

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Devotional*

Episode #143

Returning to the Hidden You



Returning to the Hidden You

Devotional Verse

Isaiah 30:15 (NLT)

"Only in returning to me and resting in me will you be saved."

Bad Rule

"I work my way to my truest self."

Focus on the Truth

"I rest my way to my truest self."

Devotional Quote

"Some of us use our to do list and busyness and even achievement and success as a numbing device" ~Michele DeRusha

Digging Deeper

1. Do you find yourself sitting still or hustling during the "in between" times?

2. What areas of your life do you turn to business as a numbing device?

3. Do you place your identity and importance in being busy?

4. How can we change our mindset toward stillness and rest?

5. Are there things on your schedule today you should say no to so you can say yes to rest and time with Jesus?

Devotional Prayer

God,
Thank you so much for giving us rest and being pleased when we rest and spend time with you.
Amen



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