SUNDAY SNAPSHOT · GO DEEPER

Can Gratitude and Grief Sit at the Same Table?

Making room for both this Thanksgiving week.

"*Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*"

Psalm 23:5 (KJV)

Six short and sweet letters, Monday through Saturday

A Scripture, a pause, and a prayer for each day of Thanksgiving week.

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MESSY MIDLIFE MONDAY · MONDAY, NOVEMBER 23

Blessed and Busy

💗 Quote of the Day

> *"The people around us probably love us perfectly imperfect, just the way we are."*

Luke 10:38–42 (KJV)

Hey you, it's me! 💋

Okay, real question. Are you racing to the grocery store this week, or are you a planner with the fridge already stocked and ready for Wednesday? No judgment either way. I've been both.

Here's what I've noticed, especially as parents: during the holidays we get so tangled up in the details. The menu, the table, the expectations, wanting every little thing to be perfect.

In Luke 10, Martha is busy getting everything ready for Jesus, and she's frustrated that her sister Mary is just sitting at His feet. Jesus gently says, "Martha, Martha, thou art careful and troubled about many things: But one thing is needful." (Luke 10:41–42)

Mary chose to sit at Jesus' feet. Not because there was nothing left to do, but because she knew who was in the room. Last Saturday, we practiced sitting with God and letting Him speak through the silence. This week, one of the busiest weeks of the whole year, is where we get to live it.

Here's the thing, friend. The people around us probably love us perfectly imperfect, just the way we are. Your family probably doesn't care if dinner's on paper plates or the good dishes. They're just there for the pie. They're soaking up the little moments, so don't forget to soak them up too.

Pause

> *Before you check off the next thing on your list, stop and look around at who's here. And before the day gets away from you, sit with Jesus for a minute first.*

🙏 Prayer

Lord, when I get tangled in the details, help me choose what matters most. Help me be like Mary and sit at Your feet first. Amen.

And it's podcast day! If you're missing someone at your table this year, this week's episode is for you. Watch it tonight on YouTube at 7 PM, or listen Tuesday wherever you get your podcasts.

✍️ My Notes

Until our next chat, just stay sweet out there.
I love you, Jenn 

TUESDAY TALK · TUESDAY, NOVEMBER 24

Have We Forgotten to Say Thank You?

💗 Quote of the Day

> *"Let's be the one who turns back."*

Luke 17:11–19 (KJV)

Hey you, it's me! 💋

Can I ask you something? When's the last time someone showed up for you, and you really told them thank you? Not a quick "thanks!" on your way out the door, but the kind of thank you that makes them stop for a second.

This time of year we say "thankful" a lot. But I've been wondering if we sometimes forget to turn around and actually say it.

There's a story in Luke 17 that's stuck with me. Ten men with leprosy called out to Jesus, and all ten were healed. But only one turned back. He came back praising God at the top of his voice, fell at Jesus' feet and thanked Him. And Jesus asked, "Were there not ten cleansed? but where are the nine?" (Luke 17:17)

I wonder if some of them were so excited to get back to their lives that they forgot to turn around and say thank You. They were healed, they had places to go, people to see. Sound familiar?

So today, let's be the one who turns back. Think of one person who's shown up for you this year. Maybe it was a text when you needed it, a meal, or just them sitting with you. Before the holiday rush takes over, tell them thank you. A quick text counts.

Pause

> *Who's one person I can thank today?*

🙏 Prayer

Lord, thank You for the people You've placed in my life. Help me turn back and say thank you, to them and to You. Amen.

✍️ My Notes

Until our next chat, just stay sweet out there.
I love you, Jenn 💋

WEDNESDAY WINE DOWN · WEDNESDAY, NOVEMBER 25

The Little Things We Almost Missed

💗 Quote of the Day

> *"Now we know they were the good stuff all along."*

James 1:17 (KJV)

Hey you, it's me! 💋

Are you cooking today? Pie in the oven, onions and celery on the cutting board, maybe a little something simmering on the stove? What time's dinner? I'm sure I can catch a flight or a car.

Isn't it funny how a smell can take you right back? For me, it's the smell of sage seasoning in Southern cornbread dressing. One whiff and I'm right back in my mom's kitchen. She made the best dressing in town.

I think the older we get, the more grateful we are for those little moments. Back then we were so busy we almost missed them. Now we know they were the good stuff all along.

James tells us, "Every good gift and every perfect gift is from above." That includes the small ones: the laughter in the kitchen, the person stealing a taste before dinner, the recipe card in someone else's handwriting.

Pause

> *While you're cooking today, notice one small gift and thank God for it.*

🙏 Prayer

Lord, thank You for the little things I almost missed. Open my eyes to the gifts right in front of me. Amen.

✍️ My Notes

Until our next chat, just stay sweet out there.
I love you, Jenn 💋

TRUST IT THURSDAY · THURSDAY, NOVEMBER 26

Trusting the Process

💗 Quote of the Day

> *"You made room for Him this morning."*

Proverbs 3:5–6 (KJV)

Hey you, it's me! 💋

Happy Thanksgiving, sweet friend!

I'm keeping this one short because I know you've probably got a turkey in the oven, somewhere to be, or a hundred little things demanding your attention today. 😂

But before we get into anything else, I want to tell you something.

