

## Episode 6 Reflection Guide

### *Why Does God Feel Far?*

Take a few moments to reflect on this episode. You may want to write your thoughts, pray about them, or discuss them with someone you trust.

- Have you experienced a time when God felt distant or quiet? What did that feel like for you?
- What thoughts or questions tend to come up when you don't feel God's presence?
- In those moments, do you find yourself leaning in toward God... or pulling away?
- How do your emotions influence the way you perceive your relationship with God?
- What is something you know to be true about God - even when you don't feel it?
- Is there anything in your life right now that feels overwhelming, distracting, or heavy?
- What would it look like for you to simply keep showing up in this season?

### **Closing Scripture**

Isaiah 41:10 — Do not fear, for I am with you; do not be dismayed, for I am your God.

### ***Continue the Conversation***

If this reflection guide helped you, consider sharing this episode with someone who might need encouragement today.

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