

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Devotional* Episode #104

How to Use a Change of Focus to Get Unstuck



How to Use a Change of Focus to Get Unstuck

Devotional Verse

Deuteronomy 31:8a

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you."

Bad Rule

If you want it done right, you have to do it yourself.

Focus on the Truth

Trusting God instead of ourselves, leads to better solutions.

Devotional Quote

"When we focus on our problem, that's when we stay stuck in the pain. But when we focus on our God, that's how we get unstuck."

~Amy Carroll

Digging Deeper

1. Do you naturally focus on problems or solutions?

2. When we feel overwhelmed with problems we are facing, how can we shift our focus toward God?

3. What is the greatest challenge to becoming unstuck once you are at the end of a challenging season?

4. Have you ever considered writing in a daily gratitude journal, even when life seems difficult?

5. Amy and Cheri mentioned keeping a list of difficult circumstances from the past, and how God was present with a solution during each of them. Take a few moments to reflect on how God has been with you during different seasons of your life.

Devotional Prayer

Dear Jesus,
Thank you for always providing God-sized solutions to our problems.
Amen.



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