

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Devotional*

Episode #58

Giving Up Perfection to Gain Life (And More Joy!)



Giving Up Perfection

To Gain Life (And More Joy!)

Devotional Verse

1 John 4:8a

"There is no fear in love. But perfect love drives out fear."

Bad Rule

Perfect performances lead to love.

Focus on the Truth

I'm already perfectly loved by God.

Devotional Quote

"When we start focusing on others, we're not performing. It really becomes caring, rather than just trying to do the perfect thing."

~Amy Carroll

Digging Deeper

1. How have I experienced perfection sucking the life out of things?

2. Am I able to forgive myself and move forward?

3. What are my perfectionism "tells?"

4. When I hear “perfectionism is manipulative,” how does that impact me?

5. What is just one thing I can do this week that I learned from this episode?

Devotional Prayer

Oh Gracious Father,

Thank you for giving me do-overs and as many as I need. Help me to grow in your grace so that I can give more of it to others too. Help me to stop seeking rules and formulas and live in the messiness of relationships instead. Thank you that I can place my trust in you.

In your son's name, Amen



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