

GLORY & GRIT

SEASON 2 • EPISODE 6 • COMPANION PAGE

When Everything Matters but You Can't Do Everything

What am I carrying because it matters—and what is actually mine to carry right now?

TRUTH TO CARRY

Faithfulness isn't doing everything. It's doing what is yours without destroying yourself over what's not yours.

PRAYER PROMPT

Ask God for wisdom and order: to recognize what belongs to you now, receive needed help, and release what you are carrying from fear rather than assignment.

REFLECT

- What meaningful responsibility have I automatically labeled urgent, mine, and due now?
- Am I refusing what is truly mine—or admitting that I cannot carry several people's portions at once?
- What am I trying to prove, prevent, or control by carrying this alone?

GRIT PRACTICE • THE CAPACITY SORT

Write down what is pressing on you. Place each item where it honestly belongs:

Mine for now	Can wait	Needs help	Not mine to carry
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

ONE FAITHFUL ADJUSTMENT

Do not add another task. Move one thing, ask for one piece of help, release one responsibility that was never yours, or protect one period of rest.

CLOSING REMINDER

You are not required to run faster than you have strength. Slowing down does not mean you have stopped following God.

Share this page gently with someone who may need permission to make one faithful adjustment.