

Sunday Snapshot · Go Deeper

What's Next? Start With Your Heart.

Six Days of Surrender, Forgiveness, and Grace

6 DAYS · OCTOBER 19–24, 2026

OUR SCRIPTURE FOR THE WEEK

“My grace is sufficient for you, for my power is made perfect in weakness.”

2 Corinthians 12:9 (NIV)

The lie we're confronting: I'm fine. I can carry this.

The truth we're learning: God's grace meets me in the places that need healing.

This is our six-day companion to Sunday's love letter. I want it to feel like we're meeting over coffee each morning, opening our Bibles, and having the conversations we don't always know how to begin. We'll follow the four steps from Sunday's sermon, spend Friday reflecting on what we've learned, and finish Saturday with our surrender exercise and prayer.

HOW TO USE THIS

Find a quiet spot with your Bible, a pen, and something warm to drink. Read the day's devotion, pause on the question, write in the journal space, pray the little prayer, and take one small step. On Saturday, you'll also want a piece of paper. That's it. Nothing to perfect. Nothing to perform.

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

Hey you. I'm so glad you're here. ~ Jenn

Monday

Step One: The Weight We've Learned to Carry

ROMANS 12:19 (NIV) · TURN IT ALL OVER TO GOD

"Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."

Hey you, it's me!

Can I ask you something?

When was the last time someone asked how you were doing, and you told them you were fine because you didn't have the energy to explain everything that was actually going on?

I've done that.

We get so used to carrying things that we forget how heavy they've become.

The disappointment we never talked about. The conversation we keep replaying in our heads. The apology we never received. The choices we'd make differently if we could go back.

We carry all of it into our mornings, our relationships, our prayers, and the quiet moments when there's nothing left to distract us.

And then we wonder why we're exhausted.

On Sunday, we talked about the surgery our hearts may need. The cut, the examination, and the stitches.

Well, before any of that, we have to admit there's something hurting.

I thought about how often I've asked God to change a situation while continuing to carry the weight of it myself.

I'd pray about something, say I was leaving it with Him, and then pick it right back up before I'd finished my coffee.

Sound familiar?

In Romans 12:17–19, Paul reminds us not to repay evil with evil or take revenge into our own hands. God sees what happened. Justice isn't a burden we have to carry ourselves.

And I want to make something clear. Turning something over to God doesn't mean denying the hurt or ignoring a situation that needs action. We can surrender revenge while still seeking safety, accountability, support, and healthy boundaries.

But there is a difference between taking a wise next step and spending our days trying to control how somebody else's story ends.

That's the part I want us to think about today.

How can we take the next step when our hands are already full of everything we've refused to put down?

I don't know what's in your backpack. I know there are things in mine I've carried longer than I care to admit.

So today, we're not going to solve everything.

We're just going to unzip the backpack and look inside.

LET'S PAUSE

What have I been carrying that has become so familiar I've stopped noticing its weight?

JOURNAL WITH ME

When I think about what has hurt me, the situation I keep returning to is...

.....
.....
The emotion I've been carrying is...

.....
.....
What I've been hoping someone else would do to make it better is...

A LITTLE PRAYER

Father,

You know what I've been carrying. You know the things I talk about and the things I keep hidden because I don't have the words.

Help me stop pretending they aren't heavy.

Give me the courage to bring my hurt to You without needing to make it sound prettier than it is.

Teach me the difference between what I can responsibly address and what I need to release from my grip.

I don't know how to put everything down today. But I'm willing to begin.

In Jesus' name, Amen.

ONE SMALL STEP

- ☐ Find a piece of paper. Write down one burden you've been carrying. Underneath it, write:
God, I need Your help with this.

Keep that paper somewhere you'll see it this week. When you catch yourself replaying the hurt, use it as a reminder to pray again.

Surrender isn't a performance. We can keep coming back.

