

# What to Do When You're Losing Faith in God

By Admin | Sermon | March 24, 2026

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There is a terrifying, silent epidemic spreading through the pews of our churches, and almost no one has the courage to talk about it out loud. It does not usually happen overnight in a dramatic explosion of rebellion. It happens slowly, quietly, in the dark. You wake up one morning and realize that the fire that used to consume your soul has dwindled to a freezing, flickering ember. You open your Bible, and the pages feel like dry, dead history. You close your eyes to pray, and the heavens feel like a ceiling of solid iron. You look around at the enthusiastic worshipers, the smiling faces, and the confident declarations of faith, and you are suddenly hit by a wave of profound, suffocating loneliness. You feel like a fraud. To survive this terrifying spiritual numbness, the human ego kicks into survival mode. We build massive walls of emotional distance, projecting an image of absolute certainty while engaging in brutal, silent struggles behind closed doors. We construct a religious fortress, continuing to perform the outward duties of Christianity while our internal reality is collapsing under the crushing weight of doubt. We are terrified that if we confess our unbelief, we will be judged, ostracized, or told that we just need to "pray harder." But hiding your doubt does not cure it; it only weaponizes it against your own soul, locking you in a prison of isolation. Two thousand years ago, the Scriptures gave us a raw, unapologetic blueprint for what to do when your faith is bleeding out. God is not intimidated by your questions, and He is not offended by your exhaustion. And before we dive in, if this message is already stirring something in you, hit the subscribe button and stay connected to God's Word daily, because we believe that truth sets us free. Today, we are going to look into the abyss of your doubt. We will explore seven ego-shattering, biblical truths that will anchor your soul when the lights go out, and discover how losing your religion might be the exact mechanism God uses to save your faith.

### Number 1: The Myth of the Unshakable Christian (Normalizing the Struggle)

The very first step to surviving a crisis of faith is destroying the toxic, religious illusion that true believers never doubt. We have been sold a cheap, plastic version of Christianity that claims if you truly have the Holy Spirit, you will walk in a perpetual state of invincible, unbothered confidence. When doubt strikes, we panic, assuming that our struggles are absolute proof that we are disqualified from the Kingdom. But this is a devastating lie of the enemy.

If you read the raw, unfiltered pages of Scripture, you will see that doubt is not the opposite of faith; it is often a necessary component of it. John the Baptist, the man who physically baptized Jesus and saw the Spirit descend like a dove, ended up in a dark dungeon, fighting a silent struggle of profound loneliness. He sent a message to Jesus asking, "Are you the one who is to come, or shall we look for another?" He was losing his faith in the dark.

Jesus did not condemn John. He did not strip him of his prophetic title. He gently offered him proof

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and called him the greatest man born of women. You must stop punishing yourself for being human. A crisis of faith does not mean God has abandoned you; it simply means your finite human ego has collided with the infinite mystery of the Creator. You are allowed to ask questions. You are allowed to be exhausted. The fortress of perfectionism must fall before true healing can begin.

## Number 2: The Deconstruction of the Ledger (Why You Are Really Doubting)

When we begin to lose our faith, we often blame intellectual arguments, science, or cultural shifts. But if we dig beneath the surface of the human ego, the root of our doubt is almost always relational, not intellectual. It is the devastating crisis of an unmet expectation. We entered into a relationship with God carrying an invisible ledger. We believed that if we obeyed Him, tithed, and served, He was contractually obligated to protect us from heartbreak, heal our loved ones, and bless our plans.

When tragedy strikes and God does not balance the ledger the way we demanded, we feel profoundly betrayed. We build walls of emotional distance because we believe God has broken the rules of the arrangement. You are not necessarily losing your faith in God; you are losing your faith in a transactional version of God that you created in your own image. You wanted a cosmic vending machine, and you are angry because you got a sovereign King instead.

To survive this season, you must violently tear up the ledger. You must surrender the arrogant assumption that you know how God should run the universe. When you let go of your demands, the bitterness begins to evaporate. You step out of the courtroom where you have been putting God on trial, and you return to the posture of a desperate, broken child who realizes that the presence of the Father is far more valuable than the fulfillment of the plan.

## Number 3: The Danger of the Fortress (Do Not Isolate)

The most lethal thing you can do when your faith is failing is to fight the battle alone. When doubt creeps in, the enemy's primary strategy is isolation. He whispers that if the people in your church knew what was really going on inside your head, they would reject you. He convinces you to withdraw from your community, skip the services, and sever your spiritual lifelines. This creates a self-fulfilling prophecy of profound loneliness.

When you pull away from the body of Christ, you are stepping out from under the umbrella of corporate grace. You are leaving your mind unguarded against the relentless, echoing lies of the dark. You cannot think your way out of a spiritual crisis while sitting alone in a fortress of your own making.

You must find the courage to be terrifyingly vulnerable. You must find one or two mature, battle-

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tested believers and confess the absolute, bleeding reality of your soul. You look them in the eye and say, "I am struggling to believe that any of this is real right now." When you drag your silent struggles into the light of authentic community, they lose their demonic power to suffocate you. The church is not a museum for perfect people; it is a hospital for the broken. Check yourself into the hospital.

