

# The Deconstruction of Distance

## *Unlearning the Belief That God Pulls Away*

### **What This Is**

This is not a method to make God feel close again. It is a dismantling of a belief many Christians inherited without choosing: that God withdraws when we struggle. What we call distance is rarely about space. It is about abandonment.

### **Naming the Real Issue**

When people say, “God feels distant,” they are usually naming a conclusion: something about me caused God to pull back. That belief is rarely preached directly. It is absorbed through church language and culture. Over time, God begins to function like a fair-weather presence, near when life looks faithful, distant when life gets messy. That story sounds spiritual, but it produces fear, not trust.

Reflection: When God feels distant, my first assumption is that \_\_\_\_\_.

### **The Cost of Distance Theology**

Beliefs about God do not stay in the mind. They shape the body. When you believe God is prone to withdrawal, your nervous system adapts. Silence becomes evidence, not of mystery, but of rejection. That is not faith. That is survival.

Common signs:

- Constant self-monitoring
- Anxiety during silence
- Prayer that feels performative
- Honesty that feels risky

### **Where the Belief Breaks Down (Jesus)**

The distant God story collapses under one question: does Jesus ever pull away from broken people? In the Gospels, Jesus moves toward the sick, touches the unclean, and stays with the shamed. If distance were God’s response to weakness, the Incarnation would make no sense. “The Word became flesh and dwelt among us.” (John 1:14)

### **Silence Is Not Abandonment**

Silence is real. Pain is real. Waiting is real. But silence is not the same thing as absence, and absence is not abandonment. Romans 8 does not promise constant reassurance. It promises unbreakable attachment. The danger is not silence, but interpreting silence through a false story about God’s character.

### **The Jesus Filter (A Simple Practice)**

When God feels distant, do not pray harder or perform. Sit quietly and say: “God, if You are truly like Jesus, then You are not backing away from me right now.” Pause. Notice what resists that statement. Do not fix it. That resistance often reveals where the old belief still lives.

### **Letting the Old God Go**

Sometimes what feels like distance is not God leaving. It is grief. Grief over releasing a God who motivated obedience through withdrawal. Jesus reveals something better: not a God who pulls away when things fall apart, but a God who comes closer.

Final Reflection: If God does not do abandonment, then maybe what I am experiencing is \_\_\_\_\_, not distance.

### **Final Word**

Your pain is not proof that you were left. What may be collapsing is a belief system God never agreed with. Jesus reveals a God who stays.

Thinking Allowed — Belief systems shape how we experience God, ourselves, and reality.



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*If this worksheet surfaced something,  
you don't have to carry it alone.*