

Sunday Snapshot · Go Deeper

The Wholehearted Reset

Six Days of Finding God in the Messy Middle

6 DAYS · 5 TO 8 MINUTES A DAY

OUR SCRIPTURE FOR THE WEEK

“Even now,” declares the LORD, “return to me with all
your heart.”

Joel 2:12 (NIV)

The lie we’re confronting: I’m always alone.

The truth we’re learning: I have God, and He has not abandoned me.

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. 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

The Lie We Learn to Believe

HEBREWS 13:5 (NIV)

“Never will I leave you; never will I forsake you.”

Hey you, it's me!

Can I share something personal?

For most of my life, I believed I could only depend on myself. My story hasn't been an easy walk, and somewhere along the way, I learned to be the woman who figured things out.

Then, at the end of 2024, my oldest daughter decided to go no contact with our entire family.

It was a kind of grief I didn't know how to carry.

As time went on, friendships I thought would always be there began to fade, too.

Y'all, I started questioning everything. Everyone. Even God Himself.

My prayers were no longer polished.

God, I'm mad. I don't understand why. I've tried. I've prayed. I've gone to church. I've studied the Bible. I've tried to listen to You. Why does this keep happening? Why my daughter, Lord? Was I really that bad of a person? Why do I feel so unlovable? What did I do wrong?

Those were my prayers.

And I wish I could tell you that everything changed overnight.

It didn't.

I still had questions. I still wanted to fix what was broken. I still wanted people to love me the way I loved them.

But slowly, I began recognizing how much of my worth I had placed in other people's hands.

I had spent years trying to earn love, approval, and acceptance. And when relationships changed, I started questioning whether I deserved love at all.

Hebrews 13:5 doesn't promise that people will never leave us.

It reminds us that God will not abandon us.

And there's a difference.

I'm still learning that I can grieve a relationship without allowing that grief to determine my worth.

I can miss someone and still be loved.

I can have unanswered questions and still be held by God.

And I don't have to earn His love by getting everything right.

LET'S PAUSE

Have you ever allowed someone's absence, rejection, or silence to convince you that something was wrong with you?

JOURNAL WITH ME

Where do I feel most alone right now? What have I started believing about myself because of that loneliness?

A LITTLE PRAYER

Lord, You know the questions I don't always say out loud. You know the relationships I miss and the hurt I'm carrying. Help me stop measuring my worth by who stays and who leaves. Remind me that Your love isn't something I have to earn. Amen.

ONE SMALL STEP

- ☐ Write this somewhere you'll see it today: Someone else's absence does not determine my worth.

Tuesday

Have You Missed the Lifeboat?

PSALM 139:7-10 (NIV)

"Where can I go from your Spirit? Where can I flee from your presence?"

Hey you!

Have you ever heard the story about the man stranded on his roof during a flood?

He prayed for God to save him.

A police officer knocked on his door and told him to evacuate. He refused, because he was waiting for God.

Then a boat came by. Then an aircraft flew over. He refused those, too.

The story ends with the man asking God why He didn't save him.

And the lesson?

Help had come. It just didn't look the way the man expected.

Now, that's a familiar illustration, not a story from the Bible. But I think there's something worth considering.

How often do we pray for God to show up while deciding ahead of time what His answer should look like?

I've done that.

I've prayed for certain relationships to be restored. I've wanted specific answers. I've wanted things to happen on my timeline.

And sometimes I've been so focused on what wasn't happening that I may have overlooked what was.

A person who checked on me.

A conversation I didn't expect.

An opportunity that came at just the right time.

Someone who made a difficult day a little easier.

Psalm 139 reminds us that there is nowhere we can go beyond God's presence.

That doesn't mean every coincidence is a message from Him or that every offer of help is right for us.

But it does invite us to pay attention.

Sometimes the support we need arrives differently than we imagined.

And sometimes receiving help requires us to admit we can't do everything ourselves. Y'all, that's not always easy for a woman who's spent her life being the strong one.

LET'S PAUSE

Have you been so focused on one particular answer that you've overlooked other ways you've been supported?

JOURNAL WITH ME

Who has been a lifeboat in my life? When did someone show up for me in a way I didn't expect?

