

Sunday Snapshot · Quick Reset Card

The 7-Day Wholehearted Reset

This week's lie: "I am always alone." This week's truth: I have God.

"Even now," declares the LORD, "return to me with all your heart." Joel 2:12 (NIV)

☐ *Motivational*
MONDAY

"Never will I leave you; never will I forsake you." Hebrews 13:5 (NIV)

Ask yourself: Where do I feel most alone right now?

☐ *Throwback*
TUESDAY

Who was your lifeboat? Name a time God sent help through a person, then send them a thank-you text.

☐ *Wind Down*
WEDNESDAY

Be still. Put your phone down for 2 minutes. Breathe and pray, "Lord, You are here. I'm listening."

☐ *Thought*
THURSDAY

"When we make space for the lie, we begin to believe the lie."

The lie:

The truth:

☐ *Faith*
FRIDAY

Take one step of belief. Reach out to one friend or family member you would usually not "bother."

☐ *Sit Down*
SATURDAY

What am I leaving in this week?

What am I taking into next week?

Want to go deeper? Grab the Go Deeper 6-Day Devotional, 5 to 8 minutes a day.
Come back Saturday and tell me how your week went.

Don't quit in the quiet. ~ Jenn

justjellypodcast.com · @justjennboard