

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Devotional* Episode #118

Episode #118: When to Say Yes and How to Say No



When to Say Yes and How to Say No

Devotional Verse

Matthew 5:37 HCSB

"But let your word 'yes' be 'yes,' and your 'no' be 'no.'
Anything more than this is from the evil one."

Bad Rule

I have to say "yes" to everything.

Focus on the Truth

My goal is a pray-cessed "yes."

Devotional Quote

"I can say no to the commitment
without saying no to the connection."

~Cheri Gregory

Digging Deeper

1. When have you said yes when you shouldn't have?

2. What does striving look like in your life?

3. How does comparison separate us from our community?

4. How does contentment allow us to serve others with more joy?

5. How can you begin using your gifts to serve and not strive, even in unseen ways?

Devotional Prayer

Dear Jesus,
Thank you for giving us grace towards ourselves
and towards each other as we learn what to say yes
and no to together.
Amen.



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