

What to Do When You Feel Far from God

Immediate, practical help for spiritual distance (for young & new Christians)

Feeling far from God can be terrifying.

You might think:

- “Did I lose my faith?”
- “Is God mad at me?”
- “Why does the Bible feel dry now?”
- “Everyone else at church seems close to God. What’s wrong with me?”

If you’ve ever had those thoughts, you’re not alone. Every honest Christian, from brand-new believers to seasoned pastors, experiences seasons where God feels distant.

This article is written especially for **young and new Christians** who feel far from God and don’t know what to do next. You’ll find:

- Why you *feel* far from God (and why that feeling doesn’t always match reality)
- Common causes of spiritual distance
- **Immediate, practical steps** you can take today
- Encouragement from the Bible and real-life examples
- A simple plan to slowly rekindle closeness with God

By the end, you’ll know not only *what* to do, but *how* to do it step by step.

1. First, Don’t Panic: Feeling Far from God Is Normal

1.1 You’re Not the Only One

If you feel far from God, you might secretly think you’re a “bad Christian” or that “real Christians” don’t struggle like this.

But read the Psalms and you’ll see something surprising:

Some of the people closest to God in the Bible honestly said things like:

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

“My God, my God, why have you forsaken me?”
Psalm 22:1

These words were written by **David**, a man God called “a man after my own heart.” Even he felt abandoned at times.

Even Jesus, on the cross, quoted Psalm 22:1 showing that feelings of abandonment are part of the human experience, even for the Son of God.

So if you’re feeling far from God, that feeling alone **does not mean**:

- You’ve lost your salvation
- God has stopped loving you
- Your faith is fake

It does mean you’re human, and your heart is telling you something important: “*I miss God. I want Him.*” That’s actually a sign of spiritual life, not death.

1.2 Your Feelings Are Real, but Not Always Right

As a young Christian, it’s easy to confuse **God’s presence** with **your emotional state**.

- When you feel excited in worship → “God is here.”
- When you feel nothing → “God left.”

But the Bible says:

“And surely I am with you always, to the very end of the age.”
— Matthew 28:20

“Never will I leave you; never will I forsake you.”
— Hebrews 13:5

If you belong to Jesus, **God’s presence does not come and go** based on how spiritual you feel today.

Think of the sun on a cloudy day. When clouds roll in, you don’t say, “The sun disappeared.” You say, “The clouds are blocking my view.”

When God feels far, it’s often “spiritual clouds” not that He’s left.

2. Why Does God Feel Far? Common Causes of Spiritual Distance

It’s important to look honestly at what might be creating this sense of distance. Often, it’s a mix of **internal** and **external** factors.

We’ll look at some common ones:

1. Drift, not a dramatic decision
2. Unconfessed sin or ongoing disobedience
3. Busyness and distraction
4. Hurt, suffering, or disappointment
5. Isolation from other believers
6. Spiritual immaturity and unrealistic expectations

2.1 Drift: You Didn't "Quit God"; You Slowly Drifted

Most of the time, people don't wake up and say, "I'm done with God."

Instead, it looks like this:

- "I'll skip Bible reading today."
- "I'm too tired to pray."
- "I'll miss church this week. Just once."
- "I know this entertainment is probably not good for my soul, but it's fine..."

Days become weeks. Weeks become months. And then one day you realize: "*I don't remember the last time I truly sought God.*"

The Bible talks about this kind of drift:

"We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away."

Hebrews 2:1

Drifting is quiet, gradual, and dangerous, but it's also reversible. The fact that you've noticed the distance is actually God's grace waking you up.

2.2 Unconfessed Sin: The Heavy Weight on Your Soul

Sin doesn't make God stop loving you if you're in Christ, but it can:

- Numb your heart
- Cloud your vision
- Make you want to hide from God

Imagine avoiding a friend you hurt because you're embarrassed or ashamed. You're still friends, but the relationship feels strained until you have an honest conversation.

