SUNDAY SNAPSHOT · GO DEEPER

When the Weeds Start Taking Over

Remember who God is:
our BFF, our Father,
and our 463 before 911.

"...the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful."

Mark 4:19 (NIV)

Six personal letters, Monday through Saturday

A different Scripture, honest conversation, and invitation to grow each day.
November 16–21, 2026 · justjellypodcast.com

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MESSY MIDLIFE MONDAY · MONDAY, NOVEMBER 16, 2026

Have We Broken Up With Our BFF?

💗 Quote of the Day

> *"Time knows no boundaries when it comes to the people we love. So why do we put limits on the time we give God?"*

📖 Verse of the Day

Psalm 139:1–2 (NIV): "You have searched me, LORD, and you know me."

☕ Hey You, It's Me!

Hey you! It's me! 💋

You know those friendships that start with one coffee and turn into brunch dates, matching pajamas, sleepovers, and a camera roll full of pictures that should probably stay between us? 😂 Somewhere along the way, that person knows your stories, your fears, and the things you can't quite say to everybody else.

Relationships don't stay in the honeymoon phase forever. They grow. We get comfortable. We learn how to have the awkward conversations. And sometimes, especially in this messy middle of midlife, life gets loud and the calls get fewer. Sometimes a friendship fades. Sometimes it breaks. And even when someone has hurt us, we can still find ourselves missing them and wanting to reconnect.

That got me wondering: have I ever treated God like a best friend I slowly stopped calling?

📖 What God's Word Tells Us

Psalm 139 describes a God who knows our sitting down and rising up, our thoughts, and the words we haven't yet spoken. James 4:8 invites us to draw near to God. Those Scriptures give me courage to return to a conversation I've allowed to grow quiet. God knows what I've been carrying, including the weeds I haven't wanted to acknowledge.

💕 What I'm Learning

As I write this on a Sunday morning, I can look back at the roller coaster of my relationship with God. There have been storms when I ran straight to Him. There have been good seasons when I drifted. There have also been hard seasons when guilt made me pull away.

During my separation from Mr. B, I wrestled with decisions I was making and what I understood Scripture to teach about marriage. I had to pray through that season, and sometimes the guilt made it harder to pray at all. I used to think I needed a perfectly godly life to approach a holy God.

Now I get messy with God. Some nights my menopause brain is scattered and I can't finish the prayer I started. I remind myself: He knows my heart. I can acknowledge where I've fallen short, seek

forgiveness, and keep showing up. That relationship is worth nurturing even when I don't have polished words.

And there's another beautiful part to this friendship. Our BFF is also our Father. We'll sit with that tomorrow.

✍️ Journal With Me

Where has my relationship with God felt close lately? Where have I let it grow quiet? Is there an uncomfortable conversation I've been avoiding having with Him?

🚶 Walk With Me Today

Make a little BFF date today. Bring your coffee, read Psalm 139, and talk to God about what's actually going on. Let the conversation be honest, even if it's messy.

🙏 Let's Pray Over Today

Father, thank You for knowing me beyond the words I can find. Forgive the times I've let distraction or guilt create distance. Help me draw near to You with an honest heart, and make room for a friendship that continues growing through every season. Amen.

Until tomorrow, just stay sweet out there. 💋

TUESDAY TALK · TUESDAY, NOVEMBER 17, 2026

A Father's Love: The Door Is Always Open

💗 Quote of the Day

> *"A parent's love keeps the door open, answers the call, and makes room for forgiveness. Imagine how much greater the love of our Heavenly Father must be."*

📖 Verse of the Day

Luke 15:20 (NIV): "But while he was still a long way off, his father saw him and was filled with compassion for him."

☕ Hey You, It's Me!

Hey you, it's me. ❤️

Here's where it gets good. He's our Father.

If you've ever loved a child, you know that love grows through a hundred different seasons. The tiny hands, the teenage opinions, the adult decisions you can't make for them. And sometimes the distance you never imagined.

I've become more aware of how deeply parents love their children through estrangement. I don't know every part of my daughter's experience, and I won't speak for her. I can tell you mine: I miss her. I pray she's healthy, happy, and loved. If she called today, I'd answer. If she knocked, I'd open the door. We leave a crack open for our children, just in case.

