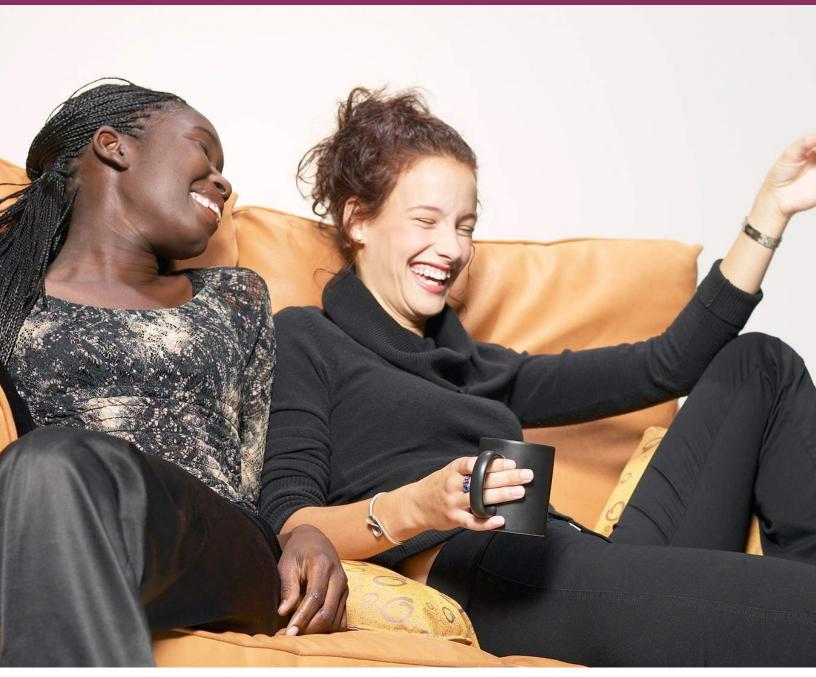
Srit 'n' Srace Scool GIRLS BREAKING BAD RULES —



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

2. Why do we believe we must keep up appearances, even in the hardest seasons? 3. Do you struggle with believing God values you for what you do for Him?	1. Have you ever had a whack-a-mole season?
3. Do you struggle with believing God values you for what you do for Him?	2. Why do we believe we must keep up appearances, even in the hardest seasons?
3. Do you struggle with believing God values you for what you do for Him?	
3. Do you struggle with believing God values you for what you do for Him?	
3. Do you struggle with believing God values you for what you do for Him?	
3. Do you struggle with believing God values you for what you do for Him?	
3. Do you struggle with believing God values you for what you do for Him?	
3. Do you struggle with believing God values you for what you do for Him?	
3. Do you struggle with believing God values you for what you do for Him?	
3. Do you struggle with believing God values you for what you do for Him?	
3. Do you struggle with believing God values you for what you do for Him?	
3. Do you struggle with believing God values you for what you do for Him?	
	3. Do you struggle with believing God values you for what you do for Him?

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

Devotional Prayer

God,

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

f

Join the Grit 'n' Grace Girls Community @GritNGracePodcast