

# Grit 'n' Grace

➤ GOOD GIRLS BREAKING BAD RULES ➤



## DIGGING DEEPER *Devotional*

Episode #90

Why Disappointing Others is a GOOD Thing



## Why Disappointing Others is a GOOD Thing

### Devotional Verse

Proverbs 4:23 (GNT)

"Be careful how you think; your life is shaped by your thoughts."

### *Bad Rule*

Thoughts float through my head unchallenged.

### *Focus on the Truth*

I'm called to shape my thoughts in order to shape my life.

### Devotional Quote

"When it comes to people who have too much authority in our lives, the very thing we need to do is dis-appoint them."

~Cheri Gregory

## Digging Deeper

1. When am I most vulnerable to negative thoughts?

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2. What is the difference between telling the truth, and when I assign blame?

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3. Where do I need to DIS-appoint (unauthorize) people in my life:

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4. If worry is worship, what is the action I can take to worship Jesus instead?

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5. Ask God to speak HIS names of you, to you and write them down.

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## Devotional Prayer

Dear Jesus,

Help me to sort through my emotions and relationships.  
I want to give more power to you renewing my mind and less power  
to my own and others negative thoughts.

I know you are excited that I've invited you into this with me.

Thank you Jesus, Amen



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