SUNDAY SNAPSHOT · GO DEEPER

Connect the Dots

Looking back, recognizing God's hand, and celebrating the life we are living.

"*He who began a good work in you will carry it on to completion.*"

Philippians 1:6 (NIV)

A 7-Day Go Deeper Devotional

A week of reflection inspired by Philippians 1:6 and the P.A.U.S.E.™ Framework: Pause, Acknowledge, Understand, Surrender, Emerge.

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BEFORE WE BEGIN

Your 7-Day P.O.P.

> *"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."*
> Philippians 1:6 (NIV)

Pause

Before you race toward the next goal, take a moment to recognize where you are today.

Observe

Look back over the last year. Notice one unexpected connection, one change in yourself, and one moment worth celebrating.

Pray

"Lord, thank You for the work You have already done in me. Help me see what I tend to overlook and trust You with the parts I cannot see yet. Amen."

How to Use This

Find a quiet spot with your Bible, a pen, and something warm to drink. Each day has a little note from me, what God's Word tells us, a thought of the day, one small step to walk with me, a journal prompt, and a prayer.

Our Song of the Week

"Goodness of God" by Bethel Music and Jenn Johnson. Play it as you start each day, and let it remind you of the chapters you have already lived and the prayers you have seen answered.

SUNDAY SOUL CHECK · SUNDAY, NOVEMBER 1

Let's Pray Over Our Week

Hey you, it's Sunday! 💋

Lately, I've spent so much time asking God what's next that I've almost forgotten to appreciate where He's already brought me. I've been looking back at my life, the decisions I've made, and the prayers I've prayed. Goodness, some of those dots are finally starting to connect!

I still have questions, and some days I wish God would hand me directions for the next chapter. But Philippians 1:6 reminds me that He is still working in us.

Will you walk with me this week? We'll make a timeline, connect the dots, celebrate what we can see, and learn to appreciate the chapter we're in. What are you carrying into this week? Let's celebrate together.

What God's Word Tells Us

Philippians 1:6 | God continues the good work He has begun in His people.

Thought of the Day

> *God is already in the tomorrow I cannot see.*

Walk With Me Today

PAUSE: Take a quiet moment before the week begins. Name what is on your heart and what you hope to notice this week.

Journal With Me

When I look back over my life, where can I recognize God working? What am I carrying into this new week?

Let's Pray Over Our Week 🙏

God, thank You for another Sunday and another week to walk with You. You know what is on my heart, what I am worried about, and what I am hoping for. Some days I wish I could see what comes next, but I know You are already in my tomorrow.

Lord, carry me through this week. Give me strength when the days feel heavy, patience when things do not go as planned, and wisdom when I do not know which step to take. Help me recognize the good You have already done in my life.

Walk with me through every moment this week, Lord. I am trusting You with what I cannot see.

In Jesus' name, Amen.

MOTIVATIONAL MONDAY MOMENT · MONDAY, NOVEMBER 2

Step One: The Timeline

Hey you, it's Monday! 💕

The person you were five years ago, ten years ago, even twenty years ago. Do you ever stop and think about how much life has happened since then?

Sometimes an old picture brings back a whole afternoon with my kids. Sometimes I laugh at the things I worried about. And there are chapters I'm perfectly happy leaving in the past! 😂

Today, we're starting with the memories, the people, and the moments that shaped us. We don't need to make sense of everything yet. Just remember.

What God's Word Tells Us

Psalm 77:11–12 | The psalmist chooses to remember and reflect on what God has done.

What I'm Learning

I'm learning that some of my favorite memories were ordinary days I didn't know I'd treasure. Remembering helps me appreciate the life I've lived.

Thought of the Day

> *Some of the smallest moments become our favorite memories.*

Walk With Me Today

ACKNOWLEDGE: Make a timeline of your life. Add milestones, moves, relationships, joyful memories, hard seasons, and the small moments you still remember. Tomorrow, we'll return to it and connect the dots.

Journal With Me

What moments would I put on the timeline of my life? What memories still make me smile?

Let's Pray Over Today 🙏

God, thank You for this Monday. As I begin another week, help me slow down long enough to appreciate the life I have lived.

