

# GRIT 'N' GRACE

*good girls breaking bad rules*



DIGGING DEEPER

*devotional*

Episode #156

Pull the Plug on Habits that Hold You Back



# Pull the Plug on Habits that Hold You Back

## Devotional Verse

Isaiah 43:18-19

"Forget the former things;  
do not dwell on the past. See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the wilderness  
and streams in the wasteland.

## Bad Rule

"I'm a girl gripped by fear."

## Focus on the Truth

"I'm a woman held by faith."

## Devotional Quote

"God's directions become our boundaries." ~Amy Carroll

## Digging Deeper

**1. Which old labels have you learned to embrace?**

---

---

---

---

**2. Which of those labels have become connecting points for relating to others?**

---

---

---

---

**3. What do you fear most about saying no to people?**

---

---

---

---

4. How has setting boundaries brought you more freedom?

---

---

---

---

5. What has God been teaching you about your fears? What new thing is He doing in your life now?

---

---

---

---

## Devotional Prayer

Heavenly Father, I have spent so much of my life gripped by fear. Heal the wounds that formed those fears. Help me to focus on the new and wonderful things that you are doing in my life now, and to have the courage to live in the boundaries of Your perfect direction. Amen



Join the Grit 'n' Grace Girls Community @GritNGracePodcast