

# Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



## DIGGING DEEPER *Discovery*

Episode #91

Finding Home: Digging Deep to Face Truth Instead of Running Away



## **Finding Home:** Digging Deep to Face Truth Instead of Running Away

### **Discovery Verse**

**John 8:32 NIV**

"Then you will know the truth, and the truth will set you free."

### *Grow Your Grit*

Healing can only come when we let go of control and escapism.

### *Embrace God's Grace*

Jesus is our perfect friend. He walks us through the scary places. He wants us to be free.

### **Discovery Quote**

"We live in a culture where escapism is easier than ever before, so we don't have to look at the painful sides of our lives if we don't want to." ~Ginny Yttrup

## Digging Deeper

**1. Am I fluid and flexible or am I a very concrete planner? Where can I grow and stretch myself?**

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**2. Where am I escaping something I don't want to face?**

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**3. Where might my own control get in the way of healing?**

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**4. How does the discovery verse help me in a practical way?**

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**5. Do I have a story God may want me to share? How do I step in to vulnerability?**

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## Discovery Prayer

Sweet Jesus, How do I let go of control? Where is it holding me back?  
I am open to change, and surrender but I need your help.  
I admit it feels so scary but I want the freedom you promise,  
so today I take a step toward vulnerability knowing you are right here  
to comfort and encourage me. Amen!



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