

6 Small Steps to take when you feel disconnected from God

PUT ON YOUR FAVORITE WORSHIP MUSIC WHILE YOU'RE MAKING DINNER OR RUNNING ERRANDS.

Worshipping might feel like the last thing you want to do right now, but there's an undeniable shift that happens in our spirits when we hear worship music. It softens the hard places of our hearts, brings joy, and causes us to respond to Him.

JOURNAL YOUR PRAYERS OR GO FOR A WALK AND TALK TO GOD.

Be honest with God about your feelings. You don't have to hide. There is nothing He doesn't already know, and there is no emotion He did not create. The psalmist, David, is famous for his gut-honest prayers. If you have a hard time coming up with words on your own, find a psalm that expresses your current feelings. Then, write it down or pray it out loud.

LISTEN TO A SERMON, CHRISTIAN PODCAST, OR AUDIBLE BIBLE WHILE YOU FOLD LAUNDRY OR GET READY FOR THE DAY.

Romans 10:17 says, "Faith comes by hearing, and hearing by the word of Christ" (NASB). Not being able to attend in-person church services has taken a toll on many of us. Hearing the Word of God taught is an important part of growing in our faith. Find your favorite pastor or teacher via YouTube, Spotify or podcast and tune in.

CALL A CHRISTIAN FRIEND OR JOIN A SMALL GROUP.

Usually when we feel disconnected from God, we feel disconnected from people too. Often, when we feel far from God, we experience Him more tangibly in a community setting. Who can you reach out today? Sometimes a five minute phone call is all you need to feel connected and encouraged again. Is your life lacking community? There's a seat for you at the table. At Rooted Moms we have groups that meet online weekly. Visit our website to find a group that works for your schedule.

READ ONE SCRIPTURE AND MEDITATE ON IT FOR FIVE MINUTES.

What is God speaking to you through this verse? Is He asking you to trust Him with something, do something, or believe something? Remember: God's voice is never the voice of condemnation. In our Rooted Moms reading plan, we focus on one scripture per week— that's a great place to start. Download each week's memory verse phone wallpaper for an easy way to meditate on scripture throughout your day.

CHANGE YOUR EXPECTATIONS OF WHAT CONNECTING WITH GOD LOOKS LIKE FOR YOU IN THIS SEASON.

Often we feel disappointed in ourselves, or like God is disappointed in us, because we can't meet some imaginary standard. Thirty minutes of quiet time with Jesus each morning is great, but may not be possible for you in this season. God knows our situations and— most importantly— He knows our hearts. When we take small steps to move toward Him He responds by moving towards us (James 4:8).

