

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Discovery*

Episode #89

Unsinkable: Developing a Faith that Weathers Life's Storms



Unsinkable: Developing a Faith that Weathers Life's Storms

Discovery Verse

2 Cor. 10:5 NIV

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

Grow Your Grit

We have to want to change.

Embrace God's Grace

God will give us the grace we need if we choose to partner with him.

Discovery Quote

"I just came to a point to where I had to either decide I was going to live my life with a negative mindset or I could start controlling my thoughts instead of letting them control me." ~Tracie Miles

Digging Deeper

1. Am I sick and tired of being sick and tired of anything?

2. I have the power to choose how I think about:

3. Strategy 1: Ask God to bring to mind the negative thoughts I have.

4. Strategy 2: I now reject the following thoughts:

5. Strategy 3: I can replace the thought above with the following truths:

6. After listening, I decide to see myself in this new light:

Discovery Prayer

Dear Jesus,
Help me to see me through your eyes and not through the eyes
of the world. I love that you invite me to think about how much
you love me. You love is my rock. Help me to not be shaken.
In Jesus Name, Amen



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