Tuesday

Step Two: Forgiveness Is a Decision, Not a Feeling

EPHESIANS 4:32 (NIV) · MAKE THE DECISION TO FORGIVE

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Hey you, it's me!

I want to talk about a word that sounds so beautiful until we're the ones being asked to do it.

Forgiveness.

Oh, it's easy to tell someone else to forgive, isn't it?

Don't let it bother you.

Just let it go.

Life's too short.

Well, thank you very much, but what exactly am I supposed to do with the hurt that's still sitting in my chest?

Because I can decide to forgive somebody and still feel angry about what happened.

I can genuinely wish someone well and have no desire to sit across the dinner table from them.

I can know what Scripture teaches and still struggle with my feelings.

During Sunday's sermon, the pastor said something that stayed with me:

Forgiveness isn't a feeling. It's a decision.

And I've been thinking about how much freedom there is in understanding that.

We don't have to wait until every emotion has settled before we begin forgiving.

In Ephesians 4:32, Paul calls us to kindness, compassion, and forgiveness, reminding us of the forgiveness we've received through Christ.

But here's where I want us to be careful.

Forgiveness is not permission for someone to keep hurting us. It doesn't automatically rebuild trust or require reconciliation.

And forgiveness isn't a switch we flip that makes the memories disappear.

Remember our stitches?

Today we're beginning to close a wound, not pretending it was never there.

I also think about the times I've said I forgave something, only to find myself bringing it back into another disagreement.

Ouch. That's uncomfortable to admit.

There's a difference between discussing an unresolved hurt because it needs attention and pulling out an old offense to win an argument.

I want to learn that difference.

I want to be a woman who can acknowledge pain without allowing it to become the weapon I reach for.

And if you're struggling with forgiveness today, I don't want you to feel rushed.

You can begin with a prayer as simple as:

God, I want to forgive, but I'm having a hard time. Help me.

That's an honest place to start.

LET'S PAUSE

Am I waiting to feel differently before allowing myself to begin forgiving?

JOURNAL WITH ME

The hurt I keep returning to is...

What I wish the other person understood is...

The boundary or support I need as I heal is...

A LITTLE PRAYER

Father,

Forgiveness is difficult when the hurt still feels close.

You know what happened, what it cost me, and why I've struggled to release it.

Help me make room for forgiveness without denying the truth of my experience. Give me wisdom about trust, reconciliation, and the boundaries that protect my well-being.

Teach me to stop using old wounds as weapons, and help me recognize when a wound still needs honest attention.

I want a softer heart, Lord, but I need Your help getting there.

In Jesus' name, Amen.

ONE SMALL STEP

☐ Write this sentence in your journal:

I am willing to begin forgiving _____, and I need God's help with _____.

You don't have to send a message or contact anyone today. This step can remain between you and God.

Wednesday

Step Three: The Stories We've Told Ourselves

PROVERBS 4:23 (NIV) · CONFESS AND REPENT OF JUDGMENTS MADE AND HELD

"Above all else, guard your heart, for everything you do flows from it."

Hey you, it's me!

It's Wednesday! We're halfway through the week.

How's your heart doing?

No, really.

Not your schedule, your to-do list, or everything you've managed to get accomplished.

Your heart.

Because today's conversation might require us to be a little more honest than we'd planned.

During Sunday's sermon, the third step was to confess and repent of the judgments we've made and held.

And that got me thinking.

Have you ever been hurt by one person and then caught yourself expecting someone completely different to behave the same way?

I have.

We tell ourselves we're being careful.

And perhaps we are.

But somewhere along the way, caution can turn into a story we begin believing about everybody.

People always leave.

Nobody can be trusted.

If I open up, I'll regret it.

And goodness, the judgments we make about ourselves can be just as painful.

I should've known better.

I'm too much.

I always mess things up.

I'm not the kind of woman who gets a second chance.

We can repeat those things for so long that they stop sounding like opinions and start sounding like facts.

That's why Proverbs 4:23 matters to me.

