

LORD



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 05: Call on the Lord in the Battle

Monday: The Lord Is My Banner (Exodus 17:13–16)

Pause: Take a deep breath. Picture Moses’ hands lifted high on the hill, the people below trusting God for victory.

Rejoice: Rejoice in the One who fights for you.

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“The Lord is my strength and my song, And He has become my salvation; This is my God, and I will praise Him; My father’s God, and I will exalt Him.” — Exodus 15:2

Reflect: When Israel faced Amalek, their strength came not from their swords, but from God’s presence. As Moses lifted his hands in dependence, God’s power flowed through the people. The battle wasn’t just against Amalek—it was a battle for trust. We too face battles that test our faith. Yet our banner is still the Lord—Jehovah Nissi—the One who goes before us and gives us victory.

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“So Joshua overwhelmed Amalek and his people with the edge of the sword. Then the Lord said to Moses, ‘Write this in a book as a memorial and recite it to Joshua, that I will utterly wipe out the memory of Amalek from under heaven.’ And Moses built an altar and named it The Lord Is My Banner; and he said, ‘Because the Lord has sworn, the Lord will have war against Amalek from generation to generation.’” — Exodus 17:13–16

Ask for me: Lord, help me lift my hands to You in faith when I feel weary in the fight. Strengthen me to depend on You rather than my own effort.

Ask for my community: As I reread these verses, I imagine the altar standing as a permanent reminder that God’s presence defines every victory. What battle do I need to surrender to His banner today?

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Yield: I yield my battles to You, Lord. Be my banner and my victory.

Tuesday: When My Hands Grow Tired (Exodus 17:12–13)

Pause: Sit quietly. Feel the weight of your own exhaustion.

Rejoice: Rejoice in the God who renews strength.

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“He gives strength to the weary, And to the one who lacks might He increases power. Though youths grow weary and tired, And vigorous young men stumble badly, Yet those who wait for the Lord Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary.” — Isaiah 40:29–31

Reflect: Even Moses couldn’t keep his hands raised alone. He needed Aaron and Hur to hold them up. God often brings victory through community—through those who pray, stand beside us, and carry us when we’re weak. True strength isn’t about independence but interdependence. In every weary moment, God invites us to rest in the support He provides through others.



“But Moses’ hands were heavy. Then they took a stone and put it under him, and he sat on it; and Aaron and Hur supported his hands, one on one side and one on the other. So his hands were steady until the sun set. And Joshua defeated Amalek and his people with the edge of the sword.” — Exodus 17:12–13

Ask for me: Lord, teach me to receive help humbly and to ask for prayer when I am weary.

Ask for my community: God, build in us a community of lifted hands—people who support, pray, and encourage one another through the struggles of life.

Reflect: As I reread these verses, I see that victory belongs not to the strong but to those who stay connected. Who are the Aaron and Hur in my life—and for whom am I called to lift my hands?



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Yield: I yield my pride, Lord, and receive Your strength through others.

Wednesday: The Lord Saves His Anointed (Psalm 20:1–7)

Pause: Quiet your heart and breathe out the worries you carry today.

Rejoice: Rejoice in the God who answers prayer.



“I love the Lord, because He hears My voice and my pleas. Because He has inclined His ear to me, Therefore I will call upon Him as long as I live.” — Psalm 116:1–2

Reflect: Jesus’ parable of the Pharisee and the tax collector teaches us that true repentance begins with humility. God hears the cry that comes from a contrite heart more than the words of self-righteousness.



“May the Lord answer you on a day of trouble! May the name of the God of Jacob protect you! May He send you help from the sanctuary, And support you from Zion! May He remember all your meal offerings And accept your burnt offering! May He grant you your heart’s desire, And fulfill your every plan! We will sing for joy over your victory, And in the name of our God we will set up our banners. May the Lord fulfill all your desires. Now I know that the Lord saves His anointed; He will answer him from His holy heaven With the saving strength of His right hand. Some boast in chariots and some in horses, But we will boast in the name of the Lord, our God.” — Psalm 20:1–7

Ask for me: Lord, keep me from trusting in my own strength or resources. Let my confidence be found only in Your name.

Ask for my community: God, guard and guide our leaders—spiritual and civic alike. May they lead not by pride or power, but in dependence on You.

Reflect: As I reread this psalm, I am reminded that every victory in life is spiritual before it is physical. What would it look like for me to truly boast in Your name today?

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Yield: I yield my trust to You, Lord. Be my strength, my victory, and my song.

Thursday: When the Battle Belongs to the Lord (2 Chronicles 20:15–17)

Pause: Let go of control. Rest your heart in God’s hands.

Rejoice: Rejoice in the One who fights for His people.

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“The Lord will fight for you, while you keep silent.” — Exodus 14:14

Reflect: When Jehoshaphat faced an overwhelming army, God’s message was simple: “The battle is not yours but God’s.” This is the posture of prayer—surrender and trust. Worship became Israel’s weapon that day, and the Lord brought victory through praise. Our prayers, too, are acts of worship that shift the battle from our hands to His.

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“And he said, ‘Listen, all Judah and the inhabitants of Jerusalem and King Jehoshaphat: this is what the Lord says to you: “Do not fear or be dismayed because of this great multitude, for the battle is not yours but God’s. Tomorrow, go down against them. Behold, they will come up by the ascent of Ziz, and you will find them at the end of the valley in front of the wilderness of Jeruel. You need not fight in this battle; take your position, stand and watch the salvation of the Lord in your behalf, Judah and Jerusalem.” Do not fear or be dismayed; tomorrow go out to face them, for the Lord is with you.’”
— 2 Chronicles 20:15–17

Ask for me: Lord, when I’m overwhelmed, remind me that the battle belongs to You. Help me worship instead of worry.

Ask for my community: Father, teach our church to pray and praise in the face of fear. Let faith rise as we declare that You fight for us.

Reflect: As I reread this passage, I'm struck by how peace often precedes victory. What would change if I truly believed this battle is Yours, not mine?

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— 2 Chronicles 20:15–17

Yield: I yield my fears to You, Lord. I choose praise over panic.

Friday: Victory and Peace (Exodus 17:15–16, Psalm 29:11, 2 Thessalonians 3:16)

Pause: Take a deep breath and let gratitude fill you.

Rejoice: Rejoice in the Lord who grants peace after the battle.

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“The Lord gives strength to His people; The Lord blesses His people with peace.” — Psalm 29:11

Reflect: After the battle against Amalek, Israel’s story ends not just in victory, but in remembrance. Moses built an altar and declared, “The Lord will have war against Amalek from generation to generation.” This wasn’t despair—it was vigilance. The people were called to live in continual dependence, knowing the real war is spiritual and ongoing. But God’s promise stands: His strength sustains, and His peace endures.

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“Then Moses built an altar and named it The Lord Is My Banner; and he said, ‘Because the Lord has sworn, the Lord will have war against Amalek from generation to generation.’”— Exodus 17:15–16
“The Lord gives strength to His people; The Lord blesses His people with peace.”— Psalm 29:11
“Now may the Lord of peace Himself continually grant you peace in every circumstance. The Lord be with you all!” — 2 Thessalonians 3:16

Ask for me: Lord, give me strength for today’s battles and peace that lasts beyond them. Help me remember that every victory comes from You.

Ask for my community: Father, bless our church with unity and perseverance. Let Your peace reign among us even as we face the world's challenges together.

Reflect: As I reread these verses, I see that peace is not the absence of battle but the presence of God. How can I carry His peace into the places I go today?

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Yield: I yield to Your peace, Lord. Let my life bear witness to Your enduring strength.