



## How to Use This Daily Reflection:

Each day we will very simply pray (P.R.A.Y.) ‘P’: PAUSING to be still. ‘R’: REJOICING with a Psalm and REFLECTING on a Scripture. ‘A’: ASKING God to help us. ‘Y’: YEILDING to His will in our lives, come what may. Allow this rhythm to deepen your awareness of God’s presence and guide you to live out His mission in your daily life.

Pause

Rejoice/Reflect

Ask

Yeild

## Week 01: What Does It Mean to Call on the Name of the Lord?

### Monday: The First Call: Beginning to Call on the Lord (Genesis 4:26)

**Pause:** Take a deep breath. Be still before God. Whisper: *“Lord, I call on You today.”*

**Rejoice:** Today I rejoice in the God who hears my every word and invites me into relationship with Him, echoing Psalm 116:1–2.



I love the Lord, because He has heard my voice and my pleas for mercy. Because He has inclined His ear to me, therefore I will call upon Him as long as I live. — Psalm 116:1–2

**Reflect:** Calling on God is more than a habit—it is an invitation to encounter Him, to align your heart with His, and to trust in His nearness. Just as the first worshipers in Genesis responded to brokenness by calling on the Lord, we too are invited to bring every part of our lives—fear, hope, joy, and need—before

Him. Let this reflection guide your heart into the rhythm of daily dependence on God, trusting that He hears and responds.



And to Seth, to him also a son was born; and he named him Enosh. Then people began to call upon the name of the Lord. — Genesis 4:26

**Ask for me:** Where in my life do I need to begin calling on God rather than relying on myself?

**Ask for my community:** What would it look like if our church was known as a people who call on the Lord daily?

**Reflect:** Read Genesis 4:26 again slowly.



And to Seth, to him also a son was born; and he named him Enosh. Then people began to call upon the name of the Lord. — Genesis 4:26

**Yield:** Lord, I yield my self-sufficiency. Teach me to call on You today.

---

## Tuesday: Calling in the Midst of Distress (Psalm 116:1–4)

**Pause:** Sit quietly. Imagine laying down the burdens of the day before the Lord.

**Rejoice:** Today I praise the Lord who is near to the brokenhearted and delivers us in our troubles, remembering Psalm 34:17–18.



The righteous cry out, and the Lord hears, and He delivers them out of all their troubles. The Lord is near to the brokenhearted, and saves those who are crushed in spirit. — Psalm 34:17–18

**Reflect:** Calling on the Lord is both an act of humility and an act of hope. In moments of fear or distress, our prayers become hinges where God's power and love meet our need. This reflection invites you to remember that prayer is not merely a request—it is an acknowledgment of God's presence, a turning of our hearts toward Him, and an opening for transformation.



I love the Lord, because He has heard my voice and my pleas for mercy. Because He has inclined His ear to me, therefore I will call upon Him as long as I live. The snares of death surrounded me, and the pangs of Sheol laid hold on me; I suffered distress and anguish. Then I called on the name of the Lord: 'O Lord, I pray, save my life! — Psalm 116:1–4

**Ask for me:** When have I called on God in desperation? What did He do?

**Ask for my community:** Who among us feels “entangled” right now? How can we call on God together for them?

**Reflect:** Read Psalm 116:1–4 again, listening for a word or phrase that stands out.



I love the Lord, because He has heard my voice and my pleas for mercy. Because He has inclined His ear to me, therefore I will call upon Him as long as I live. The snares of death surrounded me, and the pangs of Sheol laid hold on me; I suffered distress and anguish. Then I called on the name of the Lord: ‘O Lord, I pray, save my life! — Psalm 116:1–4

**Yield:** Lord, I yield my fear to You. Be my rescue and my hope.

---

## Wednesday: Gratitude in Prayer: Lifting the Cup of Salvation (Psalm 116:12–14)

**Pause:** Take a moment to breathe slowly in and out. Rest in God’s presence.

**Rejoice:** Today I rejoice in the goodness of God, whose steadfast love calls us to give thanks, reflecting Psalm 107:1.



