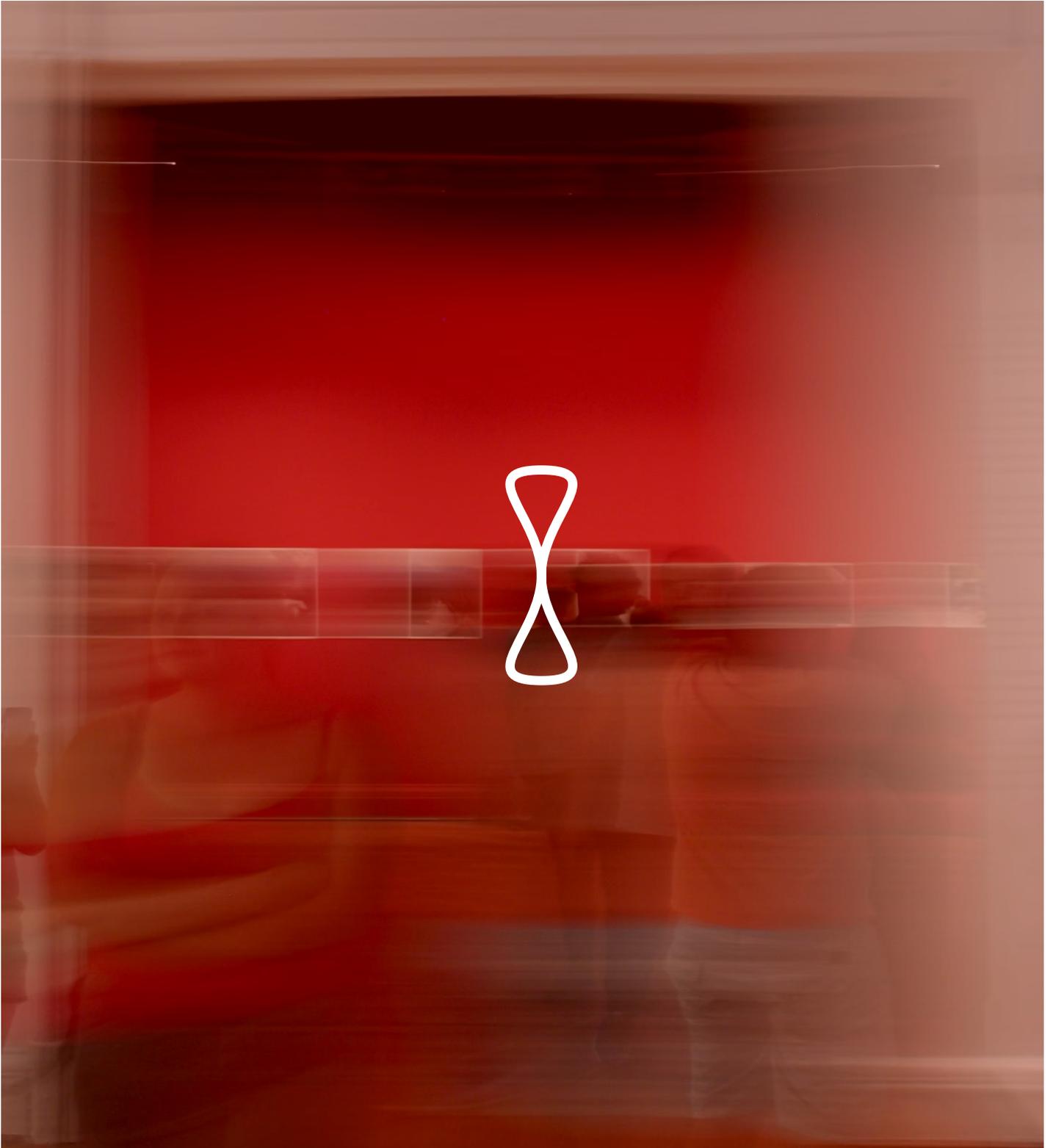




P R E S E N C E



February Teaching Series

Desperation

Week 2

Reflect

Take some time to process together as a group

- How did you start practicing what we talked about last week?
- How was your experience in your practice?
- Where did you feel God most present and distant this week?

Overview

Psalm 42 reveals that spiritual desperation is not about emotional passion but deep soul-thirst. The psalmist feels distant from God, overwhelmed by sorrow, and longing for past joy in worship. Yet even in dryness, he speaks hope to his own soul.

The wilderness seasons of life—where God feels absent, faith feels weak, and progress feels lost—are often the very places where God deepens intimacy, refines faith, forms humility, and frees us from anxiety and false attachments.

Jesus fulfills this longing in **John 7** by inviting all who are thirsty to come to Him and receive living water, the Holy Spirit. Our deepest need is not relief from circumstances but renewed communion with God Himself. Desperation, therefore, becomes a doorway to experiencing the presence and power of the Spirit.

Reading

Psalm 42:1-5 NIV

1 As the deer pants for streams of water, so my soul pants for you, my God. 2 My soul thirsts for God, for the living God. When can I go and meet with God? 3 My tears have been my food day and night, while people say to me all day long, "Where is your God?" 4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. 5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Discussion

What word or phrase stands out to you most? Why?

