CHRIST & CAFFEINE
PODCAST

FROM STUCK TO STILL

A 7-Day Devotional for When You Don't Know What to Do Next

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Hey, Neighbor!



My name is Chloelle Bond, Lead Servant at Community Christian Faith Ministries, a community for believers to gather together.

Thank you so much for supporting the podcast! The point of this companion guide is help you Pause & Pour. Meaning, taking a moment to stop and connect with your Heavenly Father on a daily basis with sincerity. Leave religion and tradition at the door. The goal is to create a sacred and authentic space so when your moment with Him is over, you feel renewed.

If you're interested in learning more about the ministry or sent a prayer request, check out the website.

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Day 1

Be Honest With God
2 Chronicles 20:12

Scripture Focus

2 Chronicles 20:12 (CSB)

"Our God, will you not judge them? For we are powerless before this vast number that comes to fight against us. We do not know what to do, but we look to you."

To get what's going on here, we've got to look at the massive weight crashing down on King Jehoshaphat. Judah wasn't facing just one small conflict. They were dealing with an entire coalition, including Moab, Ammon, and the Meunites, coming together to wipe them out (2 Chronicles 20:1). And these weren't enemies far off on the horizon, either. They were already set up at En-gedi, less than 25 miles from Jerusalem. They were practically right at the front door. There wasn't time to assemble a grand military strategy, call for backup, or figure out a quick fix.

When Jehoshaphat stands before the whole community, he doesn't put on a front or act like he's got it all together. He just gets completely transparent with God.
When he says, "For we are powerless," the Hebrew word behind powerless is כֹּחַ (kōaḥ). It refers to your internal capacity, physical strength, and energy. He's telling God straight up: "Lord, our capacity isn't enough. We don't have any human energy left to create a solution."

And when he says, "We do not know what to do," that word for know is יָדַע (yāḏaʿ). He's admitting that human wisdom and strategic thinking have hit an absolute dead end.

A lot of times, when things get overwhelming, our first move isn't taking it to God. Instead, it's jumping on the phone, venting to friends, or searching for fast answers online. But Jehoshaphat shows us that real faith doesn't wear a mask. The first step out of a spiral isn't forcing fake confidence; it's bringing your raw, unvarnished reality straight to the Father. God isn't intimidated when you admit you don't know what to do next.

Pause & Pour

Take a pause right here. Turn off the background noise, set your phone down, and stop trying to push through the exhaustion.

Get quiet before your Father. You don't need fancy religious phrases or a rehearsed prayer. Just talk to Him straight from your heart. Tell Him where your internal capacity (kōaḥ) has run out, where your human wisdom (yāḏaʿ) has hit a wall, and where you're feeling pressed for time. Be completely real with Him about the areas where you just don't know what step to take next.

Day 2

Let God Answer
2 Chronicles 20:13–15

Scripture Focus

2 Chronicles 20:13–15 (CSB)

"All Judah was standing before the Lord with their dependents, their wives, and their children. Then the Spirit of the Lord came on Jahaziel... in the middle of the assembly. He said, 'Listen, all Judah and the inhabitants of Jerusalem, and King Jehoshaphat: This is what the Lord says to you: "Do not be afraid or discouraged because of this vast number, for the battle is not yours, but God's."'"

Look at what the people did right after Jehoshaphat finished praying. Verse 13 says, "All Judah was standing before the Lord." They didn't scatter in a panic, try to execute a quick backup plan, or rush back to their daily tasks. They stood there. The men, the women, the kids, everybody just paused together in God's presence, waiting for Him to move.

The Hebrew word for standing here is עָמַד (ʿāmaḏ). It means taking a firm stance, staying present, and refusing to run. It's an intentional posture, deciding you're not going to rush ahead out of anxiety or give up out of frustration.

And because they made space to stay in that posture of ʿāmaḏ, God answered them through Jahaziel. He gave them direct clarity for their exact situation. So many times, we treat prayer like a quick list of demands. We tell God what's wrong, say "Amen," and then immediately grab the reins back to try and solve it ourselves. We dump our stress on Him, but we don't linger long enough to hear what He's got to say. If you want God's direction, you've got to purpose your heart to pause and actually listen. He wants to speak to you, but you've got to make room to hear Him.

