



When God seems distant

1. Face your feelings

2. Fight your feelings

1. Review

On Sunday we looked at how it is fine to express our disappointment and emotions about feeling distant from God as long as we accept this is the first step in a journey that leads back into worshipping God.

2. Read

- **Psalm 42**

2.1 Face your feeling

- **Acknowledge the external pressure** – you have an enemy too that taunts you with ‘Where is your God?’
- **Acknowledge the internal tension** – ask the question why is what I feel so different to what do believe?

2.2 Fight your feelings

- **Seek God** – psalmist doesn’t seek a solution but a person – God.
- **Speak to your soul** – tell yourself to remember what God has done in your life and who he is using a store of truths about Him.
- **Give a rallying call to your soul** – Jesus on the cross is the banner over your life declaring victory and liberty. Don’t let the dark places in your life define you.

3. Reflect

- Why does the Psalm show that it is important and necessary to express how you are feeling when you feel distant from God?
- How do you deal with times when you are taunted by the question ‘Where is your God?’
- Why are our feelings sometimes so at odds with what we believe?
- Why is it more important to seek the person of God then just a solution?
- What can we say to ourselves to help us in our journey from despair to praise and worship?
- What can we do to build up a store room of truths about the greatness of God?
- Do you agree we can come into the presence of God right NOW?

4. Respond

As a group spend some time in prayer and reflection on what you have learned and come into the presence of God. Allow the Holy Spirit to use your gifts to encourage and bless each other.

5. Reach

What would you say if someone who did not know God asked you ‘Where is your God?’