



# When Faith Feels Far Away

*Returning to God through His Word*

*“I believe; help my unbelief!”*

MARK 9:24 (ESV)

A Scripture-centered guide for women facing doubt,  
discouragement, or a season of spiritual dryness.



# Begin with what is true

## 01 / COME TO THE LORD

### Bring Your Questions to God

You do not need to pretend your faith is strong. The father in Mark 9 brought his need and unbelief to Jesus. Bring your questions to the Lord in prayer, and listen to what He has said in Scripture. Faith rests on Christ, not on how firmly you feel you are holding on.

*“I believe; help my unbelief!”*

Mark 9:24 (ESV)

**What questions or fears do you need to bring before the Lord?**

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## 02 / REMEMBER HIS CHARACTER

### God Has Not Changed

Spiritual dryness does not always mean you have sinned. Grief, illness, suffering, and weariness may weigh heavily. At other times, sin or neglect of God’s Word does require repentance. Examine your life by Scripture rather than judging God’s nearness by your feelings. Read Romans 8:31–39.

*“The Lord is near to the brokenhearted and saves the crushed in spirit.”*

Psalms 34:18 (ESV)

**What does Scripture tell you is true about God today?**

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## Examine and return

### 03 / EXAMINE YOUR HEART

## Respond to What God Reveals

Ask the Lord to search your heart. Is there sin to confess? Have you neglected prayer or Scripture? Has disappointment led you to question His goodness? Or are you weary under a heavy trial? Read Psalm 139:23–24 and Psalm 42. Do not assume every hardship is punishment; respond faithfully to what His Word makes clear.

*“Search me, O God, and know my heart! Try me and know my thoughts!”*

Psalm 139:23 (ESV)

**What does God’s Word call you to believe, confess, or obey?**

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### 04 / HEAR THE WORD

## Faith Comes by Hearing

God uses His Word to proclaim Christ and strengthen faith. Begin with Psalm 23, John 10:1–18, or Romans 8:31–39. Read the passage in context. Ask what it teaches about God, what it calls you to believe, and how you should obey. Pray in response. Do not wait for a particular feeling before opening your Bible.

*“So faith comes from hearing, and hearing through the word of Christ.”*

Romans 10:17 (ESV)

**Which passage will you read, and what does it teach?**

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## Confess, seek counsel, continue

### 05 / REPENT AND TRUST CHRIST

## Confess What Needs Confessing

When Scripture exposes sin, name it before God and turn from it. Forgiveness is grounded in Jesus Christ, not in the strength of your sorrow or the perfection of your words. If you are uncertain what it means to belong to Christ, ask a pastor or mature believer to read John 3 with you.

*“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”*

1 John 1:9 (ESV)

**Is there something you need to confess and turn from?**

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### 06 / WALK WITH THE CHURCH

## Do Not Walk Alone

The Lord gives His people pastors, teaching, worship, prayer, and one another. Speak with a faithful older woman, trusted sister, or pastor who will open the Bible with you. Keep gathering with your church, even when you feel discouraged. Read Hebrews 10:24–25.

*“Bear one another’s burdens, and so fulfill the law of Christ.”*

Galatians 6:2 (ESV)

**Whom will you ask for prayer and biblical encouragement?**

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### KEEP RETURNING TO CHRIST

*Read His Word. Pray. Confess sin. Worship with His people. Obey what He says.*