It reminds us to guard our hearts because our lives flow from them.

Not by shutting everyone out, but by paying attention to what we're allowing to take root.

And repentance isn't about sitting in shame.

It's about recognizing where our thinking, attitudes, or actions need to change and turning back toward God.

I don't want to spend the next chapter of my life allowing an old hurt to write the story of every new relationship.

And I certainly don't want to keep speaking to myself in a way I'd never speak to a friend.

What if the judgment we need to release today is the one we've been making about ourselves?

A LITTLE MIDWEEK REMINDER

"You Say" by Lauren Daigle



From the album *Look Up Child*. [Listen on Spotify](#).

Take a few minutes today to listen and remember that the lies you've believed about yourself don't get the final word.

I know we're doing some uncomfortable heart work this week. I don't want us to forget who we are while we're doing it.

We are loved. We are known. We are God's creation.

And we can be honest about the things we need to change without deciding that everything about us is wrong.

LET'S PAUSE

What judgment have I been carrying about someone else, myself, or the way my life has unfolded?

JOURNAL WITH ME

A belief I've developed because of past hurt is...

The evidence I have for that belief is...

What I may be overlooking is...

A more truthful, compassionate way to see this is...

A LITTLE PRAYER

Father,

Please help me recognize the judgments I've been holding.

Show me where I've allowed painful experiences to shape how I see others, myself, and the future.

Where I've been unfair, help me acknowledge it and make things right where I can.

Where I've been unfair to myself, teach me to see the woman You created with more compassion.

Give me discernment without bitterness, wisdom without fear, and a heart that remains open to Your work.

In Jesus' name, Amen.

ONE SMALL STEP

- ☐ Write down one judgment you've been repeating.

Then ask yourself:

Is this something I know to be true, or something I've come to believe because I was hurt?

Pray over your answer.

Thursday

Step Four: Grace for the Life We Have

2 CORINTHIANS 12:9 (NIV) · CLAIM GOD'S GRACE TO LIVE WITH THE CONSEQUENCES

"My grace is sufficient for you, for my power is made perfect in weakness."

Hey you, it's me!

Can we talk about something that doesn't get said enough?

Forgiveness doesn't always put life back the way it was.

There. I said it.

We can forgive someone and still have an empty chair at the table.

We can forgive ourselves and still have to live with a decision we wish we'd made differently.

We can surrender our disappointment to God and still wake up tomorrow facing circumstances we never would have chosen.

And that's hard.

I think there's a part of us that wants healing to come with a guarantee.

If I forgive, will everything be okay?

Will the relationship be restored?

Will the sadness go away?

Will I finally understand why this happened?

I wish I could sit across from you and promise that everything will work out exactly the way you want.

But I can't.

What I can tell you is that God's grace isn't reserved for the life we thought we'd have.

It's available in the life we're living.

And I need that reminder.

Because I have spent plenty of time looking backward, wondering how things might have turned out if I'd said something differently, made another choice, or recognized something sooner.

There's a kind of grief that comes from realizing we cannot go back and rewrite a chapter.

But we can decide how we want to live the chapters ahead.

In 2 Corinthians 12:9, we're reminded that God's grace is sufficient and His power is made perfect in weakness.

I don't read that as a promise that everything will stop hurting.

I read it as an invitation to stop believing I have to be strong enough to carry everything by myself.

And I think back to the woman I was four seasons ago.

The one afraid to sit in a restaurant alone.

The one unsure whether she could speak into a microphone.

The one who had no idea what the next chapter would look like.

She didn't have everything figured out.

Neither do I.

But I can see how much grace has carried me through.

The life we're living may not look like the one we imagined. That doesn't mean there's no beauty left to discover.

LET'S PAUSE

What part of my life am I still comparing to the way I thought things would be?

JOURNAL WITH ME

Something I cannot change about the past is...

What I am grieving about that reality is...

What remains possible for me today is...

