

# GRIT 'N' GRACE

*good girls breaking bad rules*



## DIGGING DEEPER

*devotional*

Episode #175

Finding the Strength of Your Sensitive Heart





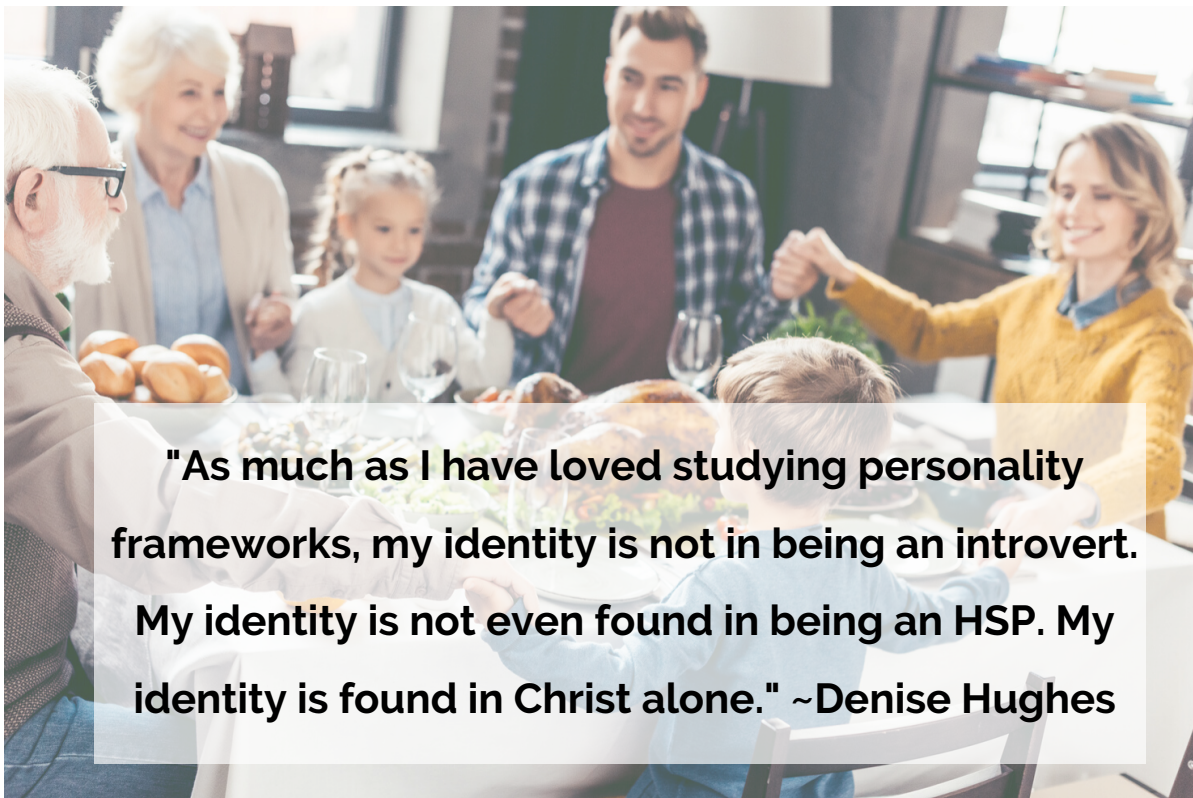
# Finding the Strength of Your Sensitive Heart

## Devotional Verse

Isaiah 64:8

"Yet You, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand."

## Devotional Quote



**"As much as I have loved studying personality frameworks, my identity is not in being an introvert. My identity is not even found in being an HSP. My identity is found in Christ alone." ~Denise Hughes**

## Digging Deeper

**1. How do you respond to the word sensitive? What about the label HSP?**

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**2. What have been your misconceptions about what it means to be sensitive or an HSP?**

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**3. What are you especially sensitive to?**

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**4. How are the holidays difficult for you or an HSP that you know?**

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**5. If you aren't an HSP but have one in your life, how can you make the holiday season a little easier for them?**

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## Strengthening Exercise

Look over your calendar for the holidays and make sure that you have at least one empty square. Commit to keeping it empty. Write down one or two other steps you can take to make November and December less overstimulating.

### Devotional Prayer

Lord, thank you for seeing me as a beautiful work of your hands. Help me to be the best version of the person you created me to be. Show me how I can make life easier for someone else today. Amen.



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