📖 What God's Word Tells Us

In Luke 15, Jesus tells of a son who leaves home and makes painful choices. When he returns, his father sees him from far away and runs to meet him. The son acknowledges his wrongdoing, and the father welcomes him with compassion. The story doesn't erase accountability. It shows the joy and mercy surrounding a repentant return. For anyone whose earthly experience of parenting has been painful, this is a picture of God's character, not a promise that every human relationship will resolve the same way.

💕 What I'm Learning

It took me two and a half years and 31 days across Spain to understand something about what I could and couldn't carry. At Fisterra, we drove toward the cross, and I held two rocks. One represented the grief of my dad's death. The other represented the grief of being separated from my daughter.

I prayed that God would protect her, hold her in His hands, and give her a loving life, even if I wasn't part of her journey again. I remember wondering whether I was ready to say that. Leaving the cross, I felt almost numb. I'd felt so much already.

I've cried this morning writing you this letter. That doesn't mean I failed in my surrender. I'm not saying God caused this situation to teach me something. I'm choosing what I can learn while living through it.

Surrender isn't a perfectly wrapped package we bring to God. Sometimes it comes with tears, trembling hands, and the courage to place the same burden in His hands again tomorrow.

I can leave the door open. I can continue loving. And I can trust my Father with the parts of the story I cannot control.

✍️ Journal With Me

When you picture God as your Father, what feelings come up? Is there a burden you have to place in His hands more than once? What would it mean to believe His compassion is available to you today?

🚶 Walk With Me Today

Read Luke 15:11–24 slowly. Notice the father watching and welcoming. Then bring one honest sentence to God, even if it comes with tears. You don't have to manufacture a feeling of peace.

🙏 Let's Pray Over Today

Heavenly Father, You know the love and grief I carry. Thank You for meeting me with compassion when I return. Help me love without trying to control what isn't mine to control. Give me courage to keep praying, even when surrender is messy and the tears return. Hold those I love in Your care. Amen.

Until tomorrow, just stay sweet out there. 💋

WEDNESDAY WINE DOWN · WEDNESDAY, NOVEMBER 18, 2026

Dial 463 Before 911

💗 Quote of the Day

> *"Our iPhones go everywhere with us. We rarely leave home without them. But what if God's Word carried the same weight in our lives?"*

📖 Verse of the Day

Psalm 46:1 (NIV): "God is our refuge and strength, an ever-present help in trouble."

☕ Hey You, It's Me!

Hey you! Remember when we had to memorize phone numbers? Now I can barely remember one without looking at my contacts. 😂

Here's a number I want to remember: 463. On an old-school phone keypad, G-O-D spells 463.

What if we dialed 463 before we ever needed 911?

When a problem shows up, I can research it, make lists, call three people, and start solving things before I've even finished my coffee. It's human nature to want an answer. But how often do I invite God into the conversation before I'm completely overwhelmed?

📖 What God's Word Tells Us

Psalm 46 calls God our refuge and strength, an ever-present help in trouble. That doesn't mean we wait until trouble becomes a crisis to seek Him. Proverbs 3:5–6 invites us to trust the Lord and acknowledge Him in our ways. Prayer and Scripture can shape the choices we make before the pressure builds.

💕 What I'm Learning

I've learned how quickly I can treat my phone like a lifeline. I check it for directions, updates, messages, and answers. I want God's Word to have that kind of everyday importance in my life.

Dialing 463 isn't a literal call. It's a reminder to pause, pray, and ask for wisdom. Sometimes the next step is also calling a doctor, getting professional help, or asking someone we trust to show up. Those things can belong alongside faith.

I want God in the ordinary conversations, so when the emergency comes, I already know where to turn.

✍️ Journal With Me

What do I reach for first when a problem appears? Where could I invite God into a decision earlier? What Scripture might help me respond with wisdom instead of panic?

🚶 Walk With Me Today

Before your next search, stressful text, or difficult decision, pause and ‘dial 463’: pray briefly and open your Bible. Then take the responsible practical step the situation requires.

🙏 Let’s Pray Over Today

Father, teach me to seek You before worry takes over. Help me listen for wisdom in Your Word and recognize the people and resources that can help. Be my refuge in trouble and my companion in ordinary moments. Amen.

