

FROM PAUSE TO PROGRESS™

FINDING YOUR FOOTING IN FAITH

A practical faith-and-personal-growth experience using the
EMBRACE 6 P's of Personal Growth™

A simple, memorable process for slowing down, becoming present before God, and intentionally applying what Scripture already teaches.

Jan Davidson

Speaker • Author • Trainer • Creator of the EMBRACE Model™

jan@embraceyourjourney.net • embraceyourjourney.net

Finding Your Footing in Faith

A program guide for the whole congregation—the whosoever will who walks through the church doors. This experience is for pastors, ministry staff, volunteer leaders, long-time members, new believers, visitors, people carrying questions, and people simply trying to live their faith faithfully in real life.

The 6 P's do not replace or complete Scripture, prayer, Jesus, the Holy Spirit, or a relationship with God. God is the source. Scripture provides truth. The Holy Spirit leads. The 6 P's provide a practical structure for slowing down, paying attention, and responding intentionally.

The Workshop Promise

Participants leave with more than inspiration. They leave with a shared, Scripture-anchored process they can return to in a tense church moment, a difficult conversation, a season of waiting, a decision at home, or a good season they want to steward well.

Signature reset question: Which P am I in, what is God showing me here, and what is my next faithful step?

What Participants Leave With

- A simple way to become present before God without pretending that God was ever absent.
- A repeatable process for moving from reaction toward prayerful, intentional response.
- Language for identifying what needs attention and exploring possible roots beneath visible fruit.
- A bridge across the knowing-doing gap: You know what to do. Now do what you know.
- One practical next step for life inside the church and beyond Sunday.
- Permission to recognize blessings and growth—not only problems—with progress, not perfection or performance.

What This Guide Is—and Is Not

This is not a new doctrine, a shortcut around spiritual formation, or a formula that guarantees answers. It is not counseling, diagnosis, or a substitute for pastoral care, wise professional support, or emergency help when those are needed. It is an educational and reflective experience rooted in Scripture and designed for practical application.

The process also does not ask people to suppress grief, dismiss injustice, excuse harmful behavior, remain in unsafe situations, or smile through pain. Sometimes the faithful next step is prayer. Sometimes it is a conversation, a boundary, an apology, a request for help, a report to appropriate leadership, professional care, patient waiting, or simply telling the truth about what hurts.

The Whole-Church Audience

The primary audience is not divided into staff and laypeople. The church is one body made up of people with different roles, responsibilities, histories, and levels of authority. A pastor may use the process before a hard leadership conversation. A ministry leader may use it during change. A congregant may use it after feeling overlooked. A visitor may use it while deciding whether this is a safe place to belong. The same six movements can serve each person while respecting the differences in role and responsibility.

An Authentic Beginning

In October 2018, my mother died. In the months that followed, I was learning how to keep moving while carrying grief, questions, responsibilities, and all the ordinary parts of life that do not stop simply because your heart has been changed.

In the middle of the night in April 2019, the entire EMBRACE Model came to me—including the 6 P's of Progress that power it: Pause, Pinpoint, Process, Plan, Practice, and Progress. I did not wake up thinking I had a polished program or something that would make every part of life—or every part of the Bible—suddenly make sense. I had been given a model and a process that I first needed to live.

I used the 6 P's in my own life first. They gave me a way to slow down, tell the truth about what I was carrying, look beneath the visible fruit to the root, and decide what faithful movement could look like one step at a time. The process did not remove grief or give me control over every outcome. It helped me become more present before God and more intentional about how I responded.

As I continued using the process, I began to recognize the Scriptures connected to each movement. I sensed God showing me that the 6 P's were not separate from my faith; they reflected truths I was already meeting in Scripture. Later, when I shared the process with others in simple, universally accessible language, I saw that people could use it in their own lives even when I did not begin by explaining every Scripture behind it.

That broader usefulness did not mean the process stood on its own apart from God. What I discovered was that the 6 P's of Progress are the engine within the EMBRACE Model—and that engine can run with whatever is there. It can run with any situation, any topic, any emotion, any belief, any heartache, any grief, any question, any change, any blessing, any joy, and any celebration. The circumstances may differ, but the engine provides the same dependable movements for slowing down, identifying what is present, processing it honestly, choosing a plan, practicing a response, and recognizing progress. In this particular guide, I am not teaching the entire EMBRACE Model. I am sharing the engine—the 6 P's of Progress—and making their scriptural roots visible. God is the source, Scripture provides the truth, and the Holy Spirit leads. The 6 P's give us a memorable structure for becoming present before God and responding to what He is already teaching us.

