



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 03: Calling on the Lord in Trouble

Monday: God’s Invitation in Trouble (Psalm 50:15)

Pause: Take a deep breath. Be still before the Lord, who hears your cry and welcomes your prayer.

Rejoice: Today I rejoice in the God who is my refuge in distress, echoing Psalm 46:1.



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

Reflect: Trouble often drives us to silence or despair, but God extends a powerful invitation: *call on Me*. He doesn’t expect us to be strong or composed in our moments of fear—He wants us to be honest and vocal. Psalm 50:15 reminds us that our cries are not a sign of weakness but of covenant trust. When we call on Him, God promises not only to deliver but also to be glorified through our deliverance. Our trouble becomes the stage for His faithfulness.



Call upon Me on the day of trouble; I will rescue you, and you will honor Me. — Psalm 50:15

Ask for me: Where am I being invited to cry out to God today instead of keeping my troubles to myself?

Ask for my community: How can our community become more intentional in remembering and declaring Your faithfulness?

Reflect: As I reread, I allow this invitation to become personal, hearing God speak these words directly to me.



Call upon Me on the day of trouble; I will rescue you, and you will honor Me. — Psalm 50:15

Yield: Lord, I surrender my impulse to hide my struggles. Teach me to call on You in the day of trouble.

Tuesday: Seeking God First (2 Chronicles 20:1-4)

Pause: Quiet your heart. Open your hands as a posture of dependence on God.

Rejoice: Today I rejoice in the Lord who hears my cries, remembering Psalm 34:17



The righteous cry out, and the Lord hears And rescues them from all their troubles. — Psalm 34:17

Reflect: When Jehoshaphat heard the news of a vast army coming against him, his first response was not panic but prayer. He called the people to seek God with fasting and to gather before Him. This shows us that prayer is not the *last resort* in crisis but the first move of faith. By seeking God together, they declared that He alone was their source of hope. In the same way, our times of trouble can draw us deeper into dependence on the One who is greater than what we face.



Now it came about after this that the sons of Moab and the sons of Ammon, together with some of the Meunites, came to make war against Jehoshaphat. Then some came and reported to Jehoshaphat, saying, “A great multitude is coming against you from beyond the sea, out of Aram and behold, they are in Hazazon-tamar (that is Engedi).” Jehoshaphat was afraid and turned his attention to seek the Lord, and proclaimed a fast throughout all Judah. So Judah gathered together to seek help from the Lord; they even came from all the cities of Judah to seek the Lord. — 2 Chronicles 20:1-4

Ask for me: When trouble comes, do I usually turn first to God or to myself?

Ask for my community: How can my church be quicker to seek the Lord together when we face challenges?

Reflect: As I reread, I notice how the people chose prayer over panic, and I consider how I might do the same.



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Yield: Lord, I yield my fear to You. Teach me to seek You first in every crisis.

Wednesday: Remembering God’s Faithfulness (2 Chronicles 20:5–6)

Pause: Breathe deeply. Recall the ways God has been faithful to you in the past.

Rejoice: Today I rejoice in the God whose faithfulness endures, echoing Psalm 77:11.



B shall remember the deeds of the Lord; I will certainly remember Your wonders of old. — Psalm 77:11

Reflect: In the face of danger, Jehoshaphat’s prayer was anchored in remembrance. He recounted who God is—the ruler of all nations, the one who gave the land by promise—and what God had done for His people. This act of remembering strengthened their trust that God would act again. In our troubles, we too need to root ourselves in the history of God’s faithfulness. Remembering is not nostalgia; it is fuel for faith in the present.



Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the Lord in front of the new courtyard; and he said, ‘Lord, God of our fathers, are You not God in the heavens? And are You not ruler over all the kingdoms of the nations? Power and might are in Your hand so that no one can stand against You. — 2 Chronicles 20:5–6

Ask for me: What specific memories of God’s faithfulness can I bring into my prayers this week?

Ask for my community: How can we as a community remind one another of God’s past works when we feel afraid?

Reflect: As I reread, I let the words of Jehoshaphat’s prayer become my own, recalling who God is and what He has done.



Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the Lord in front of the new courtyard; and he said, ‘Lord, God of our fathers, are You not God in the heavens? And are You not ruler over all the kingdoms of the nations? Power and might are in Your hand so that no one can stand against You. — 2 Chronicles 20:5–6

Yield: Lord, I yield my forgetfulness and choose to remember Your mighty works.

Thursday: Honest Helplessness (2 Chronicles 20:10-12)

Pause: Take a moment to rest. Acknowledge your need before God without excuses or defenses.

Rejoice: Today I rejoice in the God who is near to the brokenhearted, remembering Psalm 34:18.



The Lord is near to the brokenhearted And saves those who are crushed in spirit. — Psalm 34:18

Reflect: Jehoshaphat’s prayer reached its most vulnerable moment when he confessed, “We have no power to face this vast army... but our eyes are on You.” This is the heart of lament: honest helplessness paired with unwavering trust. God does not ask us to mask our weakness but to bring it to Him openly. In fact, it is in our weakness that His strength is most clearly revealed. Our confession of helplessness is not defeat—it is faith.



Now behold, the sons of Ammon and Moab and Mount Seir, whom You did not let Israel invade when they came out of the land of Egypt (they turned aside from them and did not destroy them), see *how* they are rewarding us by coming to drive us out from Your possession which You have given us as an inheritance. O our God, will You not judge them? For we are powerless before this great multitude who are coming against us; nor do we know what to do, but our eyes are on You.” — 2 Chronicles 20:10-12

Ask for me: What situation am I powerless to fix that I need to entrust to God today?

Ask for my community: How can my community become a place where weakness is shared honestly, not hidden?

Reflect: As I reread, I let the words “our eyes are on You” settle into my heart as my own prayer.



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Yield: Lord, I yield my need for control and fix my eyes on You.

Friday: Delivered for God’s Glory (Psalm 50:15)

Pause: Sit quietly. Let your heart rest in the promise of God’s deliverance.

Rejoice: Today I rejoice in the Lord who turns my mourning into dancing, remembering Psalm 30:11.



You have turned my mourning into dancing for me; You have untied my sackcloth and encircled me with joy. — Psalm 30:11

Reflect: As the week ends, we return to God’s invitation in Psalm 50:15, but now with new eyes. We have seen how Jehoshaphat and the people of Judah called on the Lord in trouble—through fear, memory, and honest helplessness. God’s promise is not only rescue but that His name will be honored through our deliverance. Trouble is not the end of the story; it is the doorway to testimony. When we call on Him, God rescues us and receives glory through our lives.



Call upon Me on the day of trouble; I will rescue you, and you will honor Me. — Psalm 50:15

Ask for me: Where have I seen God’s glory displayed in times of trouble?

Ask for my community: How can our community bear witness to God’s deliverance together?

Reflect: As I reread, I hear God’s promise of rescue and honor, and I allow it to strengthen my hope.



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Yield: Lord, I yield my troubles to You and trust that You will bring deliverance for Your glory.