

GRIT 'N' GRACE

good girls breaking bad rules



DIGGING DEEPER

devotional

Episode #174

Becoming Grumble-Free When You Thought You Couldn't



Becoming Grumble-Free When You Thought You Couldn't

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

"People-pleasers need to learn not only to ask for what they need but to ask others for what they actually want and need." ~Cheri Gregory

Bad Rule

Grumbling isn't so bad.

Truth

Grumbling matters to God. ~Tricia

Digging Deeper

1 What makes you want to grumble the most today?

2. What is the second language that your family uses instead of grumbling?

3. Where does your grumbling (or anger) usually come from?

4. Who do you know who shines because of her lack of grumbling?

5. What is one step you can take toward having a grumble-free holiday season?

Grumble-free Challenge

Each day this week, be intentional about replacing a moment of grumbling with gratitude.

Devotional Prayer

Lord, when I realize how often I grumble, I'm embarrassed. Forgive my tendency to default to the negative. Help me as I learn to replace my grumbling with gratitude. Thank you for giving me so many reasons to be thankful. Amen.



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