

# When You Feel Nothing: The Truth About Faith in Hard Times

By Admin | Sermon | March 24, 2026

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## When You Feel Nothing: The Truth About Faith in Hard Times

There is a terrifying, unspoken crisis that paralyzes even the most devoted believers. It happens when you walk into a worship service, the music swells, the room is filled with people experiencing the presence of God, and you feel absolutely nothing. Your heart is as cold as stone. You open your Bible, and the words that used to burn like fire now read like a dry, dusty textbook. When tragedy strikes, or when the relentless grind of daily life wears you down to the bone, the human ego desperately searches for a profound emotional experience to validate that God is still there. But when the heavens are silent and your emotions go completely numb, panic sets in. We assume that because we cannot feel God, we must have lost Him. To hide this terrifying spiritual paralysis, we build massive walls of emotional distance. We paste on a religious smile, projecting an image of unshakeable victory, while engaging in brutal, silent struggles behind closed doors. We are terrified that if the church knew we felt nothing, we would be judged or cast out. This performance plunges us into a state of profound, suffocating loneliness. We become prisoners in a fortress of our own apathy, convinced that our lack of feeling is absolute proof of our lack of faith. But this is one of the most devastating, demonic lies ever whispered into the human mind. Two thousand years ago, the Scriptures revealed a completely different, ego-shattering reality: true, biblical faith was never designed to rest on the fragile, shifting sand of human emotion. 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 dismantle the tyranny of your feelings. We will explore seven profound, biblical truths about what to do when you feel absolutely nothing, and discover how the darkest, most numb seasons of your life are actually the precise moments your true faith is being forged.

### Number 1: The Tyranny of Human Emotion (Why Your Feelings Lie)

The very first step to surviving a season of spiritual numbness is violently dethroning your emotions. We live in a modern culture that worships feelings. We are told to "follow our hearts" and that our emotional truth is the ultimate reality. But the prophet Jeremiah delivered a crushing blow to the human ego when he declared, "The heart is deceitful above all things, and desperately sick; who can understand it?" (Jeremiah 17:9). Your emotions are not a reliable compass; they are a fluctuating weather system completely dependent on your physical exhaustion, your circumstances, and your brain chemistry.

When you base your theology on your emotional state, you enter a transactional economy with God. You believe that if you feel happy, God is pleased with you, and if you feel numb, God has abandoned you. This creates a terrifying, silent struggle where you are constantly auditing your

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own soul, looking for a spark of feeling to prove you are still saved. This desperate ledger-keeping will exhaust you. It builds a fortress of profound loneliness because you are trapped on a rollercoaster you cannot control.

You must realize that spiritual numbness is not a sin; it is a symptom of humanity. You are not a bad Christian because you are too exhausted to cry during a worship song. Your feelings do not dictate the reality of the Kingdom of Heaven. When you stop demanding that your heart produce an emotional high, you strip the enemy of his power to condemn you. You must look at your own cold heart and declare, "My feelings do not get a vote in my theology."

## Number 2: The Illusion of the Mountaintop (Where True Faith is Built)

We love the mountaintop experiences. We love the youth camp highs, the explosive revival services, and the moments when the presence of God is so thick you can physically feel it. The human ego craves these experiences because they require very little actual faith. It is incredibly easy to trust God when the sea is parted, the sun is shining, and the provision is overflowing. But you do not build spiritual muscle on the mountaintop; you build it in the valley.

When the feelings evaporate, you are forced to make a choice. Will you only serve God when He hands you the dopamine hit of an emotional experience, or will you serve Him when the sky is dark and the well is dry? When you feel absolutely nothing, you are standing in the ultimate proving ground of your faith. The profound loneliness of the valley is designed to test the anchor of your soul.

God will often intentionally withdraw the tangible, emotional sense of His presence to mature you. He wants to transition you from a spiritual infant who needs constant emotional bottle-feeding into a battle-tested warrior who can hold the line in the dark. The numbness is not a punishment; it is a promotion. It is the agonizing, beautiful transition from a faith based on sight to a faith based on absolute, unshakeable trust.

## Number 3: The Danger of the Fortress (The Weapon of Isolation)

When spiritual apathy sets in, the most dangerous thing you can do is withdraw. Because we feel like hypocrites, we stop going to church, we stop reading the Word, and we stop praying. We build massive walls of emotional distance, cutting ourselves off from the very lifelines we desperately need. The enemy whispers that you should not participate in the things of God until you "feel" like it again, convincing you that going through the motions is fake.

This isolation is a lethal trap. When you sit alone in the fortress of your numbness, you are left

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entirely to the mercy of your own echoing doubts. The silent struggles magnify in the dark. You cannot think your way out of spiritual apathy. You cannot generate a fire by staring at a cold fireplace while refusing to gather any wood.

You must violently resist the urge to hide. You must drag your numb, exhausted soul into the presence of the gathered church. You must stand in the congregation even if you cannot sing the words. You must sit under the preaching of the Gospel even if it feels like it is bouncing off a brick wall. You do not isolate a dying patient from the hospital. You must keep your body in the room so that when the fire finally falls again, you are in the exact position to catch the spark.

