

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Devotional*

Episode #139

Moving From Hidden Hurt to Hope-Filled Healing



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Devotional Verse

Isaiah 66: 7 & 9 NIV

"A woman does not give birth before she feels the pain; she does not give birth to a son before the pain starts. In the same way I will not cause pain without allowing something new to be born," says the Lord.

Bad Rule

"I have to suffer in silence."

Focus on the Truth

"I can pour my heart out to God."

Devotional Quote

"I've been looking for hope in all the other avenues--doctors, diets, supplements, people. You, Jesus, are my only hope." ~Melinda Means

Digging Deeper

1. Have you ever been in a season where you tried to hide your hurt from others?

2. Are you a good girl who hides her true self?

3. Can you think of a time in your life when you relied on yourself to fix something instead of God?

4. What friends are safe for you? What friends should you reconsider being vulnerable with?

5. How might your circumstances change if you open up to others about your hidden pain?

Devotional Prayer

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



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