As I look back today, bring to mind the people, places, and moments that shaped me. Help me remember the good, find peace with the difficult, and recognize the blessings I may have overlooked.

Whatever today brings, give me patience, wisdom, and a grateful heart. And as I prepare for tomorrow, help me trust that You will guide my next step.

In Jesus' name, Amen.

TUESDAY THROWBACK · TUESDAY, NOVEMBER 3

Step Two: Connecting the Dots

Hey you, it's Tuesday! 💕

Did you make your timeline yesterday? Now comes the part I've been thinking about lately.

I started a podcast. That brought connections and conversations I never expected. I opened my life coaching company, found more confidence in my voice, finished my book, and became a published author.

At the time, I couldn't see how those chapters would fit together. Looking back, I can recognize places where God was working, even when I had no idea what came next. And goodness, I still have questions! 😂

What God's Word Tells Us

Proverbs 3:5–6 | Trust the Lord, acknowledge Him in your ways, and seek His direction.

What I'm Learning

I'm learning that I can recognize God's guidance in hindsight while still having questions about tomorrow.

Thought of the Day

> *One small step can lead somewhere we never imagined.*

Walk With Me Today

UNDERSTAND: Return to Monday's timeline. Circle three moments that connect. Draw lines between them. Think about the people, decisions, opportunities, and lessons that helped lead from one to the next.

Journal With Me

What three moments in my life can I connect today? What happened because I took that next step?

Let's Pray Over Today 🙏

God, thank You for bringing me into another day. As I look back at my life, help me recognize the connections I could not see while I was living through them.

Thank You for the people You have placed in my path, the opportunities I have been given, and the lessons I have learned.

When I start worrying about tomorrow, remind me that I do not have to figure everything out today. Help me take the next step with courage and trust You with where it leads.

In Jesus' name, Amen.

WEDNESDAY WINE DOWN · WEDNESDAY, NOVEMBER 4

Step Three: Can You See It?

Hey you, we're halfway through the week! 💕

Have you PAUSED long enough to recognize what God is already doing in your life?

Maybe you connected a few dots yesterday. Maybe you're still staring at your timeline wondering what in the world some of those chapters meant. I get it! 😂

I can get excited about a milestone and five minutes later start worrying about the next one. Today, I want us to look around and recognize the good that is happening right now.

🎶 **Midweek Go Deeper Song:** "Way Maker" by Leeland

What God's Word Tells Us

Zechariah 4:10 | Do not despise small beginnings.

What I'm Learning

I'm learning to appreciate progress while it's happening, instead of waiting for the next big thing before I celebrate.

Thought of the Day

> *Celebrate the small wins. They are part of your story, too.*

Walk With Me Today

PAUSE: Write down three things worth celebrating today. An answered prayer, a boundary you kept, a difficult conversation, or simply making it through a hard week. Small wins count.

Journal With Me

Where can I recognize God's work in my life today? What can I see now that I could not see before?

Let's Pray Over Today 🙏

God, here we are, halfway through another week! Thank You for carrying me through the days behind me and for being with me in this one.

Open my eyes today. Help me notice the little victories, the answered prayers, and the ways You have been working in my life.

Forgive me for the times I overlook a blessing because I am too busy looking for something bigger. As I walk into tomorrow, help me carry gratitude with me.

In Jesus' name, Amen.

THOUGHTFUL THURSDAY · THURSDAY, NOVEMBER 5

Step Four: Look Who You Are Becoming

Hey you, it's Thursday! 💕

Can we talk about how much we change in midlife? I think about who I was in my twenties and thirties, and goodness, there are things I wish I could tell her!

I've spent years questioning myself and wondering if I'm getting it right. I still do sometimes. But when I look back, I see more confidence, a stronger voice, and a little more grace for myself.

What about you? Who are you becoming?

What God's Word Tells Us

2 Corinthians 3:18 | God continues transforming us as we grow in Christ.

What I'm Learning

I can appreciate how much I've grown while still acknowledging the lessons I'm learning.