Give thanks to the Lord, for He is good, for His steadfast love endures forever. — Psalm 107:1

**Reflect:** Prayer transforms not only our circumstances but our hearts. When we call on God, it invites gratitude and worship into our lives, reminding us that His saving work is not just for emergencies but for every moment. As you reflect today, consider how gratitude can shape your posture of prayer and deepen your reliance on God.



What shall I repay to the Lord for all His benefits to me? I will lift up the cup of salvation and call upon the name of the Lord; I will pay my vows to the Lord, yes, in the presence of all His people. — Psalm 116:12–14

**Ask for me:** How can I make gratitude part of my prayer life today?

**Ask for my community:** How can our church be marked by thanksgiving in the way we call on the Lord?

**Reflect:** Read Psalm 116:12–14 again, picturing yourself lifting the “cup of salvation” to God.



What shall I repay to the Lord for all His benefits to me? I will lift up the cup of salvation and call upon the name of the Lord; I will pay my vows to the Lord, yes, in the presence of all His people. — Psalm 116:12–14

**Yield:** Lord, I yield my complaints. Shape me into a person of gratitude.

---

## Thursday: Allegiance and Surrender: Calling on the Lord as Lord (Romans 10:13)

**Pause:** Still your heart. Say: *“Here I am, Lord.”*

**Rejoice:** Today I praise the Lord who receives our offerings of thanksgiving and calls us to trust in His lordship, recalling Psalm 116:17.



To You I shall offer a thanksgiving sacrifice and call upon the name of the Lord.  
— Psalm 116:17

**Reflect:** Calling on God is an act of allegiance and surrender. When we lift our prayers to Him, we are not only seeking help but acknowledging His lordship and committing ourselves to trust His ways. Reflect on the power of calling on God as both worship and declaration of faith.



For everyone who calls on the name of the Lord will be saved. — Romans 10:13

**Ask for me:** What does it mean for me to call on Jesus as Lord today?

**Ask for my community:** Who in my life needs to hear that Jesus saves all who call on Him?

**Reflect:** Read Romans 10:13 again slowly, emphasizing the word *“everyone.”*



For everyone who calls on the name of the Lord will be saved. — Romans 10:13

**Yield:** Lord, I yield my pride and confess again: You alone are Lord.

---

## Friday: A Rhythm of Dependence: Living a Life of Prayer (Psalm 62:5–8)

**Pause:** Sit quietly for a moment. Take a deep breath and offer the week back to God. Whisper: *“Lord, I call on You today.”*

**Rejoice:** Today I rejoice in the God who is our rock, refuge, and salvation, calling us to trust and depend on Him continually, echoing Psalm 46:1.



God is our refuge and strength, a very present help in trouble — Psalm 46:1

**Reflect:** God's faithfulness is constant, and calling on His name invites us into a posture of trust and dependence. When we center our lives around Him, we are reminded that He is our refuge in every circumstance—our strength when we are weak, our hope when we are afraid, and our salvation when life feels uncertain. This reflection invites you to consider how a daily rhythm of calling on God shapes not only your relationship with Him but also the way you live within your community.



My soul, wait silently for God alone, for my hope is from Him. He only is my rock and my salvation, my stronghold; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us.. — Psalm 62:5–8

**Ask for me:** How can I cultivate trust in God today, relying on Him as my rock and refuge?

**Ask for my community:** How can we as a church embody trust in God so that others see Him as our stronghold?

**Reflect:** Read Psalm 62:5–8 slowly, letting the words guide your heart into dependence and trust.



My soul, wait silently for God alone, for my hope is from Him. He only is my rock and my salvation, my stronghold; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. — Psalm 62:5–8

**Yield:** Lord, I yield my anxieties, my plans, and my efforts into Your hands. Let calling on Your name be the rhythm of my life.