## Number 4: The Prayer of the Honest Skeptic (Lord, Help My Unbelief)

When our faith is completely empty, we often stop praying entirely because we feel like hypocrites. We think that God only listens to prayers that are wrapped in absolute certainty. But in Mark 9, a desperate father brings his demon-possessed son to Jesus. Jesus tells the man that all things are possible for one who believes. The father's response is the most profound, radically honest prayer in the entire New Testament: "I believe; help my unbelief!"

If this message inspires you, don't forget to subscribe for more Bible insights every week. This man did not pretend to have a mountain of faith. He handed Jesus his fractured, bleeding, exhausted heart, complete with all of its doubts, and said, "This is all I have." And Jesus accepted it. He did not demand perfection; He demanded authenticity. He healed the boy based on a fraction of honest faith.

You do not need to manufacture fake enthusiasm when you are losing your faith. You just need to be honest. Get on your knees and pray the prayer of the skeptic. Say, "Lord, I feel absolutely nothing right now. I am angry, I am confused, and my faith is almost completely gone. I need You to hold onto me, because I do not have the strength to hold onto You." God honors the raw, unfiltered truth of a shattered ego far more than the polished, fake prayers of a religious Pharisee.

## Number 5: The Discipline of the Anchor (Holding the Line in the Dark)

We live in a culture that worships emotional experiences. We base the validity of our faith on how many tears we cry during worship or how many goosebumps we feel during a sermon. But emotions are terrible, unreliable masters. When you are going through a spiritual desert, the feelings of intimacy and joy will completely evaporate. If your faith is built on your feelings, it will not survive the drought.

When the feelings are gone, you must substitute emotion with discipline. You must drop an anchor into the objective, unshakeable truth of the Word of God, regardless of your subjective, internal chaos. You continue to read the Scriptures even when they feel like dry dust. You continue to gather with believers even when you feel emotionally numb. You continue to declare the promises of God even when your human ego is screaming that it is all a lie.

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This is the grueling, unglamorous work of spiritual survival. You are holding the line in the dark. You are proving that your allegiance to Jesus Christ is not conditional upon the constant dopamine hit of a spiritual high. When you anchor yourself to the historical reality of the empty tomb rather than the fluctuating temperature of your own heart, you become unshakeable.

## Number 6: The Memory of the Stones (Recalling the Red Sea)

When the Israelites crossed the Jordan River into the Promised Land, God commanded them to pick up twelve massive stones from the riverbed and build a memorial. Why? Because God knew that the human ego suffers from catastrophic spiritual amnesia. He knew that the moment they faced a new enemy, they would completely forget the miraculous deliverance they had just experienced.

When you are losing your faith, your mind will naturally delete your entire history with God. The silent struggles of the present moment will attempt to rewrite the narrative of your past. To fight this, you must aggressively remember your own stones. You must force your mind to recall the undeniable moments of God's grace in your life.

Remember the prayer He answered that human logic could not explain. Remember the profound loneliness He comforted. Remember the addiction He broke, or the provision He supplied when your bank account was empty. The God who parted your Red Sea ten years ago is the exact same God standing with you in the desert today. His character has not changed. Let the memory of His past faithfulness serve as the fuel to survive your present doubt.

## Number 7: The Gethsemane Surrender (Waiting for the Resurrection)

Ultimately, a crisis of faith is an invitation to experience the Gethsemane reality. It is the agonizing moment when you realize that following Jesus Christ requires you to walk through the valley of the shadow of death without a map. It requires you to drink the cup of suffering, to face the terrifying silence of heaven, and to surrender your demand for an explanation.

You must reach the point where you say, "Lord, even if You never explain this trauma to me, even if I have to walk in this emotional distance for the rest of my life, I am not leaving. Because there is nowhere else to go." This is the death of your pride. It is the crucifixion of your conditional faith.

But the beauty of the cross is that it is always followed by a resurrection. The spiritual numbness will not last forever. If you refuse to walk away, if you hold the line in the dark, the dawn will eventually break. The Holy Spirit will breathe fresh, blazing life back into your weary bones. And the faith that emerges on the other side of this crisis will be a magnificent, battle-tested, unbreakable force that the gates of hell cannot prevail against.

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## Conclusion

We have stared into the terrifying abyss of a failing faith. We have exposed the myth of the unshakable Christian, deconstructed the transactional ledger, and warned against the profound loneliness of the fortress. We have embraced the honest prayer of the skeptic, the grueling discipline of the anchor, the memory of the stones, and the absolute surrender of Gethsemane.

If your faith is hanging by a single, fragile thread today, hear the voice of the Good Shepherd. He is not angry at your doubt. He is not intimidated by your exhaustion. He is holding onto you with a grip of grace that cannot be broken by your human weakness.

Do not give up in the dark. Drop the heavy armor of your pride, bring your raw, bleeding unbelief to the foot of the cross, and wait for the King. The resurrection is coming to your soul.

Before you go, make sure to follow and subscribe, like this video, and share it with someone who needs encouragement today. And join us next time as we uncover another powerful truth from God's Word.