



LIGHTEN UP *with Grace x Strength*

*The Weight
in the Wait*

YOUR MONTHLY FREE RESOURCE TO LIGHTEN UP

COMPILED WITH LOVE & BLESSINGS
WWW.GRACEXSTRENGTH.COM

GRACE X STRENGTH

"Choose Your Own Surrender"

~ Desireeh Chevere ~

There are two types of people in this world: people who carry as many groceries as they can from the car to their house OR people who make multiple trips from the car to their house because they don't want to carry a lot. I am the first person. I rather carry all the weight and make it quick than make multiple trips and go slow. I suspect this is many people's stories as well - carrying all this weight because they don't want to spend time going the slower and lighter way, they would rather be in pain for a little bit to make things go by faster. However, the problem with carrying too much in one go is the risk of dropping things on the way or simply not making it to the car in one go anyways, because of how heavy things are.

You may begin the trip thinking you got it, but then halfway through making it to the kitchen to put the bags down you have already dropped the eggs and the sauces. Now there is a mess that you have to spend time cleaning up. This principle is often the story in our daily lives, as well. We carry on through the day taking on unnecessary burdens and weight, because we think we can carry them.

This may look like carrying the weight of trying to figure out how you are going to feed your family, pay the bills, stay on top of work and have somewhat of a social life while also trying to avoid getting the Coronavirus. This may look like trying to figure out trying to stay sane living alone with no job and seemingly no way out. There are so many different scenarios I could talk about that involves us worrying and carrying the weight of things we don't have control over and don't have the answers to. However, there is a light at the end of the tunnel. There is a way out. It may not look like how you want but it is still a way forward.

This good news is Jesus, who died on a cross for me and you, but who rose again so that we may have life. Life to the fullest.

Jesus said in the Sermon on the Mount,

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

~Matthew 11:28-30

Going to Jesus and giving him your burdens can look different for each person, but the principle is the same. It can look like surrendering your day to Jesus first thing in the morning and deciding you will live that day close to him. It can look like going to Jesus at the end of the day and giving him the weight and the troubles from the day and trusting Him with it all. We can go to Jesus about all things and trust Him with everything. But that requires us to lay it all down to Him. We have to let things go and let Him carry it for us. Do what you can but leave the rest up to him.

"Do not be anxious about anything but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

~Philippians 4:6-7

This is probably not something new to you. The point being, there is no one way to surrender your troubles. How you choose to surrender can look completely different to the way someone else does it. All that matters is that you do. And that you actively choose your own way of surrendering every, single day.

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REFLECTIONS & MEDITATIVE EXERCISE

~ Josephine Lau ~

1. Practise this at the end of a day.
2. Whereever you are, take 5 minutes out. You don't have to find a specific space. Just wherever you are situated after your 'required duties' for the day has finished.
3. Observe your breath and lengthen them out. Feel yourself in your body.
4. Bring your awareness to your neck and shoulder area. Take a few breaths and use your exhalations to release tension in that area. Imagine physical weights being unloaded off your shoulder on each exhale.
5. Acknowledge the fact that your burdens are real. Acknowledge that your time in the day to carry them has also lapsed and that it's time to put them down to take a rest.
6. Take one more audio exhale through the mouth as you release 'aahhhh'...
7. Give thanks to God for your day's work and ask for Him to take off any unnecessary loads you have laid down.
8. As you wake next morning, notice whether the weight of the burdens are less and only pick up what is yours to carry for the day.
9. Repeat this exercise as many times as you can remember to and journal your reflections.

JOURNAL YOUR REFLECTIONS:



GRACE X STRENGTH

RECOMMENDED CLASSES

STRENGTHEN & RELEASE |
Yoga Flow with Weights



MIND OVER MATTER |
Yoga Flow with Weights



LIGHTEN UP |
Full Body Flow with Weights



POWERING FORWARD | Athletes &
Martial Artists Lower Body Class



REVERSING BAD HABITS | Athletes &
Martial Artists Upper Body Class



PREPARATION | Warm Up Class for
Athletes & Martial Artists



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THE WEIGHT IN THE WAIT

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			



THE WEIGHT IN THE WAIT



GRACE X STRENGTH

LECTIO DIVINA

~ Josephine Lau ~

Lectio Divina is a contemplative way of reading the Bible. It dates back to the early centuries of the Christian Church and was established as a monastic practice by Benedict in the 6th century. It is a way of praying the scriptures that leads us deeper into God's word. We slow down. We read a short passage more than once. We chew it over slowly and carefully. We savour it. Scripture begins to speak to us in a new way. It speaks to us personally, and aids that union we have with God through Christ who is Himself the Living Word.

