

Grit 'n' Grace

➤ GOOD GIRLS BREAKING BAD RULES ➤



DIGGING DEEPER *Devotional*

Episode #92

How to Walk Through Pain Instead of Escaping It



How to Walk Through Pain Instead of Escaping It

Devotional Verse

John 14:6 (NIV)

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

Bad Rule

If I hide and run, I can avoid pain.

Focus on the Truth

Walking with Jesus through pain brings me close to Him.

Devotional Quote

"We cannot dodge the truth AND be close to Jesus." ~Amy Carroll

Digging Deeper

1. Am I a pants-er or a plotter in life?

2. What can I do for RE-creation in my life for self care?

3. Choosing truth feels so scary. What might I be running from right now?

4. If I choose to run toward Jesus, how does that change me?

5. After listening, what can I challenge myself to change now?

Devotional Prayer

Dear Jesus,

Help me to step into change and embrace my truth.
I won't do that perfectly but thank you that you don't ask me to!
I choose to do life with you. Thank you for being the healer
and perfecter of my faith. I love you. Thanks for loving me.
Amen.



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