The Bible says:

"If I had cherished sin in my heart, the Lord would not have listened."
Psalm 66:18

"But your iniquities have separated you from your God; your sins have hidden his face from you..."
Isaiah 59:2

If you're holding onto a pattern of sin (sexual sin, lying, bitterness, addiction, etc.) and not dealing with it, it's like trying to pray with noise-cancelling headphones on your soul.

2.3 Busyness & Distraction: A Crowded Heart

We live in an age of constant distraction:

Endless scrolling, streaming, messages, notifications, and noise.

According to recent studies, young adults spend **over 7 hours a day** on screens for entertainment and social media. That's a lot of time and mental energy.

Jesus warned about this very thing:

“...the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful.”

Matthew 13:22

Sometimes, it's not deep sin that makes you feel far from God it's **constant distraction**. Your heart is simply too crowded to notice Him.

2.4 Hurt, Suffering, or Disappointment with God

Maybe you feel far from God because:

- Your prayers weren't answered the way you hoped.
- Someone you loved died or got sick.
- You experienced pain, abuse, or trauma.
- Christians hurt or betrayed you.

Pain can make you pull away and say:

“If God really loved me, why did this happen?”

The Bible doesn't ignore this. Many psalms are raw, honest prayers of people wrestling with pain *in God's presence*.

“How long, Lord? Will you forget me forever? How long will you hide your face from me?”

Psalm 13:1

If your distance from God is fueled by pain, it's not just a “discipline problem.” It's a *heartache problem*, and it needs gentle, honest processing with God and maybe with others.

2.5 Isolation: Trying to Follow Jesus Alone

When you disconnect from healthy Christian community church, small group, Christian friends it becomes much easier to feel:

- Spiritually numb
- Unmotivated
- Alone in your doubts and struggles

Hebrews urges:

“...not giving up meeting together, as some are in the habit of doing, but encouraging one another...”

Hebrews 10:25

You weren’t meant to follow Jesus alone. Isolation is like putting a coal away from the fire; it cools down much faster by itself.

2.6 Spiritual Immaturity & Unrealistic Expectations

If you’re a new Christian, you might assume:

- “If I’m really saved, I’ll always feel close to God.”
- “If I read my Bible and pray, every time will be powerful.”

But spiritually, we grow like children:

- Babies → toddlers → teens → adults

Babies are fragile and needy. Spiritual “babies” are too. Emotions go up and down. You’re still learning God’s character and how to hear His voice.

Also, sometimes God allows “dry seasons” to grow your faith **beyond feelings** to teach you to trust His promises even when emotions are low.

3. Immediate First Steps When You Feel Far from God

If you feel far from God right now, you don’t need a complicated plan.

Start with a few **simple, honest, immediate steps**.

3.1 Step 1: Talk to God Honestly (Even If It Feels Awkward)

You might feel like you don’t know *how* to pray anymore. That’s okay.

Here’s a simple, honest prayer you can use or adapt:

“God, I feel far from You. I don’t feel what I used to feel. I’m confused, and I don’t know what to do. But I don’t want to stay this way. Please draw me back. Show me anything that’s blocking my heart. Help me to know You’re near, even if I don’t feel it. In Jesus’ name, amen.”

Don’t try to sound “spiritual.” Just be real.

God already knows everything you feel and think, but something powerful happens when you **share it honestly** with Him.

The Psalms can help you find words. Try reading:

- Psalm 13

- Psalm 42–43
- Psalm 51
- Psalm 73

Pray them back to God in your own words.

3.2 Step 2: Confess Specifically, Not Vaguely

If you suspect sin or drift is part of the problem, confess clearly.

Instead of:

- “God, I’m sorry for everything.”

Try:

- “God, I’ve been watching things that are not honoring to You.”
- “I’ve been sleeping with my boyfriend/girlfriend and ignoring Your commands.”
- “I’ve been lying to my parents/friends.”
- “I’ve been consumed with social media and neglecting Your Word.”

