



**LIGHTEN UP**

*with Grace x Strength*

# *New Life*

**YOUR MONTHLY FREE RESOURCE TO LIGHTEN UP**

*COMPILED WITH LOVE & BLESSINGS*

*WWW.GRACEXSTRENGTH.COM*

# GRACE X STRENGTH

## "Reckless Love"

~ Brooklyn Warren ~

Is there something you wish you could have a do-over on? One situation probably sticks out in your mind, and it is bringing cringes, shame, embarrassment, and all sorts of "not good" feelings.

In Luke chapter 15, there is a story about a son, who screwed up so bad, that he wanted a major do-over. In this story, the son asks his father for his inheritance. In Bible times, he was essentially telling his dad he wished he was dead. The son took the money, and hit the town!

He spent money on all sorts of things, had all the friends in the world, and got into the greatest parties. Eventually, the well ran dry, and the son was out of money. Dirt broke. He swallowed his pride and was hired as a slave to feed the pigs. The son was starving, to the point where he was willing to eat the pigs' leftover food. He thought "What if I go back home and worked for my dad? His workers had better food than this!"

So off he went, back to his father's house. While he was still far off, his father saw him, ran up to him, and embraced him. He apologised for sinning against his father, and sinning against heaven. But the father didn't listen. He was too focused on planning a party for his son, covering him in the finest clothes and jewellery, and overjoyed that his son had returned home.

Friends, this is the gospel in one verse. "So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him." (Luke 15:20). The gospel in one verse!

When we think of the word "prodigal" we tend to think of someone who has gone off the rails. Your friend from high school? Your co-workers kid? Your neighbours kid? But the dictionary defines it as having or giving something on a lavish scale. Lavish. That reminds me of the verse in 1 John 3:1 that says "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" The father was lavish with his love for his son. He didn't wait for him to get cleaned up. He didn't wait for him to finish his apology speech. He lavishly poured out his love on him because he was his son.

his story of the prodigal son is actually one of three parables Jesus tells in Luke chapter 15.

The first one is about a shepherd who has 100 sheep. One of his sheep gets away, and rather than count it as lost, he leaves his other 99 sheep to go search through the wilderness for the one.

The second story is about a woman who has 10 coins and loses one. The woman starts going crazy looking all over her house for this coin. Once she finds it, she throws a big party for the whole neighbourhood to celebrate. A party which probably cost more than the coin itself!

The third story is the prodigal son. Lost sheep. Lost coin. Lost son. You might think that you aren't a "prodigal son." You might be reading this and thinking that you have a pretty good life, and haven't nearly come close to going off the deep end. But Isaiah 53:6 says that "we're all like sheep who've wandered off and gotten lost. We've all done our own thing, gone our own way. And God has piled all our sins, everything we've done wrong, on him."

Friends, Jesus died on the cross so that you can come back home. You don't have to ruin your life to come back home, and you don't have to have a perfect life to stay home. Can you imagine how much fear and anxiety the son probably had about coming home to his father? He had his speech all prepared, ready for his father to be angry or argue or turn him away. But the father lavishly embraced him. The first two parables use the terms "lost and found." Lost sheep that was found. Lost coin that was found. But the third story says a dead son who is now alive (Luke 15:24). This is the foreshadowing of Easter.

Sons and daughters of Christ can come home to God because of the sacrifice Jesus made on the cross. It doesn't matter who you are, it doesn't matter where you've been. It doesn't matter what you have even done today. You can come home. There is no shame. You are covered in grace. Easter is just as alive today as it was on the very first one at the tomb. God is a God of do-overs. Anything you need, anything you are longing for can be found in him. He made a way for you to come home by burdening your sins. He is waiting for you with open arms. Come home.

# GRACE X STRENGTH

## REFLECTIONS & MEDITATIVE EXERCISE

***What you'll need: 2 pens of different colours (Journal space on the next page)***

1. Come to a comfortable seated position either on your mat or in a chair.
2. Take one of your coloured pens and begin writing down everything you would like God to know. Whether it be a physical need, financial need, emotional need, gratitude, confusion, anything at all.
3. After you are done writing, place it off to the side. We are going to do some light stretching. If you feel comfortable, do this in a silent room. Try to really tune into God's voice during this time.
4. Inhale your arms up into the sky, exhale palms down to heart centre. Repeat this however many times as needed, then return to neutral.
5. Drop your chin down to your chest. If you would like, interlace your fingers behind your head to draw the neck down even further. Take a few rounds of breath in this posture and return to neutral.
6. Inhale your right arm up overtop of your head, then reach it over towards your left side. Exhale as you sink deeper. Inhale both hands overtop of the head, exhale as you relax the shoulders. Repeat on the left side.
7. Feel free to spend as much time as you would like quietly stretching and meditating, but when you are ready, grab your notebook and different coloured pen. Spend some time here tuning into what God is telling you now, or during your stretches. Write down everything He is telling you in a different colour.
8. Once finished, compare His words with yours. (Wondering if something said is from God or from your own head? God's voice will always line up with Scripture.)
9. In times when you feel discouraged, I encourage you to go back and read past journal entries of conversations between you and God. Make this a daily habit of writing back and forth in your different coloured pens your talks with God.





