

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Devotional*

Episode #144

How to Rest Your Way Back



How to Rest Your Way Back

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

"I work my way to my truest self."

Focus on the Truth

"I rest my way to my truest self."

Devotional Quote

"I need to give myself more grace in my humanness and let God do His work instead of striving so much." ~Amy Carroll

Digging Deeper

1. Have you ever considered scheduling time for rest?

2. Does the thought of rest make you feel lazy or do you see rest as something you need to be more productive?

3. When working on a project, is it hard to take a break and believe in God's timing for it's completion?

4. When you choose to intentionally rest, how do you feel afterwards?

5. How can you schedule time in for rest in your schedule today?

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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