Have you ever felt far from God? Looking back, did anything deeper grow in you during that season?

Where do you personally feel most thirsty for God right now?

What attachments tend to fuel anxiety in your life? What might it look like to become free, not just happy?

Do you usually pray from control or from desperation? Why do you think desperate prayers in the Bible often receive strong responses from God?



Practice

ABBALOVE

Fasting (the intentional act of not eating food) is a practical way to embody spiritual desperation.

Fasting turns physical desire into prayer, awakening deeper longing for Jesus and aligning our whole lives toward Him. The purpose of fasting is not to earn God's favor but to offer ourselves fully to Him, grow in holiness, strengthen prayer, and stand in solidarity with the poor.

Experiment with fasting by a simple weekly rhythm:

- Skip one meal and pray
- Half day fast (Skip 2 meals)
- Full day fast (Fast from sunrise to sunset)

Choose one of the suggested practice. Start with where you are, not where you want to be. Replace your meal time with spending time with God. Give your meal cost to someone in need as an act of generosity.

Further Resources

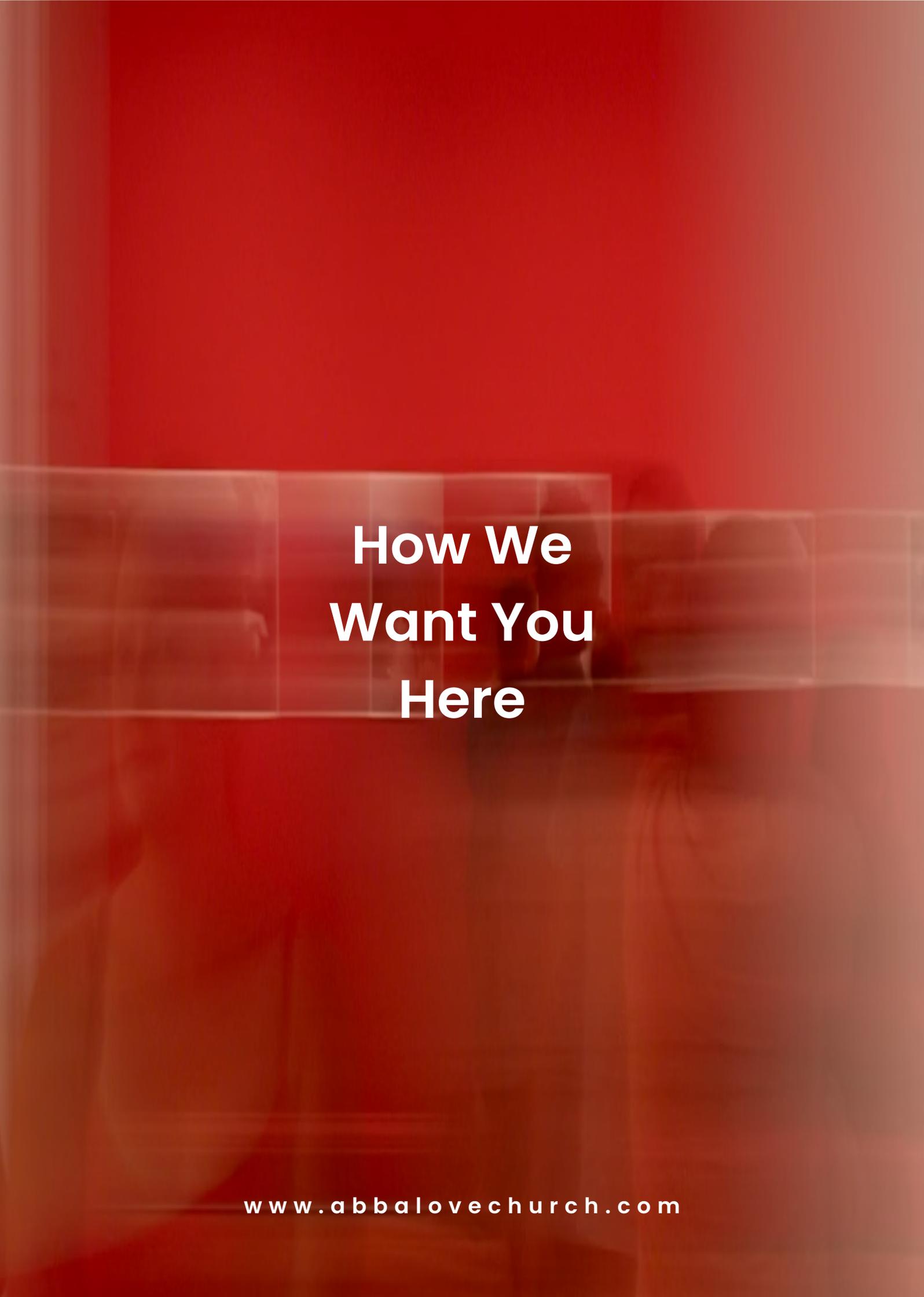
Video: Presence Teaching Series - Abbalove Church

Book: Praying Like Monks Living Like Fools - Tyler Staton

Book: How to Pray: A Simple Guide For Normal People - Pete Greig

Podcast: Rule of Life: Prayer - Practicing the Way





How We Want You Here

www.abbalovechurch.com