

When God Seems Silent

I Believe, Therefore I Trust

Finding Hope and Strength
When Prayers Go Unanswered



We were gathered around a conference room table when the doctor spoke words that would change our lives.

"Mr. and Mrs. O'Neil, Marc has autism and you will be fortunate if he can say any words, read or write."

I remember the silence of the car ride home. What do you say after hearing something like that about your child? We had hopes and prayers for Marc, and suddenly we were trying to understand a future we had never imagined. The ride was silent, and in one particular area, the years since have been silent too. We have prayed for healing, and we have not seen that prayer answered in this life.

I want to be careful here, because that is not the whole story. Oh, God has moved mightily in our lives! We have watched Him open doors for Marc's placement in a home and provide workers to help care for him. We have seen His provision in practical, remarkable ways, and we are grateful. Yet I will not pretend that those blessings erase the prayer we still carry. I love my son as he is. His worth has never depended on what he can say, read, write, or accomplish. And I can love him fully while continuing to bring my deepest hopes to God.

That tension has shaped a phrase I return to again and again:

I Believe, Therefore I Trust.

Does God Hear Me When Nothing Changes?

I have sat in rooms that felt completely silent, not the peaceful kind, but the heavy kind where you have prayed the same prayer for the hundredth time and the ceiling feels like concrete. Maybe you know that place. You have prayed for a child, a marriage, a body in pain, a loved one far from God, or a situation that seems to go on year after year. Eventually the question comes: Does God even hear me? And if He does, why has nothing changed?

Feeling like God is not listening does not mean He is not listening.

That truth is easy to repeat when the answer comes quickly. It takes on a different weight when you have lived with the question for years. I am not asking you to pretend the silence is comfortable. I am inviting you to keep bringing your real heart to a God who can handle it.

David did not hide his anguish behind religious language. In Psalm 22 he cried out:

“My God, my God, why have You forsaken me?”

PSALM 22:1

Scripture makes room for the questions we sometimes feel afraid to say out loud. Honest prayer is not the opposite of faith. Sometimes it is the very expression of faith, because we are still turning toward God with what hurts.

Prayer Is a Relationship, Not a Transaction

Prayer begins with a simple truth: all relationships begin with communication. We get to know someone by talking with them, and communication requires consistency and commitment. Our relationship with God is no different. Through prayer we speak to Him, and He shapes, teaches, and guides us. He already knows the desires of our hearts, yet He invites us to come to Him.

For years I had to unlearn the idea that prayer was a performance. I thought I needed the right words, the right posture, or a more polished expression of faith. But prayer is not a job interview. It is a conversation with our Heavenly Father. We do not come because we have earned an audience; we come because Jesus has made a way. Hebrews 4:16 invites us to approach the throne of grace boldly, to receive mercy and find grace in our time of need.

Boldness does not mean demanding a particular outcome. It means that even when we are tired, confused, or disappointed, we can still come. I can tell Him that I am grateful for the doors He has opened for Marc and also tell Him that I do not understand why healing has not come. Those are not contradictory prayers. They are the honest words of a mother speaking to her Father.

Faith Does Not Require Me to Deny Reality

The lesson outline reminds us to pray in faith, trusting that God hears us and is able to answer according to His will. Faith-filled prayer believes that God is at work even when we cannot yet see the results. That is not the same as claiming that every circumstance has changed. I will not call an unanswered request an answered one just to make my testimony sound neater.

In 2 Corinthians 5:7, Paul says that we walk by faith, not by sight. For me, that does not mean refusing to see what is in front of me. It means I refuse to let what I see become the only thing I believe about God. I can acknowledge a difficult reality and still trust His character. I can celebrate His provision without declaring that the original prayer no longer matters. I can keep praying without making a promise about when or how the answer will come.

I have learned that prayer is not about controlling God. It is about trusting God. Some prayers are answered quickly; others unfold gradually or differently from what we expected. And some remain painfully unresolved. I do not know why every prayer unfolds as it does. What I do know is that I do not have to stop talking to God while I wait.

Recognizing His Care Along the Way

When I look back over Marc's life, I can see God's faithfulness in the people and provision He has brought alongside us. The home placement and the workers who help are not small things. They are part of our family's story of grace. They do not replace the longing we have carried, but they remind me that God has not left us to navigate everything alone.

First Peter 5:7 tells us to cast our cares upon Him because He cares for us. Notice that the invitation is to bring our cares, not only the ones that are easy to resolve. The worries that return at two in the morning belong in that conversation too. Nothing is too big for His power or too small for His attention.

I also believe we need each other. Our lesson reminds us that prayer is personal, but it is also shared among believers. When people pray together, they encourage one another to hold fast. Sometimes we need someone beside us who will pray when we are weary, listen without trying to explain away our pain, and remind us of what is true without pretending to know what God has not revealed.