# GRACE X STRENGTH

## RECOMMENDED CLASSES

### EASTER - RESTORATION PROGRAM



### PRACTISE GRACE & STRENGTH



### BEGINNERS - LEARN HOW TO FLOW



### TONING UP YOGA SCULPT



### ENERGISING MORNINGS



### STRESS RELIEF



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**YES, I'LL TRY NOW!**

# GRACE X STRENGTH

## FAITH & FITNESS PLANNER

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

## BREATH PRAYER

~ Josephine Lau ~

Breath prayer is a Christian practice that dates back to the sixth century and historically associated with the Greek and Russian Orthodox churches. It is a grounding practice to help us centre our minds and open up space in stillness for the Holy Spirit to do work in our lives. Incorporating breath prayers into your day is very nourishing to your mind and soul, in turn, offering many benefits for your body as you consecrate yourself to the Lord.

Breath prayer is simply practised by repeating quietly or silently, phrases or Scripture to the rhythm of your breath. We hope you will find peace and new revelations in the guided breath prayer we have for you this month.

***“And everything I’ve taught you is so that the peace which is in me will be in you and will give you great confidence as you rest in me. For in this unbelieving world you will experience trouble and sorrows, but you must be courageous, for I have conquered the world!”***

~ John 16:33 (TPT)

--- BREATH PRAYER ---

**INHALE** - *Jesus has taught me*

**EXHALE** - *In Him, I have peace & rest*

**INHALE** - *In this troubled world, I am courageous*

**EXHALE** - *Jesus has conquered the world.*

**REPEAT AS LONG AS YOU NEED** - allow the Holy Spirit to work in your heart, soul, mind & body.

**SEAL THE PRACTICE WITH YOUR OWN PRAYER**

# 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

+ = love

G+S  
GRACE X STRENGTH

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GRACE X STRENGTH

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G+S  
GRACE X STRENGTH



# GRACE X STRENGTH

## "THE PRODIGAL"

~ Meghan Baird, Ryan Baird ~

☐ **SPOTIFY ACCESS** ☐

[https://open.spotify.com/track/3P5cBiYl1I3GXpKkEzxYad?  
si=9aHHEZk2QJm8tQFru5oy1Q](https://open.spotify.com/track/3P5cBiYl1I3GXpKkEzxYad?si=9aHHEZk2QJm8tQFru5oy1Q)

You held out Your arms  
I walked away  
Insolent, I spurned Your face  
Squandering the gifts  
You gave to me  
Holding close forbidden things  
Destitute, a rebel still, a fool in all my pride  
The world I once enjoyed is death to me  
No joy, no hope, no life

Where now are the friends that I had bought  
Gone with every penny lost  
What hope could there be for such as I  
Sold out to a world of lies  
Oh to see Your face again, it seems so distant now  
Could it be that You would take me back  
A servant in Your house

You held out Your arms, I see them still  
You never left, You never will  
Running to embrace me, now I know  
Your cords of love will always hold Mercy's robe, a ring of grace  
Such favor undeserved  
You sing over me and celebrate  
The rebel now Your child

# GRACE X STRENGTH

## FUN EASTER RECIPES

~ Alyssa Mak ~

### **GUACAMOLE EGGS** (by Joanna Cismaru)

Cook Time:10 mins Serves: 12

#### INGREDIENTS

6 large eggs hard boiled 1 medium avocado  
3 tsp lime juice fresh  
1 tsp red onion minced  
1 tbsp jalapeno minced  
1 tbsp fresh cilantro chopped  
1/4 tsp salt or to taste  
1/2 tsp pepper or to taste  
1 tbsp tomato diced  
Chili powder for garnish



#### INSTRUCTIONS

Peel the cooled hard boiled eggs. Cut the eggs in half horizontally, and set the yolks aside. In a bowl, mash the avocado and 4 egg yolks; discard the rest. Mix in lime juice, red onion, jalapeno, cilantro, salt and pepper and adjust to taste. Gently fold in tomato. Scoop heaping spoonfuls of the guacamole into the 12 halved eggs. Sprinkle with a little chili powder and arrange on a platter.

### **FRUITY PEBBLE RICE KRISPIE TREATS** (By the Novice Chef)

#### INGREDIENTS

4 tablespoons butter  
10 oz marshmallows  
6 cups Fruity Pebbles  
Popsicle sticks  
White chocolate, for dipping

#### INSTRUCTIONS:

Grease a 9×13 inch baking dish. Melt butter in a pan over medium heat. When melted, add marshmallows and stir until melted. Remove from heat. Add cereal and mix well. Pour contents into baking dish and spread evenly. When cooled, cut into rectangles and insert popsicle stick. Heat chocolate in a microwave safe bowl at half power in 30 second intervals, until fully melted. Dip top into white chocolate and sprinkle with extra fruity pebbles if you wish! Will keep for 3 days in an air tight container.



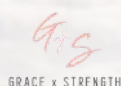
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With Grace and Strength,  
*Josephine, Alyssa & The GxS Team*



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