13 above. What does David’s prayer inspire and instruct you to do after you have sinned.

8. When God seems distant, what are some eternal truths you can hang onto? Jot down what you know about God, despite how you may be feeling.

9. During times of spiritual dryness we must patiently rely on the promises of God, not our emotions. Read Job 23:12 above and write down what sustained Job when he couldn’t feel God’s presence. How has this same thing sustained you? Give examples.

10. Read Isaiah 46:3-4 above and write down at least 3 promises of God that you can hold onto when you don’t feel God’s presence.

11. Jot down 3 or more declarations, based on these verses, that you can recite to yourself as a reminder that God is with you, even when you don’t feel His presence.

12. Journal one of these verses/passages SOAP style.