

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Devotional*

Episode #108

The Relief of Knowing "It's Not About Me"



The Relief of Knowing "It's Not About Me"

Devotional Verse

Exodus 20:2-3 NIV

"I am the Lord your God, who brought you out of Egypt, out of the land of slavery. "You shall have no other gods before me."

Bad Rule

I can solve my insecurity issues by focusing on them.

Focus on the Truth

I can address my insecurity issues by focusing on God.

Devotional Quote

"I'm going to do the work that needs to be done to live an examined life without it turning into navel gazing."

~Amy Carroll

Digging Deeper

1. Can you think back to a circumstance in your life when someone hurt your feelings, and embrace the truth that "it wasn't about you"?

2. Have you ever experienced a moment where you envisioned something perfectly in your mind, but it didn't go as planned? How can we handle our emotions when things don't go as planned?

3. Are there any areas of your life you feel you are "playing the role" trying to become who you think others want you to be?

4. Our "mirrors" we look to can often make you feel either insecure or valuable. What do you look to as your "mirror"?

5. Which truth about God is most important for you today?

Devotional Prayer

Dear God, thank you for your perfect truths.
Please guide us and give us wisdom to understand your character
and attributes more each day.
Amen.



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