

# GRIT 'N' GRACE

*good girls breaking bad rules*



## DIGGING DEEPER

*devotional*

Episode #173

How to Achieve the Impossible Goal of Being Grumble-Free



# How to Achieve the Impossible Goal of Being Grumble-Free

## Devotional Verse

Philippians 2:14-15

"Do everything without grumbling or arguing, so that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' Then you will shine among them like stars in the sky."

## Devotional Quote

"Pouring out your needs to God, even your complaints, is ok if you turn it around at the end and say, 'But I praise You even though this is going on.'" ~Tricia Goyer



## Digging Deeper

**1 When do you typically resort to grumbling?**

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**2. What are you really telling people when you grumble?**

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**3. What do you need to talk over with someone (a family member, a friend), so you can come up with a solution to the problem instead of complaining?**

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**4. What can you do instead of grumbling?**

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**5. How can you cut down on negativity during the holiday season?**

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## *Grumble-free Challenge*

Create a gratitude jar. Note the difference that it makes in your life, especially during the holidays.

### Devotional Prayer

Lord, please forgive my negative attitude. Give me the courage and maturity to communicate my needs—even if just to you—instead of resorting to grumbling. Help me replace my complaints with praise. You have filled my life with so many reasons to be grateful. Thank you! Amen.



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