



WEEK ONE / COMPLETED EXAMPLE / DAY 7

DAY 7 • Remembering Past Help

Trusting God in Uncertain Times

An alternate worksheet presentation of the same complete journal entry. The reading and prompts are identical; only the response layout changes.

SCRIPTURE READING • PSALM 77:1-12

Read the passage in your Bible, paying particular attention to verses 11–12.

REFLECTION

Sometimes the hardest part of uncertainty is not the circumstance itself but the questions it awakens. What if things don't change? What if I make the wrong choice? What if God seems silent? When answers are delayed, our minds can return to those questions again and again. Scripture gives us room to be honest about them.

Psalm 77 begins with a person in distress. The writer cries out, remembers nights of trouble, and asks painful questions about God's care. He does not pretend that everything is easy. Then his attention turns. In verses 11–12, he chooses to remember the Lord's works and meditate on what God has done.

Remembering is not pretending that today's difficulty has disappeared. It is bringing what we know about God's character into the same conversation as what we don't know about our circumstances. A remembered kindness, a Scripture that sustained you, or a time when help arrived unexpectedly may not tell you how the present situation will unfold. But it can remind you that today's unanswered questions are not the whole story.

You may find it easy to recall a clear answer to prayer, or you may struggle to name an experience that feels reassuring right now. Either response is a place to begin. You can return to the psalm itself and consider the works of God that the writer remembers. The invitation is not to manufacture a hopeful feeling. It is to pause, look honestly at the questions you carry, and make room to remember what Scripture reveals about God.

As you write today, allow both your present uncertainty and what you know of God's faithfulness to have a place on the page. You do not need to settle every question before you begin to reflect.

**DAY 7 / RESPONSE WORKSHEET****Read • Reflect • Respond**

Use the spaces below to explore the passage and record what is meaningful to you. You may write more on a separate page if needed.

01 NOTICE THE SCRIPTURE

In Psalm 77:1–12, what changes between the psalmist's questions and his decision in verses 11–12? What do you notice about what he chooses to remember?

02 REMEMBER AND REFLECT

Recall a time when Scripture, an answered prayer, or another reminder of God's care helped you through uncertainty. What do you remember? If no personal example comes to mind, which biblical account of God's faithfulness would you like to revisit?

03 RESPOND TODAY

What uncertainty are you facing now? As you consider it alongside what you've remembered, what question, prayer, or next response would you like to write down?



DAY 7 / PRAYER AND NEXT STEP

PRAYER INVITATION

Write a brief prayer that names your current uncertainty and asks God to help you remember His works. You don't have to resolve your questions before you pray.

CARRY THIS WITH YOU

Choose one verse or reminder of God's faithfulness from today's reading. Keep it where you can return to it this week.

My reminder for this week:

Completed sample for Week One. This is a fictional teaching example, not a personal testimony.