A LITTLE PRAYER

Father,

There are things about my life I don't understand.

There are endings I didn't want, choices I regret, and circumstances I wish were different.

Help me grieve what I've lost without losing sight of what remains.

Give me grace to live with what I cannot undo and wisdom to address what I still can change.

When I feel weak, remind me that I don't have to manufacture strength on my own.

Meet me here, in the life I'm living today.

In Jesus' name, Amen.

ONE SMALL STEP

- ☐ Write down one thing about your present life you're grateful for, without minimizing the thing you're grieving.

Both can be true.

Friday

The Follow-Up: When We Pop a Stitch

EPHESIANS 4:31 (NIV) · LOOKING BACK OVER OUR WEEK

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

Hey you, it's me!

We made it to Friday.

And before we go any further, I want to ask you something.

Did this week bring anything to the surface that you weren't expecting?

Because we've covered a lot.

Surrender.

Forgiveness.

Judgments.

Grace.

Those are beautiful words, but living them out can be messy.

Remember our heart surgery analogy?

The cut was admitting something hurt.

The examination was getting honest about what that hurt had done to us.

The stitches were beginning the work of forgiveness and healing.

But here's the thing about stitches.

One can pop.

You can have a beautiful morning, feel peaceful about a situation, and then receive a text message that sends your emotions right back to where they were.

Or hear a familiar name.

Or drive past a place.

And suddenly you're angry again.

You thought you'd dealt with it.

You thought you'd forgiven.

Now you're wondering whether any of the work you've done mattered.

Oh, friend.

Please don't measure your healing by whether you ever feel hurt again.

A reopened wound doesn't erase the healing that's already taken place.

It means we need to pay attention to something tender.

We might need another conversation, more time, professional support, a clearer boundary, or another quiet moment with God.

In Ephesians 4:31–32, Paul speaks about releasing bitterness and practicing kindness, compassion, and forgiveness.

I hear an invitation to keep tending our hearts.

Not to rush ourselves.

Not to hide our feelings.

But to notice when resentment is beginning to take over and choose how we'll respond.

I want us to look back over this week without grading ourselves.

We aren't handing out gold stars for whoever forgave the fastest.

We're learning.

And if all you did this week was finally admit that something still hurts, I think that honesty matters.

LET'S PAUSE

What did I discover about my heart this week that I hadn't fully recognized before?

JOURNAL WITH ME

On Monday, I realized I was carrying...

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On Tuesday, forgiveness felt...

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On Wednesday, I recognized a judgment about...

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On Thursday, I needed grace for...

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Today, I want to remember...

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A LITTLE PRAYER

Father,

Thank You for walking with me through this week.

Thank You for the things I've recognized and the courage it took to be honest.

Help me be patient with the places that are still tender.

When old feelings return, teach me to respond with wisdom rather than shame.

Keep working in my heart, Lord. Help me see the progress I might otherwise overlook.

In Jesus' name, Amen.

ONE SMALL STEP

- ☐ Look back at Monday's journal entry.
Read what you wrote without criticizing yourself.
Has anything shifted in the way you see that burden?
Write one sentence about what you've learned.

Saturday

The First Step: Putting Down What We've Been Carrying

PSALM 139:23–24 (NIV) · OUR SURRENDER EXERCISE AND PRAYER

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Hey you, it's me!

Come sit with me.

Bring your coffee, your Bible, your journal, and a pen.

Today, I don't want us to rush.

We've spent the week having some conversations that aren't easy.

And now I want us to take what we've been learning and do something with it.

I keep thinking about how we carry things.

We carry the words someone said.

We carry the relationship that changed.

We carry the decisions we wish we could make again.

We carry disappointment over the way life turned out.

And after a while, the weight becomes so familiar that we forget we're holding it.

During Sunday's sermon, the pastor talked about surrendering our hurt to God.

And I loved the idea of writing it down.