Thought of the Day

> *God has not given up on me, even on the days I feel like giving up on myself.*

Walk With Me Today

EMERGE: Revisit your timeline and write three ways you have grown in the last year. Think about your voice, relationships, faith, and how you treat yourself.

Journal With Me

How have I changed over the last year? What am I thankful for about the person I am becoming?

Let's Pray Over Today 🙏

God, thank You for loving me through every version of myself. You know my struggles, my mistakes, and the things I am still trying to figure out.

Help me see the growth I sometimes overlook. Give me grace for the lessons I am still learning and courage to keep going.

When I am hard on myself, remind me that You are still working in me. And as tomorrow approaches, help me walk into it with a little more confidence in the person You created me to be.

In Jesus' name, Amen.

FEEL-GOOD FRIYAY · FRIDAY, NOVEMBER 6

Step Five: Finding Joy in the Ordinary

Hey you, happy Friyay! 💕

How was your week? Did you get everything done, or are you wondering where the days went? 😂

I mentioned in Sunday's letter that sometimes I just want a regular Tuesday. Coffee, the dogs, time with my husband, and a day when I don't have to figure out the next chapter before dinner.

There's always another goal or project. I'm learning to make room for the ordinary moments happening right now.

What God's Word Tells Us

Ecclesiastes 3:12–13 | Enjoying life and the fruits of our work can be gifts from God.

What I'm Learning

An ordinary day is worth enjoying. I don't want to miss the life in front of me while planning what comes next.

Thought of the Day

> *There is something beautiful about an ordinary day.*

Walk With Me Today

SURRENDER: Release one unnecessary expectation today. Enjoy your coffee, call someone you love, sit outside, or take a walk without turning it into another task.

Journal With Me

What is one small thing I am thankful for today? How can I make more room for ordinary moments throughout November?

Let's Pray Over Today 🙏

God, thank You for getting me through another week. Today, help me slow down.

Let me enjoy my coffee, appreciate the people I love, and notice the little things happening around me.

Remind me that I can find joy in an ordinary Friday. As I head into the weekend, help me be present with the people around me and thankful for the moments we share.

In Jesus' name, Amen.

SATURDAY SOUL CHECK · SATURDAY, NOVEMBER 7

Step Six: Your Story Is Still Being Written

Hey you, it's Saturday! 💕

We made it through another week together. On Monday, we made a timeline. Tuesday, we connected the dots. Wednesday, we celebrated what we could see. Thursday, we noticed how we've grown. Friday, we made room for ordinary joy.

I've been doing this alongside you, and I keep coming back to one thing: God has already done so much. I still have questions, and there are chapters I can't see yet. But I want to carry gratitude into the week ahead.

What God's Word Tells Us

Philippians 1:6 | God will complete the good work He began in His people.

What I'm Learning

I'm learning to celebrate the life I've already lived while trusting God with the parts of my story still unfolding.

Thought of the Day

> *God is still working in me, and my story is still being written.*

Walk With Me Today

EMERGE: Look back at your timeline and journal pages. Write a note to yourself beginning, "Dear me, look how far you've come…" Finish with one thing you're trusting God with next week.

Journal With Me

Looking back at my timeline, what have I learned this week? What am I celebrating, and what am I trusting God with as I enter a new week?

Let's Pray Over Today 🙏

God, thank You for walking with me through another week. As I look back today, I can see moments I had forgotten, lessons I have learned, and blessings I may have overlooked.

Thank You for the small steps that brought me here. I still have questions. There are things I do not understand and chapters I cannot see yet.

Help me remember that You are still working in my life. As this week comes to a close, help me release what I cannot control, celebrate what I have learned, and prepare my heart for another Sunday with You.

Thank You for never giving up on me.

In Jesus' name, Amen.

THE QUICK SNAP

Look back long enough to notice how far you have come.

Verse to carry: Philippians 1:6

Celebrate: One answered prayer, one unexpected connection, or one small win.

Release: The pressure to turn every achievement into another race.

Your question: Can you connect the dots of where God has been working in your life?

Write me back at justjellypodcast.com and tell me what you're celebrating.
Let's celebrate together. Tag me @justjennboard

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