

# LIGHTEN UP

*with Grace x Strength*

# Peace & Comfort

**YOUR MONTHLY FREE RESOURCE TO LIGHTEN UP**

*COMPILED WITH LOVE & BLESSINGS*

*WWW.GRACEXSTRENGTH.COM*

# GRACE X STRENGTH

## "Some Things Never Change"

~ Josephine Lau ~



At the beginning of the year, Rose set out on a year-long cruise trip headed towards her dream destination. Less than a quarter of the way into the trip, a shipwreck throws Rose into the stormy sea. In the chaos of the open waters, everyone on board - absolutely EVERYONE, isn't thinking about where they are headed anymore. Instead, everyone is desperate to find something that doesn't move and something that anchors down to provide stability, so that they can catch their breath and find their bearing in the chaos of the open waters.....

For many of us, like Rose, we embarked on the Titanic full of dreams and plans at the start of 2020. Today, many of us are in open waters. Our new year plans and resolutions no longer offer any comfort. And if this hasn't hit home just yet, let me pose this, "*Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.*" ~ Prov 19:21 (ESV)

The weather changes any second and the most brilliant of minds haven't worked out how nature operates. Whether our lives change mildly or erratically because of Covid-19, **one thing does not change - the love of our Sovereign God.**

This pandemic is no surprise to God. If He knew about it, why would He allow it? I don't have the answer and I doubt anyone does. But what I do believe in, is He is who He says He is. The Great "*I Am*", whose relentless love chases after each one of us. Don't get me wrong, it doesn't mean the question doesn't pop up in my mind. I choose to shut it down knowing that I do not have the wisdom to understand but *faith* allows me to.

*"Now faith is confidence in what we hope for and assurance about what we do not see. By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible."* ~Heb 11:1-3 (NIV)

### **If God's Truth and love for us doesn't change, nor should my faith**

These philosophical questions aren't reserved for the soul-searching adult. A few days ago on my son's 11th birthday, he said this to me, "Mum, I know the corona virus is a bad thing but if it forces people, like Dad, to be at home a little more and if everyone one is doing that, don't you think that it might be a good thing? Then people use technology in the right way - to communicate and work, but then you still get to see them.... Today, I'm really happy because both mummy & daddy are home. It's the best birthday gift."

Sure, my 11 year old's perspective may be a naïve view of the situation but it's undeniable that the situation invites us to dig deeper into existential questions. To slow down and re-evaluate our individual battles. Et voilà, here we are...for whatever reason we cannot understand, this period of unending growth is slowing down or even stopping.

When my son asked me that question, I realised that perception *is* reality. In the days ahead, the choice of words we use, the actions we take, the sentiments we hold, the intentions we set....they all shape a perspective for ourselves and for the people around us.

My son wasn't wrong when he highlighted the fact that technology can be used in the right way and what better time than this? I would go as far as saying, it is an absolute luxury that we can still stay connected in this way. So yes, how about seeing this as an OPPORTUNITY to exercise faith and conquer fear. This opportunity will pass. None of us get more or less of this time.

***"Who of you by worrying can add a single hour to your life? Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."***

~Luke 12:25, Proverbs 3:5-6



# GRACE X STRENGTH

## REFLECTIONS & MEDITATIVE EXERCISE

1. Settle in a comfortable space without distractions
2. Observe your breath. Lengthen your exhalations.
3. Take a moment to reflect on your worries.
4. Are you struggling to surrender them to God?
5. Clench your fists and shrug your shoulders upwards, in a gesture of tension.  
Take a deep inhalation.
6. Release the tension, completely relax and exhale.
7. Notice the physical tension release.
8. Now make a mental note of your worries.
9. Feel your worries being released on your next exhale.
10. Continue to exhale your worries until you are ready.
11. Say a prayer & seek Jesus for peace & comfort.
12. Breathe in His love for you and soak in His peace.