Until tomorrow, just stay sweet out there. 💋

TRUST IT THURSDAY · THURSDAY, NOVEMBER 19, 2026

Trust the Call When the Mountain Doesn't Move

💗 Quote of the Day

> *"God may not move the mountain, but He can give us the strength to climb it."*

📖 Verse of the Day

Isaiah 41:10 (NIV): "I will strengthen you and help you." Also read 1 Samuel 17:32–50 and 2 Corinthians 12:9.

☕ Hey You, It's Me!

Hey you, it's me. Yesterday we talked about dialing 463. But what happens after we've made the call and the mountain is still standing?

Sometimes we expect God to wave a magic wand and fix the whole situation by morning. Because OMG, wouldn't that be convenient? 😂

Sometimes the answer doesn't come quickly. Sometimes things get harder. And that's when the doubt creeps in: maybe I'm too weak, maybe I can't move until everything is resolved.

📖 What God's Word Tells Us

Isaiah 41:10 speaks of God's help and strength. In 1 Samuel 17, David walks toward Goliath with a sling and stones while his opponent has weapons and armor. David trusts the Lord as he acts with what he has. His story is a particular account of deliverance, not a guarantee that every battle ends the way we hope. It does invite us to consider whose strength we're counting on.

💕 What I'm Learning

Sometimes all we need is to bring a rock to a sword fight.

I think about my Camino. I knew I had physical limitations. The journey didn't unfold exactly as I'd pictured, and there were moments when I wasn't sure I could finish. Sometimes my prayer was simply, 'God, could You take a little of this pain? Just enough to get through this part.' I still had to decide what I could carry and when I needed to adapt.

We can get stuck believing we must have the whole situation fixed before we can move. Fear can keep our eyes on the giant instead of the next faithful step. Trust means doing what we can with what we have, and asking God for what we cannot provide ourselves.

I also think about the familiar footprints-in-the-sand image: the one set of footprints in the hardest moments represents being carried. It's a devotional picture, not a Bible verse, but it reminds me that help can be present even when I can't see it clearly.

And sometimes the next step is resting, asking for help, or changing the plan. That counts, too. We have to trust the call we've already made.

✍️ Journal With Me

What mountain am I waiting to disappear? What is already in my hands? What is one wise, possible step I can take today, even if the situation stays unresolved?

🚶 Walk With Me Today

Write two sentences: ‘What I can carry today is…’ and ‘What I need God’s help with is…’ Then choose one realistic action. It might be a conversation, a phone call, a rest day, or a brave first step.

🙏 Let’s Pray Over Today

Lord, when the mountain doesn’t move, help me remember You are still with me. Give me wisdom to know what I can carry and courage to ask for help with the rest. When fear tells me to stay stuck, guide me toward the next faithful step. Thank You for strength that isn’t limited to my own. Amen.

Until tomorrow, just stay sweet out there. 💋

FEEL-GOOD FRIYAY · FRIDAY, NOVEMBER 20, 2026

Pull the Weeds, Celebrate the Flowers

💗 Quote of the Day

> *"Sometimes the hardest weeds to pull are the things we've grown comfortable living with."*

📖 Verse of the Day

Hebrews 12:1 (NIV): "Let us throw off everything that hinders and the sin that so easily entangles."

☕ Hey You, It's Me!

Hey you, it's me! It's Friyay! 💋

I remember my mom looking forward to a Friday morning radio mix. They'd play snippets of songs celebrating the weekend, and you could feel the excitement in the room. Now I've got Dolly Parton's '9 to 5' in my head. 😂

There's something about Friday that makes us want to exhale. Maybe your weekend starts today, maybe your day off comes later. Either way, I think we deserve a moment to look back at the week and recognize what we've made it through.

And I want to take that feeling out into our garden.

📖 What God's Word Tells Us

Hebrews 12:1 invites us to lay aside what hinders us and keep running with perseverance. That means noticing what we've grown accustomed to carrying, and deciding what deserves our attention now. We don't have to clear the entire garden in one afternoon.