Keep the Conversation Open

One part of prayer I neglected for years was listening. I could bring my requests, say amen, and rush into the day. But a relationship is not sustained by one person doing all the talking. Listening includes making room for Scripture, the Holy Spirit's guidance, wise counsel, and quiet attention to God's presence. It does not guarantee that every question will receive an explanation. It helps us remain close to the One we are asking.

If you are in a long season of waiting, start where you are. You do not need an impressive prayer routine. Thank Him in the morning for what you can see. Tell Him honestly in the afternoon what still hurts. Sit with Him in the evening, even when you have no new words. Keep the lines of communication open. The goal is not religious performance; the goal is relationship.

I still pray. I still believe God heals. I still thank Him for every door He has opened for Marc. And I still carry a question I cannot answer. I have not arrived at a tidy explanation, but I have learned where to take the unanswered parts of my life. **I take them to Him.**

I Believe, Therefore I Trust.

Not because every prayer has turned out as I hoped, but because I know the One to whom I pray.

Ponder This

What prayer have you been carrying for a long time, and have you allowed yourself to tell God honestly how you feel?

Where have you seen His care or provision along the way without confusing that provision with the answer you still seek?

What would it look like to keep the conversation open with Him this week?

Pray Today

Father,

You know the prayers I have carried for years. Thank You for hearing me even when I do not understand the silence. Thank You for the ways You have provided and for the people You have placed beside me.

Help me bring You my gratitude and my questions without pretending. Teach me to trust Your character, listen for Your guidance, and keep coming to You boldly through Jesus.

I believe, therefore I trust.

In Jesus' name,

Amen.

Blessings!

Teri Winters

Continue Your Journey

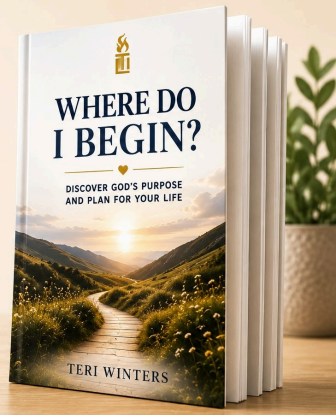
If today's blog encouraged you, we'd love to continue walking alongside you. Join the LTI Community and discover free biblical resources designed to help you grow deeper in your faith.

AVAILABLE TO EVERY LTI COMMUNITY MEMBER



Mini Books

Short, practical guides designed to strengthen your faith, deepen your understanding, and equip you for everyday life.



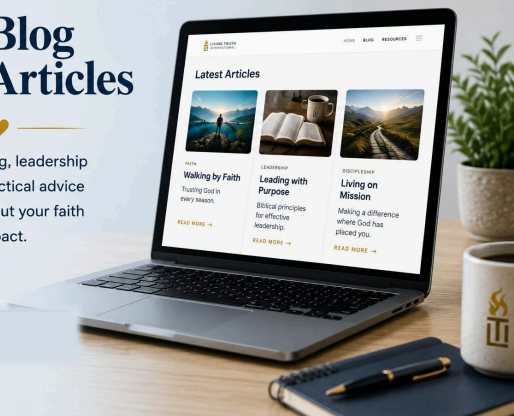
Devotionals

Weekly devotionals to encourage your heart, grow your faith, and help you apply God's Word to your daily life.



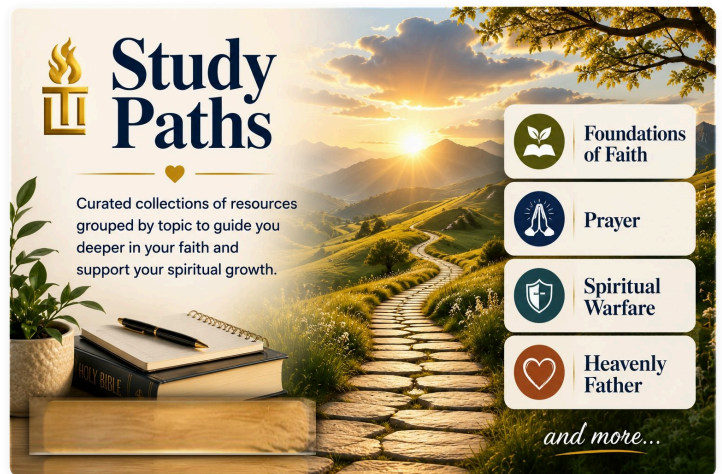
Blog Articles

In-depth teaching, leadership insights, and practical advice to help you live out your faith and make an impact.



Study Paths

Curated collections of resources grouped by topic to guide you deeper in your faith and support your spiritual growth.



- Foundations of Faith
- Prayer
- Spiritual Warfare
- Heavenly Father

and more...

Join Today @ LegacyTrainingInstitute.org/Free

Ready to Go Deeper?

Equipping. Strengthening. Building Confidence in God's Word.

Legacy Training Institute offers a transformative journey for individuals seeking to grow spiritually and lead effectively. This is a two-year certificate online program.

SIGN UP TODAY @ LegacyTrainingInstitute.org