### JOURNAL YOUR REFLECTIONS:

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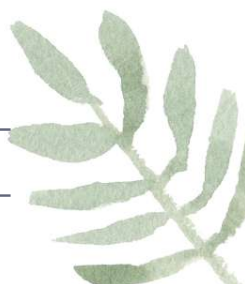
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# GRACE X STRENGTH

## RECOMMENDED VIDEOS

### MEDITATE



**I AM SAFE | Hip & Heart Opening Moving Meditation**

Allison La Bianca Basic 26 mins



### STRETCH



**PERFECT PEACE | Prenatal Full Body Stretch**

Danielle Akosa Basic 18 mins



### BETTER SLEEP



**FAITH OVER CLARITY | Restorative Inversions**

Alyssa Mak Basic 18 mins



### GET ACTIVE



**PRAISE ALWAYS | Creative Full Body Flow**

Monique Forward Intermediate 17 mins



### ENERGISED



**TRUST IN HIS PLANS | Full Body Energiser**

Josephine Lau Basic 24 mins



### CHALLENGED



**CALM THE STORM | Energetic Legs and Glutes**

Alyssa Mak Basic 21 mins



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# GRACE X STRENGTH

## FAITH & FITNESS PLANNER

G+S

MONTH - YEAR:

WE RECOMMEND 3 YOGA SESSIONS A WEEK!

INTENTIONS / GOALS :

SESSION 1

SESSION 2

SESSION 3

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

# GRACE X STRENGTH

## PRAYER

Heavenly Father,

Thank You for this opportunity that I have to be with You, seeking You for peace and for comfort. I trust in Your love and plans for me, and I do not seek to understand.

Jesus, when you were walking on earth, you travelled everywhere to heal the sick. Please stretch out your healing hands and deliver healing to those who are unwell. We ask for a cover of protection over those who are carers of the ill, those who are in places of authority, medical staff and those who are serving in high-risk places.

Lord, search my heart and forgive me for any selfish thoughts and actions as a result of fear and anxiety during this time of uncertainty. Please send the Holy Spirit to be with me in moments of fear and trouble, so that I can find rest in You.

Grant me the wisdom and discernment to navigate down the path of light. Give me the courage to step out in faith, to diffuse the aroma of Christ to those around me.

Help me walk this path of Grace and to turn to Your strength, and not my own.

We pray for the nations to come together in unity, to glorify you and carry out the good work that you have tasked us with.

In Jesus' name,  
Amen



# GRACE X STRENGTH

## PRAYER CARDS

- Cut out these prayer cards
- Write down your prayers
- Drop them into a cookie jar or nice glass jar
- Review your prayers
- Remember to thank the Lord for answered prayers



# GRACE X STRENGTH

## "PEACE BE STILL"

~ Lauren Daigle ~

### SPOTIFY ACCESS

<https://open.spotify.com/track/3QggMVZdqHdY8e7r7IUBww>



I don't want to be afraid  
Every time I face the waves  
I don't want to be afraid  
I don't want to be afraid  
I don't want to fear the storm  
Just because I hear the roar  
I don't want to fear the storm  
I don't want to fear the storm

Peace be still  
Say the word and I will set my feet upon the sea  
Till I'm dancing in the deep  
Oh peace be still  
You are here so it is well  
Even when my eyes can't see  
I will trust the voice that speaks  
I'm not gonna be afraid  
'Cause these waves are only waves

I'm not gonna be afraid  
I'm not gonna be afraid  
I'm not gonna fear the storm  
You are greater than it's roar  
I'm not gonna fear the storm  
I'm not gonna fear at all





# GRACE X STRENGTH

## FUN RECIPES FOR A HOME SPA



### **CALM & COMFORTING BATH SALTS**

*~ A serene bath experience with Lavendar ~*

#### Ingredients:

- 6 drops clove essential oil
- 4 drops lavender essential oil
- 4 drops chamomile essential oil
- 1 cup baking soda
- 1 cup sea salt
- 1/4 cup epsom salt

#### Method:

- Mix the essential oils together thoroughly.
- Separately mix the salt and baking soda together in a jar
- Add the essential oils in to the dry mix and mix well
- Keep the jar sealed until you need to use it
- To use in bath, dissolve 1/4 cup of salts in bath water

### **PEACEFUL NIGHT OIL**

*~ Soothing face oil for a good night's sleep ~*

#### Ingredients:

- 1 teaspoon sweet almond oil
- 2 drops rose essential oil

#### Method:

- Mix ingredients together and massage well on face after washing
- Use a soft towel to wipe face down gently.





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With Grace and Strength,  
*Josephine, Alyssa & The GxS Team*



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