Congratulations! Seriously, give yourself a little credit this morning.

Do you realize what you just did?

On a day when life is demanding so much of your time and attention, you chose to sit down and spend a few minutes with God.

And I don't want us to overlook how meaningful that is.

Think about what we've been talking about these past few weeks.

Making room for God. Learning to call on Him before life feels like an emergency. Trusting Him with the things we cannot control. Finding balance in this messy middle of midlife.

We've been praying about it, studying Scripture, and trying to put what we're learning into practice.

And look at us. Here we are, doing exactly what we've been talking about.

Maybe you didn't even think about it that way when you opened this letter today.

But I hope you'll recognize that something is growing.

We're learning to make time for Him, even when life is asking us to be everywhere else.

And perhaps this is one of those little moments when we can recognize that we've been listening to what God is teaching us.

Proverbs 3:5–6 reminds us to trust in the Lord with all our hearts and acknowledge Him in all our ways.

And today, that's exactly what we're practicing.

We're inviting Him into our Thanksgiving, into our responsibilities, into our celebrations, and even into the emotions that might show up along the way.

So wherever today finds you, whether your table is full, someone is missing, or your traditions look different this year, remember that God is right there with you.

And I hope you carry this little victory into the rest of your day.

You made room for Him this morning. You can keep making room for Him in the ordinary moments, too.

Now go enjoy your Thanksgiving. Make some memories, eat something delicious, and love on the people around you.

And keep an eye out: a longer Thanksgiving note is coming today, just for you.

And thank you for spending a little part of your day with me.

Pause

> *Before the day gets busy, thank God for one thing at your table.*

🙏 Let's Pray

Heavenly Father,

Thank You for bringing us together this morning.

We've spent weeks learning to make room for You, and today we're beginning to see what that looks like in our everyday lives.

Help us recognize the small ways we're growing in our relationship with You.

Teach us to listen for Your guidance, trust what we're learning through Your Word, and continue inviting You into our lives, even when the demands of the day feel overwhelming.

Thank You for the people around our tables, the memories we carry, and the opportunity to make new ones.

And for those carrying grief today, remind them of Your presence and love.

In Jesus' name, Amen.

✍️ My Notes

Until tomorrow, just stay sweet out there. 💋

FEEL-GOOD FRIYAY · FRIDAY, NOVEMBER 27

Black Friday, Full Carts & New Traditions

💗 Quote of the Day

> *"Traditions change, and that's okay."*

Ecclesiastes 3:1 (KJV)

Hey you, it's me! 💋

Before you grab the credit card out of your purse and head out the door to shop till you drop, come sit with me for just a minute.

Happy shopping, sweet friend! I hope you get everything on your Christmas list and then some. And buy a little something for yourself, too. Love on yourself today.

Me? I'm grabbing a cup of coffee, snuggling under my electric blanket and writing you this little letter, just to say I love you.

Even Black Friday has traditions, and maybe yours look a little different this year. Maybe you used to be first in line at the store, and now you'd rather be on the couch like me. Hey, come join me. The more the merrier!

Because here's what I'm learning, friend. Traditions change, and that's okay. What we did last year, or ten years ago, doesn't have to decide how we spend today. So don't let yesterday's traditions weigh down today.

Even King Solomon knew life comes in seasons. He wrote, "To every thing there is a season, and a time to every purpose under the heaven." This is your season, so enjoy it, couch and all.

So before the leftovers are gone, let's do our Friyay check-in. What worked this week? Celebrate it, even if it was small. What didn't? You're allowed to leave it behind. And what do you want to carry forward into Christmas? Maybe it's a new tradition that surprised you, a conversation you finally had, or simply slowing down long enough to enjoy the people around you.

Pause

> *Write down one thing to celebrate, one thing to leave behind and one thing to carry forward. Then do one thing today just because it makes you happy, whether that's the store, the couch or a long nap.*

🙏 Prayer

Lord, thank You for this season, just as it is. Help me enjoy the new traditions and the new memories. Help me hold on to what's good and let go of what isn't. Amen.

✍️ My Notes

Until our next chat, just stay sweet out there.
I love you, Jenn 

SATURDAY SIT DOWN · SATURDAY, NOVEMBER 28

Thank You for Pulling Up a Chair

💗 Quote of the Day

> *"A small table can still be a full one."*

Psalm 100:4–5 (KJV)

Hey you, it's me! 💋

How are you feeling after this week? Full of turkey, a little tired, maybe a little tender? Grab your coffee and come sit with me one more time.

I just want to say thank you. Thank you for reading, for writing me back, for sharing your stories and for sitting beside me at this table every week. I never knew my small little corner of the internet could bring me so much joy. And here's what I'm learning: a small table can still be a full one.

"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting." (Psalm 100:4–5)

Pause

> *Thank God for one person who pulled up a chair for you this year.*

🙏 Prayer

Lord, thank You for every person You've brought to my table, near and far. Thank You that Your mercy never runs out. Amen.

🎶 Song of the Week: "Gratitude" by Brandon Lake

✍️ My Notes

Until our next chat, just stay sweet out there.
I love you, Jenn 💋