The Bible promises:

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

— 1 John 1:9

Confession isn’t about groveling. It’s about **agreeing with God** and letting Him clean what’s gotten dirty.

If needed, you may also confess to a trusted Christian leader or friend (James 5:16) especially if you’re stuck in a recurring pattern.

3.3 Step 3: Open Your Bible, Even If You Don’t “Feel Like It”

When you feel far from God, the Bible may feel boring, confusing, or heavy. But it’s actually the main way God speaks clearly to us.

Don’t pressure yourself to read 10 chapters. Start small and simple:

- Read **one psalm** slowly.
- Or read **one chapter** from the Gospels (Matthew, Mark, Luke, John).

Here’s a simple way to engage:

1. **Pray:** “God, open my eyes to see something about You and something I need to do.”
2. **Read:** Slowly, maybe out loud.
3. **Notice:** Is there a promise, command, or example that stands out?
4. **Respond:** Turn one verse into a short prayer.

Example with Psalm 23:1

“The Lord is my shepherd, I lack nothing.”

Prayer:

“God, I feel like I’m lacking so much, but Your Word says if You’re my Shepherd, I have what I need. Help me trust that today.”

You’re not trying to have a mind-blowing “revelation” every time. You’re simply **showing up** and letting God’s Word gently re-shape your heart.

3.4 Step 4: Reach Out to One Trusted Christian

Don’t try to fix this all alone in your head.

Text or call someone who:

- Follows Jesus
- Is spiritually mature (a pastor, older believer, small group leader, Christian friend)
- Is safe and trustworthy

You can say:

“Hey, I’ve been feeling far from God lately and I’m not sure what to do. Could we talk? I’d love some prayer and guidance.”

God often uses people as one of the main ways He draws us back to Himself.

3.5 Step 5: Recommit Your Direction, Not Just Your Feelings

You might not be able to control **how you feel** about God right now, but you can choose your **direction**.

You can say:

“God, whether I feel close or far, I’m choosing to follow You. Help my heart catch up with my choice.”

Faith is more than feelings it’s loyalty and trust, even in emotionally dry seasons.

4. Practical Daily Habits to Slowly Rekindle Closeness with God

Once you’ve taken some immediate steps, it’s time to build **small, consistent habits** that help you walk closely with God again.

Think of this like rebuilding spiritual muscles after being inactive.

4.1 Habit 1: A Simple Daily Time with God (Even 10–15 Minutes)

You don’t need a 2-hour “quiet time.” Start with something realistic and sustainable.

Here’s a **10–15 minute framework**:

1. **1–2 minutes – Be still**

- Put your phone on Do Not Disturb.
- Sit quietly. Take a few deep breaths.
- Pray: “Lord, here I am. I’m listening.”

2. 5–8 minutes – Scripture

Options:

- Read 1 chapter of a Gospel (start with Mark or John).
- Or read a Psalm a day.

Ask:

- What does this show me about **who God is**?
- Is there a **promise** to trust, **command** to obey, or **truth** to believe?

3. 3–5 minutes – Talk to God about what you read + your day

- Thank Him for anything that stands out.
- Ask for help where you’re struggling.
- Pray for at least one other person.

If you miss a day, don’t give up. Just start again the next day. Consistency over time matters more than perfection.

4.2 Habit 2: Digital Boundaries to Make Space for God

If your mind is constantly full of noise, it’s hard to sense God’s voice.

Try one or two of these:

- **No phone for the first 15 minutes after waking.** Use that time to pray or read a short passage.
- **Delete one app** that drains your time and pulls your heart away from God.
- **Screen-free zone:** No social media during your time with God.
- **Daily “quiet” walk:** 10 minutes outside with no headphones just prayer and thinking.

You’re not doing this to be “legalistic,” but to clear mental space so you can be more aware of God’s presence.

