



## Oceanside URC—Adult Sunday School

“Why Do I Feel So Far From God?”

Psalms 6, 32, 38, 51; Canons of Dort 5.5–6

*The Life of Perseverance #5*

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*True believers who have been brought into fellowship with God can experience the feeling of distance from God.*

*By such enormous sins, however, they very highly offend God, incur a deadly guilt, grieve the Holy Spirit, interrupt the exercise of faith, very grievously wound their consciences, and sometimes for a while lose the sense of God’s favor, until, when they change their course by serious repentance, the light of God’s fatherly countenance again shines upon them. (Canons 5.5)*

*But God, who is rich in mercy, according to His unchangeable purpose of election, does not wholly withdraw the Holy Spirit from His own people even in their grievous falls; nor suffers them to proceed so far as to lose the grace of adoption and forfeit the state of justification, or to commit the sin unto death or against the Holy Spirit; nor does He permit them to be totally deserted, and to plunge themselves into everlasting destruction. (Canons 5.6)*

### **Because You Have Sinned**

#### **Because You Are Suffering Sin’s Effects**

*Offend God (Ps. 51:4)*

*Deadly Guilt (Ps. 38:6, 8)*

*Grieve the Holy Spirit (Isa. 63:10; Eph. 4:30)*

*Interrupt the Exercise of Faith (Matt. 26:69–75)*

*Wound the Consciences (1 John 3:20)*

*Lose the Sense of God’s Favor (Ps. 6:3)*

### **Because You Need a Serious Change**

*“The sun may hide itself in a cloud, but it is not out of the firmament; God may hide his face, but he is not out of covenant.” — Thomas Watson*