

# Grit 'n' Grace

➤ GOOD GIRLS BREAKING BAD RULES ➤



## DIGGING DEEPER *Devotional*

Episode #142

How to Stop Failing at Resting



# How to Stop Failing at Resting

## Devotional Verse

Isaiah 30:15

"This is what the Sovereign Lord, the Holy One of Israel, says: 'In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.'"

## *Bad Rule*

"Rest damages my productivity."

## *Focus on the Truth*

"Rest improves every part of my life."

## Devotional Quote

"I want an A++ in rest, without actually having to rest."  
~Cheri Gregory

## Digging Deeper

1. Do you recognize early when you are in a season of "Chronic Rest Deficit?"

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2. What are your first symptoms of recognizing when you need rest?

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3. What does harmony look like in your life?

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4. Amy and Cheri talk about doing a calendar audit. How can you do this for yourself this week?

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5. What are your major obstacles to rest? Take some time today to list them out.

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## Devotional Prayer

God,  
Thank you so much for giving us rest to all areas of our bodies.  
Please help us to be more mindful in all areas our bodies need to be restored.  
Amen



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