Pause & Pour

Clear your mind for a minute. You've already laid out your honesty to God; now practice ʿāmaḏ, just staying present in His presence.

Don't rush off to the next thing on your to-do list. Open your heart, sit in the quiet, and give Him space. Ask the Holy Spirit to drop His peace into your heart, give you clarity on what you're facing, and show you His perspective. Speak to God, and then give Him room to answer.

Day 3

Be Still
2 Chronicles 20:17a

Scripture Focus

2 Chronicles 20:17a (CSB)

"You do not have to fight this battle. Position yourselves, stand still, and see the salvation of the Lord. He is with you, Judah and Jerusalem."

When God's answer came, it completely flipped human logic upside down. An entire army was marching toward them, but God didn't tell them to build barricades or prepare for battle. He told them: "Position yourselves, stand still, and see."

That phrase "stand still" comes from the Hebrew verb יָצַב (yāṣaḇ). Yāṣaḇ means setting yourself firmly in place and holding your ground without flinching. It isn't about being lazy or giving up; it's an active decision to trust. It's saying, "I'm going to stand right here and refuse to panic or take matters into my own hands."

When God says to "see the salvation of the Lord," that word for salvation is יְשׁוּעָה (yəšûʿâ), which means real deliverance, total rescue, and complete peace.

When you feel stuck, your natural instinct's to strive, force things to happen, and burn yourself out trying to fix what feels broken. Striving comes from that underlying fear that if you don't handle it, it's all going to collapse. But yāṣaḇ asks you to take your hands off. Letting God do His job's what trust actually looks like. He's more than able to carry the heavy lifting that's way beyond your control.

Pause & Pour

Where've you been trying to fight a battle you weren't ever meant to carry? Where're you exhausting yourself trying to force a door open?

Take your hands off it right now. Consciously step back from needing to control the outcome. Bring those specific areas to God and admit where you've been striving in your own strength. Invite Him to step in as your deliverer (yəšûʿâ). Practice standing firm in trust, knowing He's handling what you can't.

Day 4

Obey The Instructions
2 Chronicles 20:20

Scripture Focus

2 Chronicles 20:20 (CSB)

"In the morning they got up early and went out to the Wilderness of Tekoa. As they were marching out, Jehoshaphat stood and said, 'Listen to me, Judah and the inhabitants of Jerusalem. Believe in the Lord your God, and you will be established; believe his prophets, and you will succeed.'"

Pay attention to the timing in verse 20: "In the morning they got up early." God had promised them victory, but they still had to get up and march out toward the Wilderness of Tekoa, a rough desert area about 12 miles south of Jerusalem. They couldn't just stay in bed and do nothing. Being still (yāṣaḇ) wasn't ever an excuse for passive laziness.

The Hebrew word for believe here is אָמַן (ʾāman), the root word behind "Amen." It means putting your full weight on a solid foundation because you know it won't give way. Jehoshaphat was telling the people: "Put your full weight on what God promised, and put your feet in motion."

Even when God's doing the heavy lifting, your participation's still required. Real faith isn't passive; it shows up in how you follow the practical steps God gives you.

Obedience might look like getting up early, handling your everyday responsibilities, setting clear boundaries, or taking the simple, practical next step right in front of you, even when you can't see how the whole story ends yet. You don't need the entire blueprint to take one faithful step today.

Pause & Pour

What's a simple instruction God's already put on your heart that you've been putting off? Are you waiting to see the whole picture before you decide to move?

Talk to God about those hesitation points.

Ask Him for the strength to place your full weight (ʾāman) on His word. Be real about any fear holding you back, and commit to taking that next practical step of obedience today.

Day 5

Praise God For The Victory
2 Chronicles 20:21–22

Scripture Focus

2 Chronicles 20:21–22 (CSB)

"Then he consulted with the people and appointed musicians to sing to the Lord and praise the beauty of his holiness as they went out in front of the troops. They sang: 'Give thanks to the Lord, for his faithful love endures forever.' The moment they began their shouts and praise, the Lord set an ambush against the Ammonites, Moabites, and the inhabitants of Mount Seir who came to fight against Judah, and they were defeated."

