

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER

Discovery

Episode #111

Finding Peace that Calms Your Fear-Filled Heart



Finding Peace

that Calms Your Fear-Filled Heart

Discovery Verse

John 14:27 (NIV)

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Grow Your Grit

If I ignore fear, it will go away.

Embrace God's Grace

If I live loved, fear will go away.

Discovery Quote

"There is a difference between fear and pain, and I don't want to cause my own pain through fear."
~Maria Furlough

Digging Deeper

1. What caused you anxiety when you were younger?

2. How do you handle fear and anxiety as an adult?


3. Are your prayers "faith-based prayers" or "fear filled pleas"?

4. How can you create your own "Peace Jar"?

5. What verse can you pray for yourself and your family during this current season?

Discovery Prayer

Dear Jesus,
Thank you for showing us the importance of embracing rest through your encounter with Martha. Please show me what to prioritize in my daily life.
Amen.

 Join the conversation in the Grit 'n' Grace Girls Facebook Group
facebook.com/groups/gritnegracegirls/