## Number 4: The Obedience of the Will (Moving Paralyzed Limbs)

If you are waiting for a feeling to inspire your obedience, you will remain paralyzed forever. The most radical, earth-shattering faith is demonstrated when a believer looks at a command of God, feels absolutely zero desire to do it, and chooses to do it anyway. This is the excruciating obedience of the will. It is the crucifixion of the human ego.

When you feel nothing, you do not need a new revelation; you just need to execute the last command you were given. You read the Bible mechanically. You pray scripted, rote prayers when you have no original words left. You serve the poor, you tithe, and you forgive your enemies, not because your heart is overflowing with warm affection, but out of gritty, white-knuckled allegiance to the King.

If this message inspires you, don't forget to subscribe for more Bible insights every week. This mechanical obedience is not hypocrisy; it is the highest form of worship. It is telling God, "My flesh is dead, my emotions are gone, and my heart is cold, but my knees will still bow to Your authority." The miraculous reality of the Kingdom is that the feeling of joy eventually follows the action of obedience. You must step into the freezing waters of the Jordan River before the current will ever part.

## Number 5: The Dark Night of the Soul (The Surgical Silence)

Throughout church history, the greatest saints and theologians have written about a phenomenon known as the "Dark Night of the Soul." It is a prolonged, agonizing season where God seems entirely absent, prayer feels useless, and the soul is stripped of all spiritual comfort. Mother Teresa endured a dark night that lasted for decades, writing letters about the profound loneliness and the agonizing, silent struggles she faced while serving the poorest of the poor.

If the giants of the faith experienced this crushing numbness, you must stop viewing your own

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apathy as a unique, disqualifying failure. The Dark Night of the Soul is a divine, surgical procedure. God uses the silence to completely burn away our idolatry of religious feelings. He breaks our addiction to the "goosebumps" so that we can finally fall in love with the unvarnished, naked reality of Jesus Christ.

When you are in the dark night, you are not being punished; you are being purified. The emotional distance you feel is an illusion, because God is doing His deepest, most permanent work in the absolute pitch black of your soul. You must surrender the ledger, stop demanding an emotional high, and allow the Great Physician to complete the surgery.

## Number 6: Anchoring to the Objective Word (Truth Over Temperature)

When your internal temperature drops to absolute zero, you must anchor your soul to something outside of yourself. You cannot rely on your subjective experience; you must rely on the objective, historical truth of the Gospel. The human ego will scream that God is dead, but the empty tomb of Jesus Christ in the Middle East is an unshakeable, historical fact.

When you feel nothing, you do not need to look inside your heart; you need to look outside to the cross. Romans 5:8 says, "But God shows his love for us in that while we were still sinners, Christ died for us." That verse is true whether you are weeping with joy or staring blankly at the wall in a state of clinical depression. The truth of God's Word is not altered by the fluctuating atmospheric pressure of your emotions.

You must forcefully declare the Word of God over your numb spirit. You say, "I feel abandoned, but the Word says He will never leave me. I feel condemned, but the Word says there is no condemnation for those in Christ Jesus." You use the Scriptures as a violent weapon against the lies of the enemy, battering down the fortress of your apathy with the relentless, echoing truth of the eternal God.

## Number 7: The Guarantee of the Morning (Holding the Line)

The most difficult, excruciating part of feeling nothing is the fear that it will last forever. When you are trapped in a season of spiritual depression, the enemy convinces you that the sun has permanently burned out. You believe that you will spend the rest of your life walking through this freezing, desolate wasteland. But this is the final, desperate lie of a defeated foe.

Psalm 30:5 promises, "Weeping may tarry for the night, but joy comes with the morning." The numbness is a season, not a life sentence. The winter of your soul will eventually break. If you refuse to quit, if you hold the line in the dark, and if you continue to put one paralyzed foot in front

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of the other, the ice will eventually melt. The Holy Spirit will breathe fresh, blazing life back into your weary bones.

And when the morning finally comes, the faith that emerges on the other side of the numbness will be indestructible. It will not be a fragile, emotional faith that shatters at the first sign of trouble; it will be a militant, battle-tested, iron-clad conviction. You will know that if God can sustain you through the absolute zero of the dark night, there is nothing in hell or on earth that can ever separate you from His love.

## Conclusion

We have stared into the freezing abyss of spiritual apathy. We have exposed the tyranny of human emotion, the illusion of the mountaintop, and the lethal danger of the fortress of isolation. We have embraced the gritty obedience of the will, the purifying surgery of the dark night, the unshakeable anchor of the objective Word, and the absolute guarantee of the coming morning.

If your heart is entirely cold today, and you are exhausted from fighting these silent struggles in the dark, hear the voice of the Holy Spirit. He is not angry at your numbness. He is not demanding that you manufacture a fake emotion. He simply asks you to stay.

Drop the heavy burden of your religious performance. Stand on the naked truth of the cross. Trust the character of the King when you cannot feel the warmth of His presence, and watch as He eventually turns the darkest winter of your soul into a breathtaking, glorious resurrection.

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.