4.3 Habit 3: Weekly Worship and Community

If you’ve drifted from church gathering, make this a non-negotiable.

A healthy church should:

- Teach the Bible clearly
- Help you grow in understanding the gospel
- Offer community and accountability
- Encourage worship and service

Make a weekly commitment:

- **Attend a Sunday service**

- **Join a small group, youth group, or Bible study**
- Actually talk to people. Don't just slip in and out.

You might not feel a spiritual rush every week, but over time, you'll notice your faith roots growing deeper.

4.4 Habit 4: Honest Journaling with God

You don't have to be a writer. Just write how you really feel.

You could use three simple prompts:

1. **“God, today I feel...”**
2. **“I’m thankful for...”**
3. **“I need Your help with...”**

This helps you slow down, process, and bring your real self before God.

4.5 Habit 5: Obedience in One Small Area

Sometimes we wait to feel close to God before we obey Him. But often, closeness comes **as we obey**, not before.

Ask yourself:

“Is there one clear thing I already know God wants me to do that I’ve been avoiding?”

For example:

- Apologize to someone you hurt
- End a sinful relationship or habit
- Forgive someone you’re holding bitterness against
- Stop watching content that feeds temptation
- Start serving at church or helping someone in need

Choose **one area** and say:

“God, I’m going to obey You here, even if it’s hard. Help me.”

Obedience clears spiritual fog and strengthens your trust.

5. What If You Still Don’t Feel Close After Doing All This?

This is a hard but important question.

You might do all the “right things” and still feel spiritually dry for a while. That doesn’t mean it’s pointless.

5.1 Remember: Growth Is Often Slow and Quiet

Spiritual growth is more like **planting a tree** than microwaving a meal.

- You plant seeds (habits, prayers, Scripture).
- You water and wait.
- For a while, you might not see anything.
- But under the surface, roots are growing deep.

Galatians 6:9 encourages us:

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Sometimes the “harvest” of closeness and joy comes **later** than we want but it does come.

5.2 Different Seasons: Not Every Season Feels the Same

Just as there are seasons in nature, there are **spiritual seasons**:

- Spring – Freshness, new beginnings
- Summer – Fragrance, fruitfulness
- Fall – Change, transition
- Winter – Quiet, hidden growth

In spiritual “winter,” you may not feel much. But your roots can grow deeper as you learn to trust God’s character more than your emotions.

5.3 God May Be Teaching You to Walk by Faith, Not Just Feelings

2 Corinthians 5:7 says:

“For we live by faith, not by sight.”

You could also say: “*We live by faith, not by feelings.*”

If you only follow God when you “feel it,” your faith will be fragile. But if you keep showing up in prayer, Scripture, and obedience even when you feel numb your faith will become steady and mature.

5.4 When to Seek Extra Help

Sometimes, what feels like “spiritual distance” is also connected to:

- **Depression or anxiety**
- **Unresolved trauma or abuse**
- **Mental health struggles**

If you’re experiencing:

- Ongoing deep sadness
- Thoughts of self-harm
- Extreme fear or panic

- Inability to function in daily life

Then please seek help:

- Talk to a pastor or mature Christian leader.
- Consider seeing a **Christian counselor or therapist**.
- Reach out to trusted family or friends.

Spiritual and emotional health are connected. Getting help is not a sign of weak faith it's wise and courageous.

6. Lies to Reject and Truths to Hold Onto

When you feel far from God, your mind can become a battlefield of lies. Here are some common ones and the truths that defeat them.

Lie 1: “God doesn’t want me anymore.”

Truth:

If you belong to Jesus, nothing can separate you from His love.

“For I am convinced that neither death nor life... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”
Romans 8:38–39

Lie 2: “If I can’t feel God, He must have left.”

Truth:

God’s presence is based on His promise, not your feelings.

“And surely I am with you always, to the very end of the age.”
Matthew 28:20

Lie 3: “Real Christians don’t struggle like this.”