The Church Reality: Faithful People Are Still People

Churches hold worship, belonging, service, generosity, teaching, care, celebration, and transformation. They also hold ordinary human dynamics: assumptions, personalities, fatigue, changing expectations, unresolved offense, different traditions, competing priorities, fear, and imperfect communication. People do not leave grief, caregiving, health concerns, money pressure, relationship strain, loneliness, political tension, or unanswered prayer in the parking lot.

The goal is not to make church life problem-free. The goal is to help people bring their real lives honestly before God and choose responses that reflect faith, wisdom, love, truth, accountability, and appropriate care.

Fruit vs. Root

We often react to the fruit we can see: a sharp comment, an empty seat, resistance to change, a volunteer who quit, a complaint about music, or tension in a meeting. Possible contributors may be grief, fear of losing belonging, unclear communication, exhaustion, an unspoken expectation, past church hurt, a need for control, or a genuine concern that has not been heard.

You cannot respond wisely to what you have not honestly named.

The Knowing-Doing Gap

People may already know they should pray, forgive, tell the truth, seek wisdom, love their neighbor, ask for help, set a healthy boundary, or be slow to speak. Knowing what Scripture says does not automatically mean we will live it under pressure. Information does not equal transformation. Practice helps truth become usable in the moment when it matters.

You know what to do. Now do what you know.

The 6 P's: A Scripture-Anchored Returning Process

The EMBRACE Model™ identifies WHAT we work on; the 6 P's provide HOW. Each P is a movement, not a rigid checklist. Revisit any P, or return to Pause when unsure. The purpose is attentiveness and obedience, not performance.

1. PAUSE — Be Still

Scripture anchor: Psalm 46:10

Practical meaning: Pause means stop. Interrupt the automatic reaction and notice God's presence, your body, emotions, and the moment. This offers room to choose; it does not guarantee calm or clarity, summon God, or delay necessary protective action.

Inside the church: Before answering a criticism, reacting to a sermon, entering a tense ministry meeting, or responding to an unexpected change, slow the moment down.

Outside the church: Pause before replying to a family text, making a money decision, escalating an argument, or carrying Sunday frustration into the ride home.

Faith reset question: God, You are here. What do I need to notice before I respond?

2. PINPOINT — Invite God to Search

Scripture anchor: Psalm 139:23

Practical meaning: Identify WHAT needs attention now, WHY it matters, and HOW it appears. Explore possible roots beneath visible fruit without assuming a single cause or another person's motives. Separate facts from assumptions and seek clarification.

Inside the church: A disagreement about music or tradition may also involve grief, identity, belonging, fear of change, or a communication gap. Pinpointing does not dismiss the issue; it helps locate it.

Outside the church: In caregiving, health, money, work, or relationship pressure, distinguish the present problem from accumulated fear, old wounds, and predictions about the future.

Faith reset question: Search me, God. What is really happening underneath this?

3. PROCESS — Cast What You Carry

Scripture anchor: 1 Peter 5:7

Practical meaning: Bring feelings and facts before God. Own your part without blame and identify the direction you want or need to move. Prayer, lament, Scripture, wise counsel, or professional support may help. Feelings matter without directing everything; they need not be fully resolved before responsible action.

Inside the church: Acknowledge church hurt, offense, disappointment with leadership, loneliness in the congregation, or weariness from serving. Honest processing is different from gossip, public shaming, or recruiting sides.

Outside the church: Bring grief, caregiving fatigue, health concerns, financial pressure, relationship strain, or unanswered prayer into God's care instead of carrying it alone.

Faith reset question: God, what is mine to own, what can I entrust to You, and where do I need to move?

4. PLAN — Commit the Next Step

Scripture anchor: Proverbs 16:3; supporting Scripture: Proverbs 3:6

Practical meaning: Choose a realistic, appropriate next step and commit it to God. It may be a small action, a significant decision, timely help, or continuing what is working. A plan does not force an outcome or guarantee ease.

Inside the church: Request a conversation, clarify a decision, apologize, set a ministry boundary, ask for support, follow the church's process, or wait before speaking.

Outside the church: Make the appointment, review the budget, ask the question, rest, seek counsel, have the family conversation, or take the next responsible action.

Faith reset question: God, what is the next faithful step I can commit to You?

5. PRACTICE — Do What You Know

Scripture anchor: James 1:22

Practical meaning: Put an appropriate plan into action across relevant situations. Give it enough practice to learn; one uncomfortable attempt does not mean it failed. Reassess sooner if the plan is harmful, unsafe, or unsuitable. Repeated responses may become more automatic over time.

