

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Devotional*

Episode #141

The Unexpected Ways That You Can
Conquer Your Rest Deficit



The Unexpected Ways You Can Conquer Your Rest Deficit

Devotional Verse

Genesis 2:2-3

"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done".

Bad Rule

"Rest damages my productivity."

Focus on the Truth

"Rest improves every part of my life."

Devotional Quote

"A lot of us have gotten to that point where chronic rest deficit is the norm. We think that's just how we're supposed to feel."

~Dr. Sandra Dalton

Digging Deeper

1. Are you in a season of "Chronic Rest Deficit?"

2. When you rest, do you have true restoration?

3. How can you implement a consistent, well-rested lifestyle?

4. Do you feel like you can pour out in your life, or like everyone is pulling from you?

5. Do you have a list of people in your life who are draining and who are life giving? How can we take steps to recognize and be mindful of these relationships so we can maintain balance in our relationships?

Devotional Prayer

God,
Thank you so much for giving us rest to all areas of our bodies.
Please help us to be more mindful in all areas our bodies need to be restored.
Thank you



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