

HOW TO GROW SPIRITUALLY WHEN YOU FEEL STUCK

OVERCOMING DRY SEASONS AND
REKINDLING YOUR FIRE FOR GOD



DBA MINISTRIES

How to Grow Spiritually When You Feel Stuck

Overcoming Dry Seasons and Rekindling Your Fire for God

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Introduction: When Heaven Feels Silent

"My God, my God, why have you forsaken me?" —Psalm 22:1

If you picked up this book, chances are you know exactly what it feels like to pray those words. Not as a theological exercise, but as a desperate cry from the depths of your soul. You know what it's like to open your Bible and feel nothing. To worship on Sunday morning while everyone around you seems caught up in God's presence, yet you stand there feeling like you're singing to the ceiling. To pray and wonder if your words are bouncing off brass heavens.

You love God. You really do. But somewhere along the way, the fire that once burned bright in your heart has dimmed to barely glowing embers. The passion that used to wake you up early for devotions has been replaced by a spiritual numbness that frightens you. You find yourself going through the motions—attending church, saying your prayers, reading your three chapters a day—but it all feels empty, routine, mechanical.

And the worst part? You feel guilty about it. You look around at other believers who seem to be thriving, posting their highlighted Bible verses and breakthrough testimonies, while you're barely holding on. You wonder if you've done something wrong. If God has given up on you. If this spiritual drought will ever end.

Friend, I need you to hear this: **You are not alone, and you are not abandoned.**

The Hidden Epidemic

What we don't talk about enough in our churches is that spiritual dryness is not the exception in the Christian life—it's far more common than we admit. Some of the greatest saints throughout history have walked through what St. John of the Cross called "the dark night of the soul." Mother Teresa, who the world saw as a beacon of faith, privately confessed to feeling God's absence for nearly fifty years. Yet she continued to serve, to love, to believe.

The enemy wants you to believe that your dry season is proof that something is fundamentally wrong with you. That "real" Christians don't struggle this way. That if you just had more faith, prayed harder, or sinned less, you'd feel God's presence again. But these are lies designed to keep you in shame and isolation.

The truth is far more beautiful and mysterious: **Seasons of spiritual dryness are not signs of God's abandonment, but invitations to a deeper intimacy.**

What This Book Is (And Isn't)

This is not a book of quick fixes or spiritual formulas. I won't promise that if you follow seven easy steps, you'll instantly feel God's presence again. What I will offer you is something far more valuable: a biblical roadmap through the wilderness, testimonies of those who've walked this path before you, and practical tools to help you not just survive your dry season, but allow it to transform you.

You'll discover that:

- Feeling distant from God doesn't mean He's distant from you
- Spiritual emotions are not the measure of spiritual maturity
- God often does His deepest work in us during the silent seasons
- Your dry season may be preparing you for your greatest season of fruitfulness

A Personal Confession

I write this book not as someone who has it all figured out, but as a fellow traveler who has spent months—sometimes years—wandering in spiritual deserts. I've been the worship leader who led others into God's presence while feeling nothing myself. I've been the Bible study teacher who shared profound truths while my own devotional life felt like reading a phone book. I've prayed prayers that felt like they went nowhere and wondered if I'd ever feel that first-love passion again.

But I've also discovered that God is faithful even when we can't feel His faithfulness. That He's working even when we can't see His hand. That sometimes He allows us to hunger so deeply that when He satisfies us again, we'll never take His presence for granted.

Your Journey Ahead

In the pages that follow, you'll meet believers who faced their own dark nights and emerged with faith refined like gold. You'll learn from Mother Teresa's radical obedience in the midst of spiritual darkness. You'll be inspired by Francis Chan's courage to leave comfort behind in pursuit of genuine intimacy with God. You'll discover how Christine Caine served faithfully in hiddenness before God released her into global influence.

More importantly, you'll learn practical, biblical strategies for navigating your own dry season:

- How to hold onto truth when feelings fail you
- Ways to rekindle your first love for Jesus
- The power of worship as spiritual warfare
- How community can spark personal revival
- Practical disciplines that position you for breakthrough

At the end of this book, you'll find a 90-day spiritual growth plan designed to help you take concrete steps toward renewal. Not as a legalistic checklist, but as a grace-filled journey back to the heart of God.

An Invitation to Hope

If you're reading this through tears, know that those tears are precious to God. If you're reading this with a heart that feels hard as stone, know that God specializes in bringing life from the deadest places. If you're reading this wondering if things will ever change, let me assure you: they will.

Not because you'll find the magic formula or finally become spiritual enough, but because we serve a God who promised, *"I will never leave you nor forsake you"* (Hebrews 13:5). Even when you can't feel Him. Even when heaven seems silent. Even when your prayers feel like they're going nowhere.

Your dry season is not your destination—it's a corridor you're passing through. And on the other side waits a deeper, richer, more unshakeable faith than you've ever known. A faith that isn't dependent on feelings but rooted in the unchanging character of God. A faith that can worship in the wilderness and trust in the darkness.

So take a deep breath. Pour yourself a cup of coffee (or tea, if that's your thing). Find a quiet corner where you can be honest with God and yourself. And let's begin this journey together.