Inside the church: Practice listening without fixing, disagreeing without demeaning, serving without overextending, speaking truth with love, welcoming someone new, and following through after saying, "I'll pray for you."

Outside the church: Carry the same faith into the workplace, home, neighborhood, online spaces, and difficult relationships. Sunday learning becomes Monday living.

Faith reset question: What will obedience look like in my next real moment?

6. PROGRESS — Do Not Grow Weary

Scripture anchor: Galatians 6:9

Practical meaning: Look for evidence of meaningful movement toward your identified direction. Effort and reflection support learning but are not proof alone. Receive grace, celebrate blessings and growth, and decide what to continue or adjust. Progress does not determine your worth or guarantee an outcome.

Inside the church: Name healthier communication, a restored relationship, a volunteer who asked for help, a newcomer who found belonging, a ministry transition handled with care, or a prayer answered in an unexpected way.

Outside the church: Notice the pause you took, the boundary you kept, the help you accepted, the habit you practiced, the gratitude you expressed, or the blessing you are learning to steward.

Faith reset question: Where can I thank God for progress, receive grace, and keep going?

The 2-Hour Congregational Experience

The experience is warm, participatory, Scripture-centered, and practical. It protects privacy: no one is required to disclose personal details, and participants may always pass.

Suggested Flow

- 0:00–0:10 — Welcome, prayerful frame, purpose, and participation agreements.
- 0:10–0:25 — What P are you carrying today? A low-risk introduction to the framework.
- 0:25–0:40 — The church reality, Fruit vs. Root, and the knowing-doing gap.
- 0:40–1:25 — Pause, Pinpoint, and Process with Scripture and guided reflection.
- 1:25–1:35 — Reset break: water, movement, quiet reflection, or prayer.
- 1:35–1:55 — Plan, Practice, and Progress with real-life application.
- 1:55–2:00 — One faithful next step and closing encouragement.

Participation Agreements

- Share only what feels appropriate; passing is always allowed.
- Listen to understand—not to fix, diagnose, debate, or preach at one another.
- Protect privacy while recognizing that safety concerns may require appropriate help.
- Speak from your own experience and resist turning examples into gossip.
- Let Scripture guide; allow the Holy Spirit room to work without pressuring someone to perform.
- Remember that people may be in difficult seasons, joyful seasons, or both.

Signature Learning Moments

The Presence Pause

Take three unhurried breaths. First: notice your body. Second: notice what you are carrying. Third: recognize God’s presence and ask for help choosing your response.

Fruit vs. Root

Participants examine a visible reaction or conflict and identify several possible roots. The purpose is not to mind-read; it is to replace quick certainty with curiosity, prayer, clarification, and responsibility.

The One-Step Faith Plan

Complete the sentence: “Because I noticed _____, my next faithful step is _____.” The step should be specific, honest, appropriate to the person’s role, and realistic and appropriate to practice.

Blessing and Stewardship

Participants choose a good-season scenario and ask how each P can help them receive, celebrate, protect, share, and steward the blessing without waiting for a crisis to use the framework.

Faith-Specific Scenario and Application Lab

Participants practice without having to expose their own stories. Each scenario can be discussed from the perspective of a pastor or staff member, ministry leader, congregant, newcomer, or family member where appropriate.

Scenario 1: Ministry Disagreement

Two faithful people care deeply about the same ministry but disagree about priorities, methods, or resources. The tension is becoming personal.

Scenario 2: Church Hurt

A person felt dismissed, embarrassed, overlooked, or harmed in a church setting and is unsure whether to speak, withdraw, seek help, or try again.

Scenario 3: Unwanted Change and Tradition

A familiar schedule, worship practice, leadership pattern, ministry, or tradition is changing. Some feel hopeful; others feel that something meaningful is being lost.

Scenario 4: The Overcommitted Servant

A dependable volunteer keeps saying yes, feels guilty saying no, and is becoming exhausted, resentful, or disconnected from worship.

Scenario 5: After Worship at Home

A person leaves encouraged by the message but becomes impatient during the ride home or returns to a difficult family situation. What does Sunday-to-Monday application look like?

Scenario 6: The Waiting Season

Someone has prayed faithfully about health, family, work, grief, or direction and sees no clear answer. Advice from others is beginning to feel painful.

Scenario 7: Disagreement Between Believers

Two church members disagree strongly about a political or social issue. The goal is not partisan agreement; it is to practice truth, humility, listening, conscience, boundaries, and love without demeaning one another.