Because there's something powerful about seeing on paper what we've been carrying in our hearts.

So that's what we're going to do today.

Not to dwell on every painful detail.

Not to force ourselves to forgive before we're ready.

But to begin acknowledging what needs care.

Psalms 139:23–24 is a prayer asking God to search our hearts, know our thoughts, and lead us in His way.

That's what I want for us.

An honest examination.

A willingness to listen.

And the courage to take the first step.

OUR TWO-COLUMN SURRENDER EXERCISE

Take a piece of paper and draw a line down the middle.

In the first column, write the person, situation, or decision connected to the hurt.

In the second column, write the emotion you're carrying because of it.

PERSON, SITUATION, OR DECISION	EMOTION I'M CARRYING

You might write your own name in the first column.

You might write a relationship, an unanswered prayer, a lost opportunity, or a decision you wish you'd made differently.

And the emotions?

Anger.

Regret.

Sadness.

Fear.

Disappointment.

Grief.

There are no right answers here.

If something feels too overwhelming to write about today, you can leave it for another time. You can also work through difficult memories with someone you trust or a qualified counselor.

Once you've finished, look at what you've written.

Not to judge yourself.

Just to acknowledge it.

LET'S PAUSE

Which entry on my page feels the heaviest, and what would it mean to begin surrendering that burden?

JOURNAL WITH ME

The hurt I most need to acknowledge is...

The feeling I've been afraid to admit is...

What I need from God as I begin healing is...

The first small step I can safely take is...

A PRAYER OF SURRENDER

Heavenly Father,

Here I am.

I've written down some of the things I've been carrying, and You know there are others I haven't found the words for yet.

You know every name, every situation, every disappointment, and every emotion on this page.

Lord, I want to surrender these burdens to You.

I want to stop allowing old hurt to control how I live today.

Help me forgive the people who've hurt me, while giving me wisdom about the boundaries I need.

Help me forgive myself for the decisions I regret and the things I didn't understand at the time.

And Father, where I've been disappointed with You, where I've questioned Your timing or struggled to understand why my life unfolded this way, help me bring those feelings honestly into Your presence.

I don't want to hide my anger or grief from You.

I want to learn how to trust You with it.

Search my heart.

Show me what needs attention.

Help me recognize where I've allowed bitterness or judgment to grow.

And give me the courage to take responsibility for the things that are mine to change.

Thank You for the grace that meets me when I feel weak.

Thank You for not asking me to pretend I'm fine.

And thank You for walking with me through the healing process, including the days when I need to come back and surrender the same thing again.

I'm placing what I can into Your hands today.

Help me take the next step.

In Jesus' name, Amen.

ONE SMALL STEP

- ☐ Choose one entry from your paper.

Write a short prayer beside it, asking God for the help you need with that particular hurt. Then decide on one gentle, practical action you can take this week. It might be speaking more kindly to yourself, setting a boundary, reaching out for support, or choosing not to rehearse an old argument today.

You don't have to contact anyone or make a big decision to complete this exercise.

And you don't have to throw your paper away. Keep it, fold it into your Bible, or put it somewhere private.

What matters is that you've begun.

BEFORE WE GO

Can I tell you something?

I'm glad we did this together.

On Sunday, I was sitting at home wondering whether I should write to you at all.

And look at the conversations it opened.

I thought we were going to talk about stepping outside our comfort zones.

Instead, we found ourselves talking about the courage it takes to examine our hearts.

And I think that's a beautiful place to begin.

If you've followed along this week, I'd love to hear what stood out to you.

What surprised you?

What are you ready to put down?

What are you carrying into next week?

Write me back. I'm learning right alongside you.

And remember, if you pop a stitch, it doesn't mean you have to begin all over again.

You can return for care.

What's next? One small step, with a little more room in our hearts for God's grace.

Until our next chat. Just stay sweet out there.

I love you,

Jenn

Don't quit in the quiet.

Your perfectly imperfect podcast host