

## **Drawing Near to God When God Seems Far Away: Practicing the Presence of God Despite Feelings**

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1. Talk with the Lord regarding the degree to which you have exhibited and experienced the sins of Spiritual Pride, Spiritual Gluttony and Spiritual Greed.

10 minutes

2. Discuss with the Lord the degree to which and in what ways you have experienced spiritual dryness, how you responded to this in the past and how this has affected your spiritual life. Explore with the Lord some better ways for you to respond to this dryness?

10 minutes

3. Discuss with the Lord or a spiritual friend each of the following suggestions given by Coe regarding how to respond to spiritual dryness when in a dark night of the soul. If you do this with a spiritual friend, pray for one another over each point.

40 minutes

- a. The need to resist the temptation to spiritually fix oneself in the power of the self and rather to open up to the truth of what God is trying to show you.
- b. The need to resist the temptation to make something happen, to generate a spiritual experience or bring on a spiritual feeling.
- c. The need to let go of all expectations of what you should experience in prayer and the spiritual disciplines and rather to want only what God would give.
- d. The need to enter deeply into the dryness and what the Spirit is trying to teach you about your life, about your neediness and about His goodness, and to wait for Him who is always present within.