Because here's what I know to be true: The God who seems silent is often the God who is speaking most profoundly. We just need to learn how to listen with more than our emotions.

Your breakthrough may not come on page 10 or page 100. But if you'll walk this path with an open heart, I believe you'll look back on this dry season not with regret, but with gratitude. Because it was here, in the wilderness, that you learned to know God not just as a feeling, but as a Person. Not just as an experience, but as Emmanuel—God with us.

Even when we can't feel Him. Especially when we can't feel Him.

Let's begin.

A Prayer Before We Start:

Father, I bring before You every person reading these words who feels spiritually stuck, distant, or numb. Lord, You see their hearts. You know their struggles. You've collected every tear and heard every desperate prayer that seemed to go unanswered.

I ask that You would use this book as a tool of restoration in their lives. Open their eyes to see You in new ways. Soften hearts that have grown hard. Breathe on embers that seem nearly extinguished and fan them back into flame.

Most of all, Lord, reveal Yourself to them—not just as a feeling or an experience, but as the faithful God who never leaves or forsakes Your children. May this be the beginning of their journey from spiritual dryness to rivers of living water. In Jesus' name, Amen.

Chapter 1: God Is Still There in the Silence

"How long, LORD? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart?" —Psalm 13:1-2

The letter arrived at the Vatican in 1979, and its contents would have shocked the world. Mother Teresa, the living saint of Calcutta, the woman whose very name had become synonymous with godliness and compassion, penned these words to her spiritual director: "Jesus has a very special love for you. As for me, the silence and the emptiness is so great that I look and do not see, listen and do not hear."

For nearly fifty years—fifty years!—this woman who the world saw as the embodiment of Christ's love felt nothing but spiritual darkness. No warm presence of God during prayer. No supernatural comfort while she held the dying. No mystical experiences while she served the poorest of the poor. Just silence. Emptiness. A feeling of absence so profound that she wrote, "I am told God loves me, and yet the reality of darkness and coldness and emptiness is so great that nothing touches my soul."

Yet here's what staggers me: She never stopped serving. She never stopped praying. She never stopped believing. While feeling absolutely nothing, she built a global ministry that touched millions of lives. While experiencing what she called "terrible darkness," she became a light to the world.

The Myth of Perpetual Spiritual Highs

We need to start here, with Mother Teresa's story, because it demolishes one of the most damaging myths in modern Christianity: the belief that mature believers live in a constant state of spiritual euphoria. Somewhere along the way, we've bought into the lie that "real" Christians wake up every morning overwhelmed by God's presence, see visions during their quiet time, and float through life on a cloud of supernatural joy.

Social media hasn't helped. We scroll through feeds filled with spiritual highlight reels—friends posting about their life-changing devotions, pastors sharing their latest revelations, worship leaders describing how they were "undone" by God's presence. And we sit there, Bible open on our lap, feeling nothing, wondering what's wrong with us.

But what if I told you that your silence is not a sign of God's absence but potentially a sign of His deeper work?

What if the very fact that you're struggling, questioning, and refusing to give up despite feeling nothing is evidence of a faith more genuine than any emotional high?

What if God is more present in your darkness than He ever was in your light?

Understanding Spiritual Silence

Before we go further, we need to distinguish between different types of spiritual dryness. Not all silence is the same:

1. The Silence of Sin Sometimes we feel distant from God because unconfessed sin has created a barrier. Isaiah 59:2 tells us, "Your iniquities have separated you from your God; your sins have hidden his face from you." If you're living in deliberate disobedience, the path back to intimacy begins with repentance.

2. The Silence of Neglect Other times, we feel distant because we've actually become distant. We've let the disciplines slide. Prayer has become perfunctory. Bible reading has ceased. Community has been abandoned. This silence is often God's invitation to return to our first works.

3. The Silence of Grief Loss, disappointment, and trauma can create a numbing effect that makes it difficult to feel anything, including God's presence. This is not a spiritual failure but a human reality that God understands and honors.

4. The Silence of Growth And then there's the silence that Mother Teresa experienced—what mystics call "the dark night of the soul." This is not punishment or abandonment, but a divine invitation to deeper faith. It's God weaning us off spiritual feelings so we can learn to love Him for who He is, not for what we feel.

The Biblical Reality of Divine Silence

If you're experiencing this fourth type of silence, you're in excellent biblical company. Consider:

Job sat in ashes for chapters while God remained silent, his friends offering explanations that only deepened his anguish. When God finally spoke, He didn't explain the silence—He revealed Himself in it.

David wrote psalm after psalm crying out, "How long, O Lord?" The man after God's own heart knew what it was like to feel forgotten, abandoned, and alone. Yet he also wrote, "When I am afraid, I put my trust in you" (Psalm 56:3). Not when I feel secure. When I am afraid.

Elijah experienced God in earthquake, wind, and fire, but God's true presence came in "a gentle whisper" (1 Kings 19:12)—so quiet it could easily be missed.

Jesus Himself cried out on the cross, "My God, my God, why have you forsaken me?" (Matthew 27:46). If the Son of God could experience the feeling of divine abandonment, why do we think we're exempt?