

# Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



## DIGGING DEEPER *Discovery*

Episode #57

I Quit: How to Stop the Exhausting Pursuit of Perfection



## I Quit:

How to Stop the Exhausting Pursuit of Perfection

### Discovery Verse

**Job 11:18 NIV**

"You will be secure, because there is hope; you will look about you and take your rest in safety."

### *Grow Your Grit*

Rest and Sabbath is where I get the most and the best from God.

### *Embrace God's Grace*

We can pray and ask God to help us set ourselves aside to focus on Him.

### Discovery Quote

"Our deepest trust will go to our deepest attachment. It should go to the Lord." ~Mary DeMuth

## Digging Deeper

**1. How does knowing you have a “restory” impact you?**

---

---

---

---

**2. What have mentors taught me about “doing everything right?”**

---

---

---

---

**3. Where have I “performed for love?” Do I do this currently? Has it worked?**

---

---

---

---

**4. Where is MY line between doing things well vs. grasping for perfectionism?**

---

---

---

---

**5. Who is on my "to love" list? How can I focus on this concept through my attachment to the Holy Spirit?**

---

---

---

---

**6. How can I expand my list of people I trust so that I can get feedback to avoid spiritual abuse?**

---

---

---

---

## Discovery Prayer

Dear Jesus,  
Thank you for teaching us WHO to attach to and HOW to let go of perfection and people pleasing. I so need more of both! Help me step outside of myself and into your grace. Remind me when I feel frazzled, that you are my safe place...ALWAYS!  
I'm so grateful for you, Amen



Join the Grit 'n' Grace Girls Community @GritNGracePodcast