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A LITTLE PRAYER

Lord, help me recognize the people and opportunities that bring encouragement into my life. Give me wisdom to know what is good for me and humility to accept help when I need it. Amen.

ONE SMALL STEP

- ☐ Think of someone who helped you through a difficult season. Send them a message: I was thinking about you today, and I wanted you to know how much your kindness meant to me.

Wednesday

Why Is It So Hard to Be Still?

PSALM 46:10 (NIV)

"Be still, and know that I am God."

Hey you, it's me!

Can we talk about how uncomfortable silence can be?

I don't know about you, but when life gets overwhelming, my first instinct isn't always to sit quietly.

It's to do something.

Make a list. Find an answer. Fix a problem. Make another plan.

Anything that makes me feel like I'm moving forward.

When I began planning my Camino de Santiago journey, I was overwhelmed.

Thirty-one days in Spain. Twenty-two hotels. Eighteen luggage transfers. Four car transfers. Eighteen days of e-bikes. Routes to plan and reservations to make.

Y'all, I'd never planned anything like it. I prayed. I planned. I cried. And I prayed some more.

And in the middle of all that preparation, I was learning something about myself.

I knew how to stay busy.

I wasn't nearly as comfortable being still.

Psalms 46 is a reminder of God's sovereignty even when the world around us feels uncertain.

Being still doesn't mean we stop being responsible. It doesn't mean we ignore problems or pretend everything is fine.

Sometimes it means recognizing that we don't have to solve every problem in this very moment.

We can prepare for tomorrow without trying to control tomorrow.

We can make room for prayer without immediately filling the silence with another question.

And we can rest without feeling guilty for not doing more.

Maybe being still is less about having a quiet life and more about learning to quiet the need to control it.

LET'S PAUSE

When life feels uncertain, do you give yourself room to listen, or do you immediately start trying to fix everything?

JOURNAL WITH ME

What am I trying to control right now? What would it look like to trust God with the outcome while still doing my part?

A LITTLE PRAYER

Lord, quiet the noise in my mind. Help me recognize what is mine to do and what I need to release. Teach me to trust You even when I don't have the entire plan. Amen.

ONE SMALL STEP

- ☐ Set a timer for two minutes. Put your phone down, breathe, and pray: Lord, You are here. I'm listening. You don't have to hear an answer. Just make room.

Thursday

The Stories We Tell Ourselves

JOHN 8:32 (NIV)

"Then you will know the truth, and the truth will set you free."

Hey you!

I want to talk about something I've had to confront in my own life.

When we make space for a lie long enough, we can begin to believe it.

Maybe someone didn't call you back.

And your mind said, They don't care about me.

Maybe a friendship ended.

And you thought, I must have done something wrong.

Maybe a relationship changed in a way you never expected.

And suddenly you weren't just grieving what happened.

You were questioning who you were.

I've been there.

When relationships in my life began changing, I started asking myself some painful questions.

Am I too much? Am I not enough? Why am I so hard to love?

But here's something I'm learning.

A painful experience and the story we tell ourselves about that experience are not always the same thing.

Someone can be disappointed in us without that meaning we're a disappointment.

A relationship can end without that meaning we're unworthy of love.

We can acknowledge our mistakes, take responsibility where necessary, and still refuse to define ourselves by our worst moments.

In John 8, Jesus speaks about remaining in His teaching and finding freedom through truth.

For me, that means learning to question the thoughts that pull me away from what Scripture teaches about God's love and grace.

Not every thought deserves a permanent place in our hearts.

And not every painful question has an immediate answer.

LET'S PAUSE

What have you started believing about yourself because of something that happened to you?

JOURNAL WITH ME

Finish these sentences: The story I've been telling myself is... What I actually know is...
The truth I want to remember is...

A LITTLE PRAYER

Lord, help me recognize the difference between what happened and what I've come to believe about myself. Show me where I need to take responsibility, where I need healing, and where I need to stop carrying shame. Amen.

ONE SMALL STEP

- ☐ When a painful thought comes up today, ask yourself: Is this something I know to be true, or something I've come to fear is true? Give yourself permission to question the lie.

Friday

Faith Requires a Step

PROVERBS 3:5-6 (NIV)

“Trust in the LORD with all your heart and lean not on your own understanding.”

Hey you, it's Friday!