💕 What I'm Learning

Close your eyes and picture it with me. We're pulling weeds, one at a time. Suddenly there's a little more room. We can see the flowers again. Some need water. Some are already blooming. Maybe there's even room to plant something new.

That's how I want to approach Friday. I can celebrate the writing, recording, and conversations I love while noticing when the pressure to post, check numbers, and prove I'm doing enough starts crowding out my joy.

Sometimes the weeds are expectations that grew around something beautiful. I want to pull what isn't working, water what I love, and appreciate what's already growing.

We can celebrate the progress we made this week, even if it was a hard week. We don't have to wait for a perfect garden to enjoy the flowers.

✍️ Journal With Me

What am I celebrating from this week? What weed has been taking up too much room? What do I want to water, protect, or plant next?

🚶 Walk With Me Today

Take a Friday garden moment. Write ‘What I’m Leaving Behind’ and ‘What I’m Taking Forward.’ Name one thing in each. Then celebrate one flower, something good that happened, grew, or survived this week.

🙏 Let’s Pray Over Today

Father, thank You for bringing me through another week. Help me recognize what needs to go and what deserves to grow. Give me joy in the good things I’ve overlooked and wisdom to release the pressures that crowd my heart. Help me tend this garden one small step at a time. Amen.

Until tomorrow, just stay sweet out there. 💋

SATURDAY SIT DOWN · SATURDAY, NOVEMBER 21, 2026

Speak Through the Silence

💗 Quote of the Day

> *"Every conversation with God plants a seed. Every step of faith gives it room to grow."*

📖 Verse of the Day

John 15:4–5 (NIV): "Remain in me, as I also remain in you."

☕ Hey You, It's Me!

Hey you, it's me! 💋

It's Saturday. Come sit with me for a minute.

We've gone through a lot this week, haven't we? We've talked about our BFF, our Father, dialing 463 before 911, trusting the call when the mountain doesn't move, and pulling the weeds so we can see the flowers again.

What if this morning we just sat with Him?

No big list of things to fix. No pressure to find the perfect words. Grab your coffee, your Bible, or whatever helps you settle in. Let's just be here for a little while.

📖 What God's Word Tells Us

In John 15, Jesus describes Himself as the vine and His followers as branches. Remaining connected to Him is the source of spiritual fruitfulness. It's a picture of an ongoing relationship, something we continue to nurture through Scripture, prayer, and the ordinary moments of our lives.

💕 What I'm Learning

I love music, and there's something about a song that can help me slow down when my mind won't stop running. This week we've talked about so many things we can do. Today I want to remember that I am not alone.

I can bring the messy parts of myself to God. I can speak through the silence, even if all I have are a few honest words. I can trust tomorrow into His hands while I live today.

And sometimes the best time with someone you love is simply sitting together. I want to make room for that with God, too. Not because I've completed a checklist, but because I love Him.

✍️ Journal With Me

If I sit quietly with God today, what is on my heart? Is there anything I need to stop hiding? What is one thing I can thank Him for right now?

🚶‍♀️ Walk With Me Today

Find a comfortable spot. Read John 15:4–5, listen to the song below if you'd like, and sit quietly for a few minutes. You can speak, pray, listen, or simply be still. Let this be a gentle invitation, not another task.

🎶 A Little Something From Me to You

I normally don't share an extra song on Saturdays, but you know how much I love music. There's something refreshing about a song that helps us pause. This is one I'd play when I just needed a little quiet.

"QUIET (Stripped) [Morning & Evening]" by Elevation Worship and ELEVATION RHYTHM.

Listen with me: https://open.spotify.com/track/1CwJWOYHSt3zOeEjP5cEYC

Next Sunday we'll begin our Seven Days of Thankfulness. For now, let's just sit together for a moment.

🙏 Let's Pray Over Today

Heavenly Father, thank You for being with me through every season. Thank You for knowing me, welcoming me, and strengthening me when I don't know how to take another step.

Help me stop hiding the parts of myself I'm still figuring out.

When I feel alone, remind me of Your presence. When tomorrow feels uncertain, help me trust it into Your hands.

Speak to my heart through Your Word and teach me to recognize Your guidance in the quiet. Today I want to make room for You, simply because I love You.

In Jesus' name, Amen.

Until our next chat, just stay sweet out there. 💋