



THE WORD &
PRAYER ROOM

STUDY 2

ANCHORED BY THE WORD IN TROUBLED TIMES

This 7-day devotional series will be delivered daily, each day focusing on a real issue we face in society today. From anxiety and burnout to injustice and division, the focus is on being grounded in the unchanging truth of God's Word.



Faith for the fight, strength for the season!

Anchored by the Word in Troubled Times



Introduction

This 7-day devotional series will be delivered daily, each day focusing on a real issue we face in society today - from anxiety and burnout to injustice and division grounded in the unchanging truth of God's Word.

Each day includes:

- ✓ A Key Scripture
- ✓ A short Reflection
- ✓ Practical Applications for everyday life
- ✓ Prayer Points
- ✓ A final Takeaway to carry into your day

Whether you're feeling overwhelmed by the world or just need to reconnect with God in a deeper way, this series will help you stay anchored in heart, mind, and soul. Let's begin this journey together and discover that even in troubled times, God is still speaking, still moving, and still faithful.

Day 1: Be Still - Even When It Doesn't Make Sense

Key Scripture: "God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea... Be still, and know that I am God." - Psalm 46:1-3, 10 (NIV)

Reflection

Let's be honest: the world feels like it's unravelling. Headlines blur between horror and heartbreak. Trust in systems is breaking down. And sometimes, it's not just "out there" - it's our own life that feels like it's caving in.

Psalm 46 doesn't offer comfort wrapped in clichés. It drops us straight into the collapse - mountains crumbling, oceans roaring. But here's the truth; **while everything else screams run, God says stand still.** While everything around us demands a reaction, God invites us to remember - not just facts, but His faithfulness. He is not a distant observer. He's right here, fully present in the quake, not just after it. And then He whispers a command: "Be still." Not passive. Not numb. But still - staying calm on purpose, even when everything feels out of control. The kind of stillness that doesn't deny the chaos, but dares to trust Someone bigger than it.

Practical Application:

- **Unplug to uncover.** Choose one day this week to silence the noise — no news, no scrolling, no escape into digital distraction. Sit in the quiet. Let God confront the noise inside you.
- **Build your ‘Refuge List’.** What anchors you when everything is loud? Write down three truths — a scripture, a worship lyric, a moment when God showed up. Keep them where fear usually finds you.
- **Speak what’s real — not what’s loud.** When fear starts to narrate your life, interrupt it. Declare: “God is my refuge and strength. I will not fear - even if the world seems to be falling apart.

Prayer Points:

- Ask God to break through the surface and help you sense His presence when stability seems like a memory.
- Intercede for those whose lives are in the middle of real collapse — war, displacement, disaster, and trauma.
- Invite the Holy Spirit to teach you the discipline of stillness — not just silence, but sacred awareness in the middle of the storm.

Prayer:

Heavenly Father, the noise around me is relentless and sometimes the noise within is even louder. But You are not moved by earthquakes, floods, or headlines. You are present. You are near. And You are not afraid. Teach me how to be still - not because the world is quiet, but because I know who You are. Help me to trust You when everything shakes. Help me to find You, not in the escape, but in the eye of the storm. Be my unshakable place - my refuge. Even when I don’t feel brave, let me be bold in stillness, because You are God and You have not let go. In Jesus Name, Amen.



Final Takeaway:

When everything collapses, God doesn’t. When the noise is overwhelming, He doesn’t raise His voice - He raises you. So be still - not because life is calm, but because He is God. And He hasn’t moved.