I want to tell you how the Camino started for me.

Not the walking or the biking.

The calling.

During a season when I was questioning so much about my life, something unexpected began happening.

First, a TikTok appeared from someone I didn't even follow.

Then I received a study plan recommendation connected to The Way.

A few days later, the movie The Way appeared among my Peacock suggestions.

Three times within a few days.

Now, you might see those things as coincidences.

But I knew in my heart that God was calling me.

And my first reaction?

Fear.

Y'all, I had barely traveled internationally. I'd never planned a journey of this size.

Thirty-one days in Spain?

Who was going to figure all that out?

Apparently, me.

I remember feeling like I had the stone, but I needed God to show me how and where to use it.

I had the willingness to go. I just didn't know how I was going to do it.

There were tears, prayers, spreadsheets, reservations, and plenty of moments when I wondered whether I'd taken on more than I could handle.

But I kept taking the next step.

And that's something I've come to appreciate about faith.

Trusting God doesn't always remove the fear. Sometimes it gives us the courage to move while we're still afraid.

Proverbs reminds us not to depend entirely on our own understanding.

That doesn't mean we stop thinking, planning, or making wise decisions.

It means acknowledging that our perspective is limited.

I didn't know everything that would happen in Spain.

I didn't know what the journey would teach me.

I simply believed I was being called to go.

And sometimes that's all we know when we take the first step.

LET'S PAUSE

Is there something you've been feeling drawn toward but keep putting off because you're afraid? It doesn't have to be a trip across Spain. Maybe it's having a conversation, asking for help, joining a group, or reaching out to someone.

JOURNAL WITH ME

What is one step I've been avoiding because I don't know how everything will turn out?

A LITTLE PRAYER

Lord, give me wisdom to recognize the steps worth taking and courage to take them. Help me prepare responsibly without allowing fear to make every decision for me. I don't need to know everything today. Help me trust You with the next step. Amen.

ONE SMALL STEP

- ☐ Reach out to someone you wouldn't normally want to bother. You don't have to explain your whole life. A simple "Hey, I've been thinking about you. How are you?" is enough. Faith and connection can begin with something small.

Saturday

What Am I Leaving Behind?

LAMENTATIONS 3:22-23 (NIV)

"Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Hey you, we made it to Saturday!

Can I ask you something?

How often do you finish a week and immediately start worrying about the next one?

The laundry, appointments, family responsibilities, work, relationships, and everything else waiting for your attention.

We move from one week to the next without giving ourselves a moment to recognize what we've carried.

So today, we're doing something different.

We're sitting down.

Not to make another list of everything we haven't accomplished.

Not to criticize ourselves for what we could have done better.

But to look back.

This week, we've talked about loneliness, receiving help, being still, the stories we tell ourselves, and finding the courage to take another step.

And I want you to know something.

You don't have to have mastered any of it.

I certainly haven't.

I'm still learning how to trust God with relationships I cannot fix.

I'm still learning how to recognize when I'm trying to control everything.

I'm still learning that being loved doesn't mean everyone will understand me.

And I'm still learning that surrender isn't something I do once and never struggle with again.

Some days I feel strong in my faith.

Other days, my prayers are still messy.

But I keep coming back.

Lamentations was written in the context of profound suffering. Its reminder of God's mercy doesn't erase that suffering.

It offers hope in the middle of it.

And that's what I want us to carry into next week.

We can acknowledge what hurts while remaining open to what comes next.

We don't have to pretend everything is okay to believe that another morning can bring something good.

LET'S PAUSE

Take a moment to recognize where you were emotionally when this week began. Has anything shifted? Even a little?

JOURNAL WITH ME

What am I leaving behind this week? What am I taking with me into next week? What did I learn about myself? Where did I notice God's presence?

A LITTLE PRAYER

Lord, thank You for meeting me in this week, including the moments when I struggled. Help me release what I don't need to keep carrying. Give me wisdom for what comes next and remind me that I can begin again tomorrow. Amen.

ONE SMALL STEP

- ☐ Write down one thing you're grateful for and one thing you're choosing to release. And if you feel comfortable, come back and share what this week brought up for you. You never know who might need to hear that someone else is walking through something similar.

Just stay sweet out there!

I love you,

Jenn 