

SPIRITUAL DRYNESS: HOW TO EXPERIENCE PERSONAL REVIVAL

When You Feel Far from God

by Raquel Rodriguez

When we talk about spiritual dryness, we are referring to seasons when God feels distant, prayer feels mechanical, and Scripture feels dull, even when your faith is real and your heart still wants Him. It happens to nearly every Christian at some point, and it is not a sign that you've lost your salvation or that God has walked away. The way back is personal revival: a slow, honest return to God through prayer, Scripture, confession, community, and patiently waiting on Him.

WHAT SPIRITUAL DRYNESS ACTUALLY FEELS LIKE

You know you are in a season of spiritual dryness when:

- **Prayer feels like talking to a wall.** You know God is there, but the conversation feels one-sided or hollow.
- **Scripture reading becomes a box to check.** Words that used to leap off the page now blur together.
- **Worship feels flat.** The songs are the same, but something in you isn't responding the way it used to.
- **You have a nagging sense that God is far away—or silent.** Not angry, necessarily. Just quiet. That quiet can feel heavier than any rebuke.

Here's the encouraging part: you're in good company. David wrote, "My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water" (Psalm 63:1, NLT). In Psalm 42, he pictures his soul like a deer panting for water that it can't find. Elijah, fresh off one of the greatest victories of his life on Mount Carmel, collapsed under a tree wanting to die (1 Kings 19). And the entire book of Lamentations is a record of someone staying in relationship with God while honestly naming how dark and dry things had become—"my soul is downcast within me" (Lamentations 3:20).

WHY SPIRITUAL DRYNESS HAPPENS

Here are some honest reasons it happens:

- **Life circumstances.** Grief, exhaustion, illness, or an overwhelming season of busyness can leave us spiritually depleted.
- **A season of testing.** God sometimes allows seasons of testing to strengthen faith and reveal what's in our hearts (Deuteronomy 8:2).
- **Unconfessed sin or drift.** Sometimes something specific is creating distance—a pattern of sin, a compromise we've been ignoring, a relationship with God we've let slide.
- **Simple drift.** Life gets full, habits slip, and we wake up realizing it's been weeks since we really sat with God. More common than most people admit.
- **God's pruning.** Jesus described a process where the Father prunes branches—even healthy, fruitful ones—so they can bear more fruit (John 15:2).
- **A holy disturbance.** In *Forged by Fire*, Dwight Robertson describes a moment when God uproots the settled and neatly arranged places we've tended in our hearts and invites us to walk much farther with Him. It's uncomfortable. It can be painful. But it's an invitation—one that, if we say yes, moves us from spiritual dryness into what Robertson calls "a holy quest."

WHAT SPIRITUAL DRYNESS IS NOT

Let's clear away some misconceptions that make spiritual dryness feel even heavier than it already is.

- **It is not the same as losing your salvation.** Your standing with God isn't based on how vivid your feelings are on a given Tuesday. "Never will I leave you; never will I forsake you" (Hebrews 13:5).
- **It is not always a sign of God's displeasure.** Dryness can come from testing, pruning, or simply the natural rhythms of life. Don't assume His silence is a verdict.
- **It is not something to be ashamed of.** If David, Elijah, and the writer of Lamentations could go through dry seasons and still be recorded in Scripture as people who loved and sought God—you're allowed to go through one too.

FROM HOLY DISTURBANCE TO HOLY QUEST

- 1 **Return to honest prayer—even if it's just "I don't feel You."** The writer of Lamentations names the darkness directly: "I have been deprived of peace; I have forgotten what prosperity is" (Lamentations 3:17). Honesty is the doorway back in, not a barrier to it.
- 2 **Return to Scripture, even when it feels dry.** God's Word doesn't become less true because it feels less exciting to read. Start small. Read a Psalm. Read one chapter of a Gospel.
- 3 **Confess and repent where needed.** "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9). This isn't about groveling; it's about clearing the air so the relationship can breathe again.
- 4 **Seek community.** Don't walk through spiritual dryness alone. A trusted friend, a small group, a mentor—people who can pray for you and carry you through a season your own strength can't.
- 5 **Wait on God patiently.** "Wait for the LORD; be strong and take heart and wait for the LORD" (Psalm 27:14). Keep showing up, keep being honest, keep taking small steps. Revival often doesn't arrive as a lightning bolt.
- 6 **Take the next step toward intimacy with God.** Wherever you are, He invites you to take the next step toward Him. Love is not static—it's either growing or diminishing.

A PERSONAL REVIVAL PRAYER

Lord, I'll be honest with You: I feel far from You right now. Prayer feels hard. Your Word feels distant. I don't always understand why, but I don't want to hide from You in this season—I want to bring it to You instead. Search my heart, and show me anything that needs to change. If this is a season of testing or pruning, give me grace to stay close to You in it. If this is a holy disturbance calling me back to deeper intimacy, help me say yes to the quest. Remind me that Your love for me isn't based on how I feel today. Draw near to me, Lord, as You've promised to do. I'm choosing to keep showing up—even when it's dry—because I trust that You are still here, and that You are still good. Amen.

YOU'RE MEANT TO BECOME A FIREBRAND

Once you've returned, once you've found your way back to intimacy with God, you become something powerful. You become a firebrand—someone set ablaze by His love whose fire doesn't stay contained. Your life becomes an invitation to others who are also wandering, also dry, also wondering if God sees them.

Your recovery from spiritual dryness isn't just about you. It's about every person who will encounter the fire God has rekindled in your life and find themselves drawn closer to Him because of it.

So if you're in dryness today, hear this: God hasn't moved away from you. The door back isn't locked. It starts with one honest word—even if all you can say is, "I'm here, and I'm dry, and I want to come back." That's enough. He'll meet you there.

A HEART ON FIRE ALWAYS YIELDS A LIFE ON PURPOSE.
DON'T STAY DRY—LET YOUR HOLY DISTURBANCE BECOME
YOUR HOLY QUEST. PERSONAL REVIVAL GROWS WHEN YOU
GIVE GOD REGULAR, UNHURRIED TIME—EVEN ON THE DRY DAYS.



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