

# Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



## DIGGING DEEPER *Devotional*

Episode #140

Seeing the Good in Revealing Your Hurt



## Seeing the Good in Revealing Your Hurt

### Devotional Verse

### Psalm 34:18

"The Lord is close to the broken-hearted and saves those who are crushed in spirit."

### *Bad Rule*

"I have to suffer in silence"

### *Focus on the Truth*

"I can pour out my heart to God"

### Devotional Quote

"All this pain comes about because we're preserving our identities. Instead, what God calls us to is preserving our identities as dearly loved daughters of Christ." ~ Amy Carroll

## Digging Deeper

1. Have you ever had a whack-a-mole season?

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2. Why do we believe we must keep up appearances, even in the hardest seasons?

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3. Do you struggle with believing God values you for what you do for Him?

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4. When we let other put people put pressure on us, how does that make us vulnerable to put our identities in what others think of us?

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5. How might trusting God fully help you come out of hiding and create your identity completely in Him?

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## Devotional Prayer

God,  
Thank you for grace and hope you give through Jesus, even when our circumstances are difficult. Amen.



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