Truth:

All Christians struggle. The Bible openly shows the weakness and doubts of God’s people.

“Why, Lord, do you stand far off?”
Psalm 10:1

David, Elijah, Job, and many others had seasons of confusion and spiritual heaviness. You are not the exception you’re normal.

Lie 4: “I’ve messed up too many times. God is tired of forgiving me.”

Truth:

God’s mercy is greater than your sin.

“Where sin increased, grace increased all the more.”
Romans 5:20

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning...”
Lamentations 3:22–23 (ESV)

If you come to Him with a sincere heart, He never says, “You’ve reached your limit.”

Lie 5: “I have to fix myself before I can come back to God.”

Truth:

You come to God *to be* cleansed, not *after* you’re clean.

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us **in our time of need.**”
Hebrews 4:16

You don’t take a shower because you’re already clean. You come to God *because* you’re needy and broken.

7. A Simple 7-Day “Come Closer to God” Plan

If you like structure, here’s a very practical **7-day plan** you can follow.

Goal: Not to “earn” God’s presence, but to slowly turn your heart back toward Him.

Day 1 – Honest Prayer & Confession

- Read: Psalm 51
- Action: Write out your own confession very specific.
- Pray: Ask God to give you a “clean heart and a steadfast spirit” (Psalm 51:10).

Day 2 – Remember the Gospel

- Read: Luke 15:11–32 (The Prodigal Son)
- Action: Imagine yourself as the prodigal. Picture the Father running toward you.
- Pray: Thank God that He welcomes you back with grace, not shame.

Day 3 – Return to the Gospels

- Read: Mark 1 (short and action-packed)
- Action: Write down 3 things you learn about Jesus.
- Pray: “Jesus, help me know You, not just know *about* You.”

Day 4 – Talk to a Christian Friend or Leader

- Action: Reach out to someone and be honest about how you’re doing spiritually.
- Ask them to:

- Pray with you
- Share how they handle times they feel far from God

Day 5 – Adjust One Digital Habit

- Action:
 - Choose **one** app or entertainment source to reduce or remove for this week.
 - Replace that time with Scripture, prayer, or a worship song playlist.

Day 6 – Attend Church or a Small Group

- Action: Show up, even if you don't feel like it.
- Before you go, pray: "God, meet me here today. Open my heart."
- Afterward, briefly journal: What stood out? How did God speak?

Day 7 – Reflection & Recommitment

- Read: Psalm 73
- Action: Write down:
 - Ways you've seen small signs of God drawing you this week
 - One step you will continue next week (daily Scripture, weekly church, etc.)
- Pray: Recommit your life and direction to Jesus.

You probably won't feel "100% fixed" in 7 days. That's not the aim.

The goal is to **turn around** and start walking back toward God consistently.

8. Final Encouragement: God Is Closer Than You Feel

If you remember nothing else from this article, hold onto this:

Your feelings are real, but they are not the final truth.
God's Word is.

God is not waiting for you with crossed arms and a disappointed sigh. He's the Father in Luke 15:

- Watching for you
- Running toward you
- Celebrating your return

He doesn't say, "Come back when you feel more spiritual."

He says, "Come back now. I'll walk with you through the mess."

Spiritual distance is serious, but it's not hopeless. With honest prayer, confession, God's Word, community, and simple habits, you can slowly grow close to Him again even closer than before.

9. Engage: Your Turn

If this resonated with you, don't just click away.

- **Reflect:** Which part of this article hit home for you most?
- **Act:** What is **one small step** you can take today to move toward God?
- **Share:** If you know a friend who feels far from God, send this to them. It might be exactly what they need.

You're not alone in this journey. God is not done with you.

In fact, this very hunger and concern you feel is evidence that He is already at work in your heart.

Keep going. Keep turning back. He's closer than you think.

END OF ARTICLE

BACK TO:

- [**SPIRITUAL DRYNESS 101**](#)