

LIGHTEN UP *with Grace x Strength*

Soar like an Eagle

YOUR MONTHLY FREE RESOURCE TO LIGHTEN UP

COMPILED WITH LOVE & BLESSINGS
WWW.GRACEXSTRENGTH.COM

GRACE X STRENGTH

"You're Flying Higher"

~ Tanja Fitisemanu @cmstyled ~

I played a little game this morning, always with intent to try and get to know my husband better. I smiled at him saying: "Name your favourite animal and 3 deep reasons why." He said: "Eagle." No hesitation, no pause. "They're F R E E. No boundaries, no limits, just pure skies with endless horizon. Their view is clearer and makes it easier to grasp the whole picture."

The animal, according to the psychological studies in the test above, pinpoints what our opinion of what a perfect mate should be like. I deduced: "You want a free spirited friend. A person who thinks bold and free of limitations." It was my turn and the answer I gave was a mountain goat. Fearless and free. We started laughing at each other, it was beautifully obvious. Together we were flying higher.

Back then, in troubled past relationships, all we wanted was a mate to share God with, but what we got was a lifelong partner. It was right there, in the verses of Psalm. We see a beautiful description of God's promise. He gave us calm in the midst of storm.

"If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast." ~ Psalm 139:9-10

My mind started wondering and stories of other people emerged on playback, rolling out in my head as if God Himself sat me down to watch them.

Right in the middle of all that mess in isolation and tight budget worries, she looks up to find that bit of peace. Her scrunchy style of working mom and 5 kids to worry for. Oh, how would it feel? Five minute shower. One minute of silence and no more screaming from the little mouths. The voices in her head became hollow and echoed till the window opened and the wind blew some sharp freshness into her cheeks...she smelled the vivid freedom from the top of the mountain she visited those 20 years ago...that wind of change in her hair pulls her right from her messy one bedroom flat perception into the big eye-opening God perspective.

The light turns on in the other room. He's searching again for a clean pair of hidden socks, never to be found... he looks up in despair, frustration and ready to explode. Then, catches breath and clenched fists release the grip... the gust of air carrying relief stuns his senses. Sharp smoke from the neighbour's Cuban cigar and grass freshly cut was taking over his senses. The little boy in him again has seen his father, smiling from his chair and smoking his pipe, inviting him to sit down for another story... his soul is calm and mind clear with love from his Heavenly Father surrounding his chest.

The third room is quiet and the whispering noises are getting louder. They hold each others' hands knowing they might not see the day like that again, they're old and wrinkly. But their eyes water with pure love, reaching out to Him in their minds as their limbs can't move with such grace and strength anymore. They exhale love in their goodbyes...deeply asleep until they see the morning sunlight playing tricks on their vision. "He's gifted us another day together," she utters "Put your best suit on my love, we're celebrating." They passed away not long after in gracious spirit, soaring in the skies.

And God's promise stands firm to us all. Whether hurt, lonely or isolated, in dark or open air spaces. He offers a renewed soul to those who seek Him. With Him we can fly higher. Higher than any worry or job. Higher than feelings or physical pain. Higher than plague and death for He is omnipotent in all things.

**He is pure in love that He covers you with,
"...who satisfies your desires with good things so that your youth is renewed like the eagle's" (Psalm 103:5)**



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REFLECTIONS & MEDITATIVE EXERCISE

~ Tanja Fitisemanu [@cmstyled](#) ~

1. Find a calm and quiet spot in the house where you can stand still. Or, even better, if you can practise this on the porch or balcony with freshness of your mind. Imagine free unlimited skies and you're ready to take off like a bird.
2. Observe your feet. Plant them down firmly into the ground, hip distance apart.
3. Bend your knees slightly and face your palms downwards as if you're trying to leap off the ground. Feel that connection to your roots and remember what God gave you in this life to make you feel rooted.
4. Then, straighten your legs & sweep your arms up as if you're trying to reach something from the sky with your fingertips.
5. You're reaching for His wisdom, His love and asking in a prayer whatever you need at this present moment. Feel your whole body stretching in this standing position with arms up in hands in your own expression of receiving - Praise hands or palms turn up or palms pressed
6. together in prayer hands.
7. Sweep your arms back down like wings to bring you back to standing.
8. Repeat few times until you feel the freedom in your body and your spirit is renewed in Him.



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RECOMMENDED CLASSES

GOD-SIZED ASSIGNMENT |
Strong Full Body Flow



HOPE, TRUST & HOLY CONFIDENCE |
Full Body Flow



WHO YOU ARE IN CHRIST |
Gentle Eagle Arms Flow



RENEWAL | Gentle Hip
Opening Stretch



CALM THE STORM |
Energetic Legs & Glutes



FIND JOY IN THE STORM |
Stretch & Rest



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YES, I'LL TRY NOW!

