

Day 3: When God Seems Silent

Scripture: *“Be still, and know that I am God.” – Psalm 46:10*

There are seasons when God feels quiet — painfully quiet.

You pray, but the heavens seem closed. You search for answers, but all you find is stillness. You read your Bible and wonder why the words no longer move you the way they once did. You whisper, *“Where are You, Lord?”* but only hear your own breath in response.

If you’ve ever felt that way, you’re not alone.

David felt it too when he cried out, *“How long, Lord? Will You forget me forever?”* (Psalm 13:1). Even Jesus experienced it when He hung on the cross and said, *“My God, my God, why have You forsaken me?”* (Matthew 27:46).

Silence from God is not absence from God.

Sometimes the quiet is not punishment — it’s protection. It’s not rejection — it’s redirection. God may be working in ways your heart can’t yet perceive. Just as a seed grows in silence beneath the soil, your faith often grows strongest when everything feels still.

When depression lingers, silence can be especially hard. The stillness can echo with your own fears, doubts, and insecurities. But God does some of His deepest work in the dark. The silence doesn’t mean He stopped speaking — it means He’s shifting your ears to listen differently.

When the noise fades and the world feels distant, He teaches you to sense His presence in new ways — through a verse that lands softly, a sunrise that reminds you of His mercy, or a friend who reaches out right when you needed it most. His voice may not always come through thunder; sometimes it comes through a whisper (1 Kings 19:12).

So if God feels silent today, take heart. The Author of your story hasn't stopped writing — He's just letting the ink dry on this chapter.

Reflection

- How do you usually respond when God seems silent — with fear, frustration, or withdrawal?
- What might it look like to “be still” today, not as in doing nothing, but as in *trusting* that He is still working even when you don't see movement?
- Can you recall a time when God was quiet, but later you realized He had been guiding you all along?

Prayer

God, sometimes Your silence feels like distance. I wonder if You still hear me — if You still care. But today, I choose to believe that You are near, even when I can't feel You. Teach me to rest in Your presence without needing constant answers. Help me find peace in the

stillness and faith in the waiting. Let my silence become sacred space where I can learn to know You more deeply. In Jesus' name, Amen.