

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Devotional*

Episode #112

Using Practical Strategies to Banish Fear



Using Practical Strategies to Banish Fear

Devotional Verse

I John 4:18a NIV

"There is no fear in love. But perfect love drives out fear...."

Bad Rule

If I ignore fear, it will go away.

Focus on the Truth

If I live loved, fear will go away.

Devotional Quote

"The pain points to the problem." ~Amy Carroll

Digging Deeper

1. What current circumstance in your life creates the most fear?

2. What strategy from today's episode resonated with you most?

3. What is a verse you can pray for yourself or your family this year?

4. Have you ever considered the importance of a “pre-prayer” for your heart when praying?

5. What are some things you turn to as an escape from pain and fear?

Devotional Prayer

Dear Jesus,
Thank you for your perfect love that drives out fear.
Please help us to trust in you with all we do.
Amen.



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