SOAR LIKE AN EAGLE

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			



SOAR LIKE AN EAGLE



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.

“but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

~ Isaiah 40:31

--- BREATH PRAYER ---

INHALE - *I hope in the Lord*

EXHALE - *He will renew my strength*

INHALE - *I soar like an eagle*

EXHALE - *In Jesus, I am free*

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

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PRAYER CARDS

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

"like an eagle that stirs up its nest and hovers over its young, that spreads its wings to catch them and carries them aloft."

~ Deuteronomy 32:10-11



"Praise the LORD, my soul, and forget not all his benefits who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's."

~ Psalm 103:205



"but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

~ Isaiah 40:31



GRACE X STRENGTH

"STILL"

~ Hillsong Worship ~

▣ **SPOTIFY ACCESS** ▣

[https://open.spotify.com/track/1k4pgf9EpOaixEOTqfgDZ8?
si=LtIABZSCTFyCCDQ42Id0sA](https://open.spotify.com/track/1k4pgf9EpOaixEOTqfgDZ8?si=LtIABZSCTFyCCDQ42Id0sA)

Hide me now
Under Your wing
Cover me
Within Your mighty hand

When the oceans rise and thunders roar
I will soar with you above the storm
Father, You are King over the flood
I will be still and know You are God

Find rest my soul
In Christ alone
Know His power
In quietness and trust

When the oceans rise and thunders roar
I will soar with you above the storm
Father, You are King over the flood
I will be still and know You are God

GRACE X STRENGTH

Healthy Comfort Foods

~ Alyssa Mak ~

During the tougher seasons in life, our appetite is often affected. Some people don't eat and others start binge eating unhealthy food. Here are 2 of my favourite comfort food recipes I recommend!

Salmon Poke Bowl (Serving size: 2)

By: Alyssa Mak



Ingredients:

Wakame Seaweed (pre-seasoned) - 2 tablespoon
Sashimi grade salmon - 200 grams
Brown rice uncooked - 1/2 cup
Purple rice - 2 tablespoon
Quinoa - 2 tablespoon
Carrot - 1 medium
Cauliflower - 1 cup chopped
Kimchi - 2 tablespoon
Eggs - 2 medium
Soy Sauce - 1.5 tablespoon
Wasabi - 1/2 teaspoon
Olive Oil - 2 tablespoon
Fresh Thyme - 2 teaspoon
Salt and Pepper - a pinch

Method:

1. Preheat oven to 180 degrees celsius
2. Mix brown rice, quinoa and black rice in a rice cooker pot and rinse through water. Add 1.5 cups of water in the pot to cook.
3. Peel and cut carrots into sticks and place on a foiled baking tray. Add chopped cauliflower to tray as well and drizzle oil, thyme and salt and pepper. Place tray in preheated oven and cook for 25 minutes
4. Dice up salmon and mix with soy sauce and wasabi then set aside.
5. Add boiled water in a non stick pot (around 2 cm from the bottom of the pot). Crack two eggs into the pot, try not to let the two eggs stick together. Turn the fire to low heat and place a lid on the pot. Poach for 3-4 minutes. Use a ladle or a strainer scoop to remove the poached eggs.
6. Plate the poke bowl with the rice on the bottom, carrots, cauliflower, kimchi, seaweed, salmon and poached egg on top. Enjoy!

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Healthy Comfort Foods

~ Alyssa Mak ~

Fudgy Pumpkin Brownies

By: Katrin Nurnberger

(Source: <https://sugarfrelondoner.com/pumpkin-brownies-sugar-free-low-carb/>)



Ingredients:

250 g pumpkin puree
(1 cup) 100 g almond flour
(1 cup) 2 large eggs
60 g Sukrin Gold or granulated sweetener of choice
(1/3 cup) 45 g cacao powder, unsweetened
(1/3 cup plus 3 tbsp) 50 g coconut oil or melted butter
(1/4 cup) 1 tsp baking powder
1 tsp mixed spice/pumpkin spice
Glaze: Dark chocolate sugar free melted (optional)

Method:

1. Pre-heat oven to 180 Celsius/350 Fahrenheit.
2. Combine all dry ingredients in a bowl.
3. Add all wet ingredients. You can mix with a blender or even with a fork.
4. Check the sweetness and add more sweetener if required.
5. Line a baking tin with baking paper (mine was 15x20 cm) and fill with the mixture.
6. Bake for ca 25-30 minutes or until a knife comes out clean. The brownies will be very soft in the beginning, but they firm up once cool.
7. If desired, melt 2 squares of dark or sugar free chocolate plus 1 tsp of butter/coconut oil and drizzle over the brownies.
8. Store in an air tight container in the fridge.

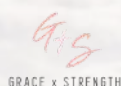
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With Grace and Strength,
Josephine, Alyssa & The GxS Team



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