



## What to Do When You Don't Know What to Do

From Jehoshaphat's prayer in  
2 Chronicles 20:5-12



### The Seven R's:

1. **R** – Recite who God is—out loud, if possible  
Get God-focused by reciting his characteristics and attributes.
2. **R** – Remember what God has done for you in the past  
It's easy to forget how God has worked for you previously!
3. **R** – Recall God's promises  
Think of the promises God has given you, promises which cannot fail!
4. **R** – Restate the problem  
Tell God exactly what you're facing, and how you feel about it.
5. **R** – Release the problem  
Admit your inability to solve the problem and let go of it.
6. **R** – Rejoice in advance  
Rejoice for the victory God will give you, even before you see it.
7. **R** – Rest in his love and grace  
Enjoy the rest he will give you as you release the problem to him.



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