Scenario 8: Belonging and Loneliness

A person attends regularly yet feels unseen. Another person assumes someone else will welcome them. What responsibility and next step belong to each person?

Scenario 9: A Good Season and Blessing

A family receives good news, a ministry grows, a relationship heals, or a long-awaited opportunity arrives. How can they pause to thank God, pinpoint what matters, process joy and responsibility, plan wisely, practice stewardship, and recognize progress?

Scenario 10: Leadership Under Pressure

A pastor, staff member, or ministry leader must respond to competing needs with incomplete information while carrying personal pressure of their own.

Scenario Lab Questions

- Pause — What needs to slow down before anyone responds?
- Pinpoint — What fruit is visible, and what roots may need honest clarification?
- Process — What is mine to own before God, and what direction calls for wise support?
- Plan — What is one faithful next step, and who is responsible for it?
- Practice — What would living the truth look like in the next real interaction?
- Progress — What evidence shows movement toward that direction, and what deserves gratitude?

When the Moment Is Serious

The 6 P's can support reflection, but they are not a substitute for action when someone may be unsafe or when misconduct, abuse, self-harm, violence, exploitation, or illegal behavior is involved. Follow applicable church safeguarding procedures, reporting requirements, emergency practices, and professional guidance. Do not use prayer language or "unity" to silence a person, bypass accountability, or keep a serious concern hidden.

From Workshop to Congregational Life

Attendance is an activity, not an outcome. The goal is for people to return to the process when real life happens. Reinforcement can happen in sermons, small groups, ministry-team check-ins, pastoral conversations, family discussions, leadership development, or private reflection.

Simple Reinforcement Language

- Which P are you in?

- What is the fruit, and what might be at the root?
- What is God showing you?
- What is your next faithful step?
- What will you practice before we meet again?
- What progress or blessing can you name?

Signs of Useful Progress

- A pause before a reactive response.
- A clarifying question instead of an assumption.
- A hard conversation held without humiliation or gossip.
- A volunteer asking for help before exhaustion becomes resentment.
- A leader receiving feedback without immediate defensiveness.
- A person seeking appropriate pastoral or professional care.
- Someone carrying Sunday truth into a Monday decision.
- A congregation noticing and celebrating growth without demanding perfection.

Program Fit and Delivery

Ideal For

- Whole-congregation learning experiences.
- Pastors, staff, ministry leaders, volunteers, members, visitors, and mixed-role groups.
- Small groups, leadership retreats, volunteer development, ministry transitions, wellness initiatives, and congregational care.
- Churches seeking practical, non-clinical language for reflection, application, communication, and spiritual growth.

Customization Before Delivery

Before the workshop, EMBRACE Your Journey can gather church-specific context so examples reflect the congregation's real environment. This may include ministry transitions, serving culture, communication patterns, community context, care concerns, and leadership priorities. The biblical anchors and core 6 P's remain consistent while the applications are tailored.

What the Church Provides

- A protected two-hour learning block and an appropriate gathering space.
- Standard presentation support and seating for private reflection and small-group conversation.

- A point person for logistics, church context, safeguarding procedures, and pastoral follow-up.

What EMBRACE Your Journey Provides

- A facilitated From Pause to Progress™: Finding Your Footing in Faith experience.
- Participant learning materials and a Scripture-anchored 6P Reset Tool.
- Faith-specific scenarios and guided application exercises.
- Optional leader reinforcement prompts and follow-up resources.

A Simple Description for Church Leaders

From Pause to Progress™—Finding Your Footing in Faith is a practical, Scripture-anchored experience for the whole congregation. Using Pause, Pinpoint, Process, Plan, Practice, and Progress, participants learn a memorable way to slow down, become present before God, recognize what is happening, and choose a faithful next step. The 6 P's do not replace Scripture, prayer, Jesus, the Holy Spirit, or relationship with God; they help people intentionally apply what Scripture already teaches in church life and everyday life.

The One-Sentence Invitation

A simple way to come back present before God—not because God went anywhere, but because sometimes we did.

About Jan Davidson

Jan Davidson is a speaker, author, trainer, and creator of the EMBRACE Model™. Her work helps people navigate life's hills and valleys with greater awareness, intention, faith, and forward movement. The 6 P's grew through her own walk with God and Scripture, then became a practical language she could share across many settings. In Finding Your Footing in Faith, Jan invites people to use that familiar process explicitly before God, grounded in Scripture and open to the Holy Spirit's leading.

Closing Commitment

One way I will move from Pause to Progress this week is...

Choose one faithful step. Practice it with grace. Notice what God is teaching you. Keep going.

Progress, not perfection or performance.

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