

When God Feels Distant After Loss

Father,

I come to You honestly, even if my heart feels unsure how to begin. There is a heaviness in me I cannot fully explain, questions I cannot quiet, and a distance I do not understand. I want to trust You, but right now, I feel the tension between what I believe and what I am experiencing.

Where were You in this?
Why did this happen?
Why does it feel like You are silent?

You see every one of these questions, and still, You welcome me. So I bring You what is real, not what I think it should be. I bring You my confusion, my disappointment, my sorrow, and the places where my trust feels fragile.

Your Word says that I can “pour out my heart before You,” and that You are a refuge for me (Psalm 62:8). So I pour it out now, trusting that You are listening.

Lord, I confess that part of me feels distant from You, as numbness has settled over my heart. Prayer does not come as easily as it once did, and Your Word does not always reach me in the same way. Yet deep within, I still know that You are here.

Your Word says that You are “near to the brokenhearted and save those who are crushed in spirit” (Psalm 34:18). So even if I cannot feel You, I choose to believe You are close.

I need Your help, Lord, carry me through.

Not in what is polished, but in what is honest. Not in what is strong, but in what feels weak and worn. Sit with me in this place where I do not have answers.

In this dry and weary land, where my soul feels parched and I cannot find relief, carry me through. As it is written, “in a dry and weary land where there is no water” (Psalm 63:1), I still seek You. Sustain me, Lord, when I feel empty, and be the living water my heart longs for.

Remind my heart that You are not afraid of my questions. You are not offended by my grief. You are not distant because I am struggling. You are the God who draws near, the One who stays when everything else feels uncertain.

Jesus, You understand sorrow. You understand what it feels like to suffer, to weep, to feel the weight of loss. You cried out, “My God, my God, why have You forsaken Me?” (Matthew 27:46). Because of You, I know I am not alone in this.



So I choose, even if it is only in a small way, to turn toward You instead of away from You. Even if my faith feels weak, I place it in Your hands. Even if my trust is trembling, I offer it to You.

Your Word reminds me to “trust in the Lord with all my heart and lean not on my own understanding” (Proverbs 3:5). Help me to trust You, even when I do not understand.

Teach me how to be with You again.
Gently restore what feels distant.
Rebuild trust where it has been shaken.

I do not need every answer right now. I just need to know that You are with me.

You have said, “I will never leave you nor forsake you” (Hebrews 13:5). Let that truth settle deep in my heart.

And so I ask, quiet my heart enough to sense Your presence. Help me recognize You in the stillness. Give me grace for each moment, and patience for the process of healing that is unfolding within me.

Hold me steady, Lord.
Stay close to me.
Carry me where I cannot walk on my own.

I am still Yours, even here.

In Jesus Name, Amen.