What happens here's totally wild. Jehoshaphat puts worshippers at the very front of the military line, ahead of the actual soldiers. They marched straight toward a massive enemy coalition, led by people singing praises to God. They didn't wait until the enemy was gone, the threat was cleared, or the battle was won before they opened their mouths. They praised God while the threat was still standing right there in the valley.

Look at verse 22: "The moment they began their shouts and praise, the Lord set an ambush." That word for praise connects to תְּהִלָּה (təhillâ), an open, joyful declaration of who God is before you even see the outcome.

Praising God before the breakthrough was the ultimate sign of trust. It declared that God's word was so solid that the outcome was already settled. And when they released that praise, God caused the enemy forces to turn on each other. Judah didn't even have to lift a weapon in battle. Praise shifted their heart posture and allowed God to step in and win it for them.

Pause & Pour

Praise's how you keep your heart grounded when you're still waiting for things to shift. Turn your eyes off the mountain in front of you and focus on the character of your Father.

Take a few minutes right now to speak directly to God in gratitude. Praise Him for His track record in your life, His faithfulness, and His promises. Thank Him in advance for working out what you're facing, even before you see the physical proof in front of you.

Day 6

Uncovering Your "Wall"
2 Chronicles 20:3

Scripture Focus

2 Chronicles 20:3 (CSB)

"Jehoshaphat was afraid, and he resolved to seek the Lord. Then he proclaimed a fast for all Judah."

Now that we've walked through the five core steps, let's bring this right into your real everyday life.

When news hit that an army was coming, Jehoshaphat felt the shock immediately. Verse 3 tells us straight up: Jehoshaphat was afraid. Feeling fear or hitting a wall's a human thing. Serving God doesn't mean you'll always be immune to moments where momentum stops or life feels heavy. The real question's what you do when that wall appears.

Look at Jehoshaphat's response: "Jehoshaphat was afraid, and he resolved to seek the Lord." The Hebrew phrase for resolved to seek is וַיִּתֵּן אֶת־פָּנָיו לִדְרוֹשׁ (wayyittēn ʾeṯ-pānāw liḏrôš), which literally means "he set his face to seek." He didn't let fear cause him to spiral; he used that pressure to turn his face directly toward God.

When momentum stalls and you hit a wall, it's easy to start second-guessing yourself or asking, "Did I miss God?" But that wall isn't a stop sign, it's an invitation to pause and set your face toward Him. You can't control everything going on around you, but you can decide where your focus is set.

Pause & Pour

Be completely real with yourself today. Where've you felt like you hit a wall lately? Is it in your work, a goal you were chasing, a relationship, or just feeling drained in your spirit?

Stop trying to force your way through the fatigue. Bring that exact situation to God right now. Tell Him where you're feeling frustrated or confused. Practice setting your face (pānāw) toward Him right in the middle of the pressure, trusting that He's using this pause to shift you from stuck to still.

Day 7

Living In Daily Stillness
2 Chronicles 20:30

Scripture Focus

2 Chronicles 20:30 (CSB)

"So Jehoshaphat's kingdom was at peace, for his God gave him rest on every side."

The Hebrew word for rest here is נוּחַ (nûaḥ). It means settling down, abiding, and dwelling in a state of quiet confidence. It's the exact same root word used when Noah's ark came to rest on solid ground. Notice that this nûaḥ wasn't just a fleeting emotion, it was a lasting peace given by God because the people learned how to move from being stuck to being still.

Stillness isn't a quick trick you only pull out when an emergency hits. It's a daily lifestyle. Life's always going to have demands, sudden changes, and moments where time feels tight. But when you know how to be honest with God, wait for His voice, take your hands off, walk in simple obedience, and keep praise in your mouth, you don't have to live in a constant state of spiral. You can walk in nûaḥ right in the middle of a busy schedule.

Being still doesn't mean doing nothing; it means knowing who's in control while you do your part. You don't have to carry the weight of the outcome when you know your Father's taking care of the heavy lifting.

Pause & Pour

As you wrap up this companion guide, talk to God about your daily rhythm. Where've you been letting noise, rush, and pressure crowd out your peace?

Ask Him to help you build a daily habit of stillness, a real practice of bringing Him your raw thoughts, listening for His voice, and trusting His timing.

Commit to walking in His rest (nûaḥ) today, knowing He's got you completely covered.



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