SUNDAY SNAPSHOT · GO DEEPER

Remember Who God Is

When fear gets loud, remember who has been faithful.

"The LORD is with us: fear them not."

Numbers 14:9 (KJV)

A 7-Day Go Deeper Devotional

A week of reflection inspired by Numbers 14:9 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.

> *"If the LORD delight in us, then he will bring us into this land… the LORD is with us: fear them not."*
> Numbers 14:8–9 (KJV)

Pause

When fear gets loud this week, stop before you let it write the ending. Remember who God has already been.

Observe

Look at your garden. Notice which part feels thirsty, and which part you have been trying to control.

Pray

"Lord, when fear gets loud, help me remember who You are. Teach me to abide in You and leave the outcomes in Your hands. 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, a question to sit with, and a prayer.

Our Songs of the Week

"The Drought Is Over" by LO Worship and Anna Golden. As you listen, think about the dry places in your garden and the One who brings the rain. Midweek song: "Remember" by Lauren Daigle.

SUNDAY SOUL CHECK · SUNDAY, NOVEMBER 8

Remember Who He Is

Scripture: Numbers 14:6–9; Exodus 34:6 | **Weekly anchor:** Numbers 14:9 (KJV)

Thought of the Day

> *"Before you count the giants, remember your God."*

Start Here

Hey you! It's me! 💋 Welcome to Day 1. Today's Snapshot started with a question: do you remember who God is? Before we tend the garden this week, I want us to start right there. Not with what we are afraid of, but with who He is.

When I felt overwhelmed this week, I noticed how fast my mind could list every problem. It took me much longer to name God's character. Maybe you have felt that too.

Who God Says He Is

In Exodus 34:6, the Lord describes Himself as merciful, gracious, longsuffering, and abundant in goodness and truth. He spoke those words to Moses after Israel had already failed. God's character did not change because His people struggled.

In Numbers 14, Joshua and Caleb did not pretend the giants were not there. They simply refused to let the giants be bigger than the Lord: "the LORD is with us: fear them not" (Numbers 14:9, KJV).

Here's What I'm Learning

Fear gets louder when I forget who God is. So today I am writing down who He is before I write down what I am worried about. Merciful. Gracious. Patient. Good. True.

Journal With Me

Which part of God's character from Exodus 34:6 do you need to remember most this week?

Let's Pray 🙏

Lord, when fear gets loud, help me remember who You are. You are merciful, gracious, patient, and full of goodness and truth. Let that be louder than my worry this week. Amen.

MOTIVATIONAL MONDAY MOMENT · MONDAY, NOVEMBER 9

Remember What He Has Already Done

Scripture: Psalm 77:1–12 | **Weekly anchor:** Numbers 14:9 (KJV)

Thought of the Day

> *"The same God who carried you through yesterday is already present in your tomorrow."*

Remember Yesterday?

Hey you! It's me! 💋 Remember how we ended Sunday by looking at our gardens? Before we decide what needs attention, I want to look backward. What has God already brought us through?

I think about the Camino. I remember fear, difficult roads, and praying through moments I had never imagined choosing. At the finish, I could see how God had sustained me. Yet everyday worries can still make me forget those lessons.

Here's What I'm Learning

I can make space to remember the prayers, people, endurance, and provision that carried me here. Sometimes I need to tell the story again so I do not let fear tell it for me.

Journal With Me

Which moment from your past helps you remember God's faithfulness when today feels uncertain?

Let's Pray 🙏

Psalm 77 begins in distress. The psalmist wonders whether God's mercy has ceased. Then in verses 11–12, he deliberately remembers the Lord's works and meditates on them. His circumstances do not magically change. His attention turns toward God's faithfulness.

TUESDAY THROWBACK · TUESDAY, NOVEMBER 10

When Fear Starts Writing the Story

Scripture: Numbers 13:25–33; 14:1–9 | **Weekly anchor:** Numbers 14:9 (KJV)

Thought of the Day

> *"Fear writes endings God never wrote."*

Remember What We Said Yesterday?

Hey you! It's me! 💋 Yesterday we remembered. Today, I want to ask what happens when our imagination runs ahead of us. One worry becomes five, and suddenly we have written an ending that has not happened.

What Did the Spies Actually See?

The spies reported that the land was fruitful. They also described strong cities and formidable people. Ten saw the obstacles as overwhelming; Caleb urged Israel to go forward. In Numbers 14 the people rejected the call to trust the Lord, and Joshua and Caleb reminded them of God's presence and promise.

For us, the lesson is to look at fear honestly, seek God's wisdom, and not let imagined outcomes make our decisions.

Can I Be Honest?

Tuesday last week I questioned my writing, my calling, and my motives. Some of those concerns deserved attention, especially the need to handle Scripture responsibly. But I could feel fear turning every question into a verdict against myself.

I can pause, check the facts, ask for counsel, pray, and make the next responsible choice. I do not need to settle every future outcome tonight.

Journal With Me

What possibility have you treated as a certainty, and what would a more truthful, prayerful perspective look like?

Let's Pray 🙏

Lord, help me face real concerns with wisdom. Keep fear from distorting my view of You, myself, or my responsibilities. Amen.

WEDNESDAY WINE DOWN · WEDNESDAY, NOVEMBER 11

I Thought I Was a Plant, but I'm a Garden

Scripture: John 15:1–5 | **Weekly anchor:** Numbers 14:9 (KJV)

Thought of the Day

> "A *thirsty garden doesn't need a harder-working gardener. It needs water.*"

Back to Wednesday Morning

Hey you! It's me! 💋 Remember when I told you I went to the gym at 7 a.m., came home, and stopped everything to worship? I haven't stopped thinking about that morning.

