

Grit 'n' Grace

➤ GOOD GIRLS BREAKING BAD RULES ➤



DIGGING DEEPER

Discovery

Episode #107

Gain More Life with Less Self-Focus



Gain More Life

with Less Self-Focus

Discovery Verse

Proverbs 4:25 NIV

"Let your eyes look straight ahead; fix your gaze directly before you."

Grow Your Grit

I can solve my insecurity issues by focusing on them.

Embrace God's Grace

I can address my insecurity issues by focusing on God.

Discovery Quote

"The issue for me is not that I need to focus on myself more positively, but that I just need to focus on myself less."

~Shannon Hodde Miller

Digging Deeper

1. Have you ever considered how people pleasing is tied to our insecurities and self-focus?

2. How does looking at ourselves in certain situations, or "mirror-flexing" make us look past other people?


3. What "mirror" are you looking in for your value?

4. How can we balance certain areas of our life (marriage, parenting, career, etc.) without finding our value or lack thereof in those areas?

5. How can you create a habit to focus on the characteristics of God throughout your day?

Discovery Prayer

Dear God,
Thank you for all your perfect attributes. Please help me to find my value in you and not myself or my circumstances.
Amen

 **Join the conversation in the Grit 'n' Grace Girls Facebook Group**
facebook.com/groups/gritnegracegirls/