(Source: <https://www.anglicancommunion.org/>)

There are **5 steps** to the Lectio Divina practice as follows:

1. **Quieting (*Silencio*)**

- a. Sit comfortably and quiet heart and mind
- b. Slow down and lengthen your breaths
- c. Be in God's presence

2. **Reading (*Lectio*)**

- a. Read the verse and listen
- b. Notice any words that draw your attention
- c. Observe 1 minute of silence to listen

3. **Meditation (*Meditatio*)**

- a. Read the verse again and reflect
- b. Chew on the words, digest it
- c. Observe 1 minute of silence as you notice any thoughts or feelings that come to you from the verse

4. **Prayer (*Oratio*)**

- a. Read the verse again
- b. Ask Jesus to reveal to you what He wants you to see, hear and know

5. **Contemplation (*Contemplatio*)**

- a. Observe 1 minute of silence as you surrender your heart, soul, mind & body to Jesus and let the Holy Spirit work within you.

LECTIO DIVINA VERSE

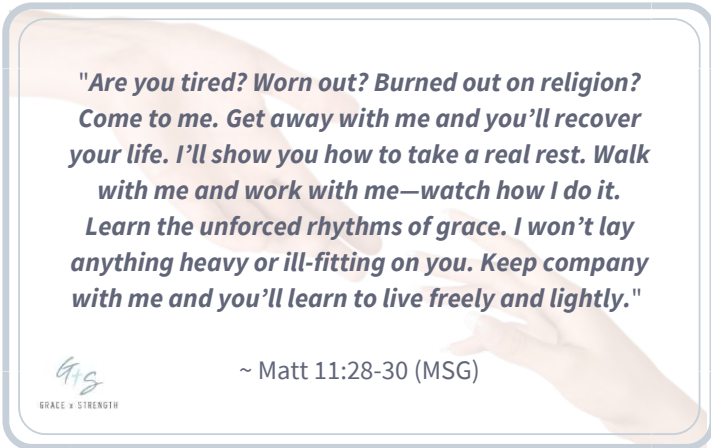
“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” ~ Matthew 11:28-30 (MSG)

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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



"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

~ Matt 11:28-30 (MSG)

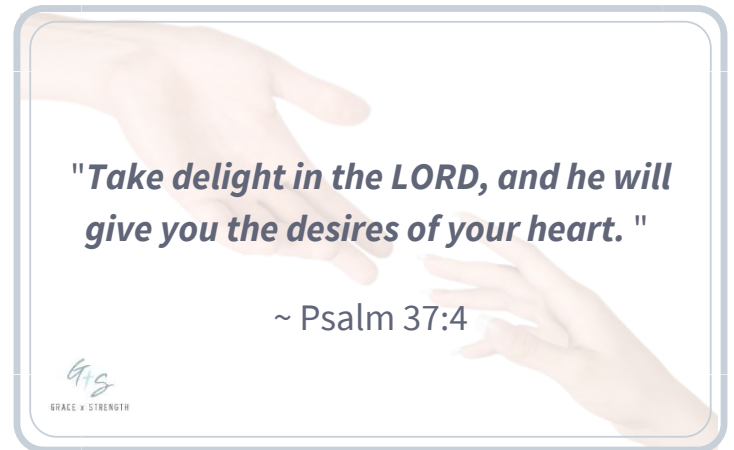
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"Take delight in the LORD, and he will give you the desires of your heart."

~ Psalm 37:4

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"Commit to the LORD whatever you do, and he will establish your plans."

~ Proverbs 16:3

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GRACE X STRENGTH

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"IN THE WAITING" PLAYLIST

~ Grace x Strength Spotify playlist ~

Songs:

1. GRACE AWAITING ME
2. GREAT ARE YOU LORD
3. SO WILL I (100 BILLION X)
4. LEAD ME TO THE CROSS
5. OCEANS (WHERE FEET MAY FAIL)

☐ **SPOTIFY ACCESS** ☐

<https://open.spotify.com/playlist/35DxZefu4F3LLZwXppR6wq?si=aflwLYicSDO33dHSlBTmW>

Follow our Spotify to access
playlists for your practice:

[GO TO SPOTIFY PLAYLIST](#)

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PROTEIN SMOOTHIE RECIPES

~ Alyssa Mak ~

*These protein smoothie recipes make
for a great post workout treat!*



Strawberries - 1/2 cup
Rosewater - 1 tsp
Oat milk - 2/3 cup
Banana - 1/2
Vanilla protein - 1 scoop

Mango - 1 cup cubed
Coconut milk - 1 cup
No flavour protein - 1 scoop



Chocolate protein - 1 scoop
Oat milk - 1 cup
Cinnamon - 1/2 tsp
Banana - 1

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



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