My life has so many living parts: faith, marriage, kids, health, my dogs, friends, work, self-care, and writing. I thought I was one little plant. Turns out I'm tending a whole garden.

What Jesus Means by the Vine

In John 15, Jesus tells His disciples to abide in Him. A branch doesn't make its own life. It gets it from the vine. My sprinkler system is how I picture it, but Jesus gives us the deeper truth: He's the source.

I don't want my time with Him to be one more box on the list. I want to know Him.

What Does More Water Look Like?

Some mornings it's a long Bible study. Some mornings it's a quick thank-you. Sometimes it's an honest question and staying long enough to listen. I've grown, and I'm still thirsty. That's a beautiful place to begin.

Journal With Me

Which part of your garden is thirsty, and what's one simple way you could make room for God today?

Let's Pray 🙏

Jesus, teach me to abide in You. Let my desire to grow draw me toward Your Word and Your presence. Amen.

THOUGHTFUL THURSDAY · THURSDAY, NOVEMBER 12

Tend the Garden, Release the Season

Scripture: Proverbs 3:5–6; Ecclesiastes 3:1–8 | **Weekly anchor:** Numbers 14:9 (KJV)

Thought of the Day

> *"Plant the seed. Pull the weeds. Leave the harvest to God."*

Can I Admit Something?

Hey you! It's me! 💋 I like a plan. I like progress. And when I care deeply about something, I want to know how it will turn out. That is exactly where Tuesday's questions began to overwhelm me.

A Time for Everything

Ecclesiastes 3 describes the changing seasons of human life. It is wisdom literature that names experiences we cannot schedule or command. Proverbs 3 calls us to trust the Lord rather than lean on our own understanding.

Neither passage excuses passivity. They invite humility about our limits.

The Garden Keeps Teaching Me

A gardener can prepare the soil, plant, water, and pull weeds. But no gardener can command a seed to sprout tomorrow. In my writing, I can study Scripture, check my interpretation, ask thoughtful questions, and correct mistakes. I cannot determine how every person responds.

Surrender is not abandoning responsibility. It is placing the outcome I cannot control in God's hands.

Journal With Me

Where are you faithfully tending something while also trying to control its timing or outcome?

Let's Pray 🙏

Father, show me what is mine to do and what I need to release. Give me courage to act and humility to trust You. Amen.

FEEL-GOOD FRIYAY · FRIDAY, NOVEMBER 13

When You Have Nothing Left to Pour

Scripture: Isaiah 40:27–31; Matthew 11:28–30 | **Weekly anchor:** Numbers 14:9 (KJV)

Thought of the Day

> *"God is not asking me to prove my faith through exhaustion."*

How Is Your Garden Doing?

Hey you! It's me! 💋 We have talked about planting, watering, and surrendering. But what about the gardener? Have you ever reached the end of a day feeling like every part of life needed something from you?

A Promise Spoken to the Weary

Isaiah 40 speaks to people who feared their way was hidden from God. The prophet reminds them that the Lord does not faint and gives strength to the weary. In Matthew 11 Jesus invites the burdened to come to Him for rest. These passages offer hope and an invitation to lean on Him, not a demand to push our bodies past their limits.

What I'm Practicing

I want Wake & Worship to be an invitation into relationship. On a strong morning, that might mean a deep study. On a tired one, a short prayer. I can also sleep, ask for support, set boundaries, and care for my health. God is not asking me to prove my faith through exhaustion.

I can return to Him as I am, including when I feel worn out.

Journal With Me

What is making you weary, and what combination of prayer, rest, or practical support might help?

Let's Pray 🙏

Jesus, meet me in my weariness. Teach me to receive Your invitation to rest and to care wisely for the life You have given me. Amen.

SATURDAY SOUL CHECK · SATURDAY, NOVEMBER 14

Keep Growing, Even When You Cannot See It

Scripture: Philippians 1:3–6; John 15:4–5 | **Weekly anchor:** Numbers 14:9 (KJV)

Thought of the Day

> "*Roots grow before anything shows.*"

One Last Coffee Before Sunday

Hey you! It's me! 💋 Can you believe we have spent a whole week in this conversation? We remembered, faced fear, returned to the vine, practiced surrender, and made room for rest. Now let's connect the dots again.

What Paul Was Confident About

In Philippians 1, Paul gives thanks for the believers' partnership in the gospel and says he is confident that God will complete the good work He began in them until the day of Jesus Christ. This is a promise about God's ongoing work in His people. That means my worth and my spiritual growth are not measured by one week's results.

Here Is What I See Now

Tuesday I was afraid and trying to control the outcome. Wednesday I chose to worship. I still have questions, but I also have a clearer desire: I want more time with God.

I can see growth in my garden, and I can admit that some places still need attention. I can keep learning without demanding instant answers. "I have grown. I want more water."

Next Sunday I want us to talk about knowing God as a friend, calling on Him in trouble, and trusting Him as Father. BFF. 911. Father. What would change if He were part of our ordinary conversations all day long?

Journal With Me

Looking back over these two weeks, where do you see growth, and what do you want to nurture next?

Let's Pray 🙏

Father, thank You for walking with me through questions and growth. Keep drawing me toward Your Word. Help me recognize Your faithfulness and remain open to what You are teaching me. Amen.