

Grit 'n' Grace

➤ GOOD GIRLS BREAKING BAD RULES ➤



DIGGING DEEPER *Devotional* Episode #122

Episode #122: How to Refill When You Feel Drained



How to Refill When You Feel Drained

Devotional Verse

Psalm 146:2

"I will praise the Lord all my life; I will sing praise to my God as long as I live."

Bad Rule

I'm responsible to earn praise.

Focus on the Truth

God is amazing and worthy of praise.

Devotional Quote

"As soon as I move from relationships to results, that's where I get myself in trouble."

~Cheri Gregory

Digging Deeper

1. Can you remember a time when you felt close to amazing, but something went wrong?

2. Do you have a way of “hiding” or masking things when you feel fresh out of amazing?

3. How can we balance being busy but not burdened?

4. How can you “remove the mirrors” in your life and alter your perspective?

5. Do you have both truth-tellers and chocolate servers in your life?

Devotional Prayer

Dear Jesus,
Thank you for helping us give grace to ourselves
as we learn how to navigate caring versus controlling.
Amen.



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