



Scriptures from New International Version unless noted

Feeling Abandoned By God

For the creation was subjected to frustration, not by its own choice but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay... We know that the whole creation has been groaning as in the pains of childbirth right up until this present time.

Romans 8:20-22

1.) Remind yourself God loves you and is with you.

...God has said, "Never will I leave you; never will I forsake you."

Hebrews 13:5

"...surely I am with you always, to the very end of the age."

Matthew 28:20

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:5-6

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do...

Hebrews 4:15 NLT

From noon until three in the afternoon darkness came over all the land. About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" (which means "My God, my God, why have you forsaken me?")

Matthew 27:45-46

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

Hebrews 4:15-16 NLT

For now we see in a mirror dimly, but then face to face; now I know in part, then I will know fully, just as I also have been fully known.

1 Corinthians 13:12 NASB

2.) Turn "Why, God?" into "What, God?"

Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh...

2 Corinthians 12:7

...fixing our eyes on Jesus, the pioneer and perfecter of our faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:2

3.) When you can't see God working, trust God's promises.

Jesus called out with a loud voice, "Father, into your hands I commit my spirit." When he had said this, he breathed his last.

Luke 23:46

For no matter how many promises God has made, they are "Yes" in Christ.

2 Corinthians 1:20

"Never will I leave you; never will I forsake you."

Hebrews 13:5

And we know that in all things God works for the good of those who love him...

Romans 8:28

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Philippians 4:19

The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.

Lamentations 3:22-23 NLT