

How to pray when God seems far away

Psalm 13.

The Circumstances of the writing of this Psalm isn't mentioned but we can see that David is in despair.

- 1) **Observations:** David ascribes human attitude or behaviours to God (Anthropomorphism): Forgetting; Hiding his face.

In this prayer, David expresses some significant theological truths about a God's disconnected human:

- Feeling lost
- Feeling abandoned and destabilised
- Relying on oneself
- Powerless in facing the enemy
- An eventually death

For these reasons, the feeling that God is far away is a notification that we need to recharge our prayer battery.

- 2) **Some questions** to recalibrate your spirit:

- How do you evaluate God's distance or God's silence?
- Is God distant or you have rather gone far from God?
- Or is that that God is speaking to your spirit saying that He misses you?
- Do you trust your feelings or trust the word of God?

- 3) **Actions:**

- Draw near to God as father in your time of anguish, like Jesus did in Gethsemane. He said Aba father ...intimacy. **Mark 14:36**
- Speak out the memories of your intimate relationship with him, knowing that God is able. Give to yourself the testimonies of God's goodness (love and trust) v5
- Revive the trust in the love of God and do not rely on your feelings
- Invite the holy spirit to invade your heart with divine joy that leads to worship v6 not conditioned with circumstances.

- 4) **Challenge:** David in his prayer would not give room to his enemy to rejoice over him. V.4b

What are the distractions that can come between you and God giving way to the enemy to rejoice over your lack of prayer? Take time to think about them trade that distraction with something that elevate God.