



Trusting God When He Feels Distant



Explore how to keep faith alive during times when God feels far, embracing prayer, doubt, and remembering His faithfulness.



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Introduction

Feeling distant from God can be one of the most challenging struggles, especially for teens navigating the complexities of life. Sometimes, when prayers seem unheard and answers delayed, doubts creep in, making God seem silent or absent. Yet, these seasons are not signs of abandonment but invitations to deepen our trust and reliance on Him.

God understands our feelings of loneliness and confusion. Scripture is filled with stories of people wrestling with God's silence yet holding onto faith. These stories inspire us to persist in prayer, hold onto hope, and remember the ways God has been faithful before. In this 3-day study, we will journey through tangible steps to maintain trust in God during hard times, learning to lean on His promises and past faithfulness as anchors for our hearts.

Through reflection, prayer, and scripture, you will gain tools that help you endure spiritual dryness and emerge with a stronger, more personal faith. Whether you're in a season of questioning or simply feeling far from God, this study is designed to remind you—God is with you, even when He feels distant. Let's discover how to keep walking forward in trust.





Day 1: 🌑 When God Feels Silent



Day 1: 🌀 When God Feels Silent

Your Verse

Psalm 13:1 – "How long, Lord? Will you forget me forever? How long will you hide your face from me?"

Supporting Scriptures

- *Psalm 22:1 – "My God, my God, why have you forsaken me? Why are you so far from saving me..."*
- *Isaiah 40:31 – "But those who hope in the Lord will renew their strength."*



Day 1: 🕊 When God Feels Silent

Devotional: Being Honest with God in Silence

It's normal to feel abandoned by God sometimes. Psalm 13 captures the honest cry of the psalmist feeling forgotten and distant from God. These feelings don't mean God has left; they reveal our deep desire for His presence. When God feels silent, it's important to bring those feelings to Him honestly in prayer, just as the psalmist did.

At times, God's silence is part of His refining process, shaping our faith to be more resilient. Instead of withdrawing, choose to press into His word and truth. Remember, God's silence is never His absence. Just like the psalmist, we can ask Him, "How long?" but also learn to wait patiently, trusting that He listens and will answer in His perfect timing.

This day invites you to be real with God about your feelings and to hold onto hope, even in silence.



Day 1: 🕒 When God Feels Silent

Reflect and Apply

1. When have you felt like God was silent or far away? How did you respond?

2. What feelings emerge when you think about bringing your doubts to God honestly?

3. How can waiting patiently strengthen your faith rather than weaken it?



Day 1: 🕊 When God Feels Silent

Journaling Prompts

1. Write down a time when you felt God was silent. How did it affect your faith?

2. List ways you can express your honest feelings to God in prayer.

3. Describe what 'waiting patiently on God' means to you personally.



Day 1: 🌑 When God Feels Silent

Prayer for Today

Lord, sometimes I feel lost and like You are distant. Help me to be honest with You about my feelings instead of hiding them. Strengthen my faith as I wait patiently for Your presence and guidance. Remind me of Your love and faithfulness even when I cannot feel You near. Teach me to trust You through every silent season. *Amen.* 🙏💙✨





Day 2: 🐦 Trusting God Through Doubt



Your Verse

Mark 9:24 - "Immediately the boy's father exclaimed, 'I do believe; help me overcome my unbelief!'"

Supporting Scriptures

- *James 1:6 - "But when you ask, you must believe and not doubt..."*
- *Hebrews 11:1 - "Faith is confidence in what we hope for and assurance about what we do not see."*



Devotional: Embracing Doubt as Part of Faith

Doubt is a natural part of growing faith. You're not the only one who struggles with believing fully when life gets confusing or hard. Even the father pleading for his son's healing in Mark 9 admits his mixed feelings—both faith and doubt.

God welcomes honest questions and doubts because He understands our human limitations. The key is to bring your doubts to Him as the father did, asking for help. Jesus doesn't shame doubt but encourages us to pursue faith courageously.

Trust grows when we are vulnerable and seek God despite uncertainty. Faith isn't about having perfect certainty; it's about continuously choosing to lean on God and His promises. Embrace your doubts as opportunities for deeper conversation with God and growth in your relationship with Him.



Reflect and Apply

1. Have you ever felt torn between belief and doubt? How did you handle it?

2. What does asking God to help your unbelief reveal about your trust in Him?

3. How can doubts open the door to a stronger, more honest faith?



Day 2: 🕊️ Trusting God Through Doubt

Journaling Prompts

1. Write about a recent doubt you had about God or faith.

2. Describe how you can bring your doubts to God without fear.

3. List scriptures or truths that can help you when you doubt.



Day 2: 🕊️ Trusting God Through Doubt

Prayer for Today

Dear God, I admit that sometimes my faith feels weak and doubts overwhelm me. Please help me overcome unbelief and grow in trust. Thank You for welcoming my questions and never leaving me alone in my struggle. Teach me to hold onto Your promises and walk boldly even when I can't see clearly. In Jesus' name, *Amen.* 🙏 🌟 ❤️





Day 3: ✨ Remembering God's Faithfulness



Day 3: ✨ Remembering God's Faithfulness

Your Verse

Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Supporting Scriptures

- *Psalm 77:11 - "I will remember the deeds of the Lord; yes, I will remember your miracles of long ago."*
- *Deuteronomy 7:9 - "Know therefore that the Lord your God is God; he is the faithful God..."*



Day 3: ✨ Remembering God's Faithfulness

Devotional: Renewing Trust by Remembering God

When God feels far, looking back reminds us that He is always near. The prophet Jeremiah highlights God's never-failing compassion and faithfulness, fresh every morning. Remembrance is a powerful spiritual practice that restores hope and renews trust when we face dryness or doubt.

Take time to recall how God has worked in your life, times He answered prayers, protected you, or gave peace. Keeping a faithful memory provides a firm foundation on which to stand when current experiences feel dark. God's track record of love and faithfulness never changes, even if our feelings waver.

Choose today to remember! Let your heart be encouraged knowing God remains the same yesterday, today, and forever. This truth invites us to trust Him anew, confident that He will come through once again.



Reflect and Apply

1. What are some ways God has been faithful in your past?

2. How does recalling these moments help when you feel distant from God?

3. In what practical ways can you cultivate a habit of remembering God's goodness?



Day 3: ✨ Remembering God's Faithfulness

Journaling Prompts

1. List specific instances when God showed His faithfulness to you.

2. Write a letter of thanks to God for His past help and love.

3. Plan a daily reminder or ritual to recall God's faithfulness.



Day 3: ✨ Remembering God's Faithfulness

Prayer for Today

Gracious God, thank You for Your unwavering love and faithfulness. Help me to remember all the ways You have been with me, especially in hard times. Renew my trust in You today and every day. May I rest in the assurance that Your mercies are new each morning and Your faithfulness never ends. I choose to hold onto Your promises and walk forward in hope. In Jesus' name, *Amen.* 🙏🏡💖





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