



LIGHTEN UP *with Grace x Strength*

Core Truth

YOUR MONTHLY FREE RESOURCE TO LIGHTEN UP

COMPILED WITH LOVE & BLESSINGS
WWW.GRACEXSTRENGTH.COM

GRACE X STRENGTH

"Jesus at the Core"

~ Joanne Tweedie, Founder of SheRises.com.au ~

In Matthew 16:15 Jesus asked these words of His disciples, 'But what about you; who do you say that I am?' Similarly, in Matt 8:27 after He calmed the storm the people were amazed and asked, "What kind of man is this?". It is a question that is both universal and intimately personal. So, let's ask it again. Friend, if you can imagine Jesus sitting beside you, pausing to get down beside you, to look into your eyes and ask you this question, "But who do you say that I am", how might you respond?

How we answer this question defines both our identity in Christ and our level of intimacy with Jesus. Do we truly know the heart of this Jesus that we follow?

Friend, this month our invitation is to go deeper with Jesus at the core of who we are as a community, who we are within ourselves and in our walk with Jesus personally. Coming closer to the heart of Jesus and being willing to be moved by what moves His heart, so that we can confidently say, "Of course I know this Jesus! He is my Lord, He is my Saviour and He is my friend".

Let's dig into more of His nature together.

JESUS - AS FULLY HUMAN

In Jesus, we are invited into relationship at the very core.

Relationship with a God who loved humanity so much that he humbled himself to take on human form and walk, love, live, move, breathe and have His very being among us. In Jesus, we find a Saviour who has experienced every emotion that we have experienced and allows us to connect with Him at that level.

A Saviour who can meet us in our places of greatest joy and our places of greatest sorrow and gently say, "Me too".

JESUS - AS FRIEND

In Jesus' humanity, we also come face to face with Jesus as a true friend. Someone who sees us at our best, sees us at our worst and is still willing to love us first. We cannot experience love without experiencing the true vulnerability of love. The ability to show up, to be seen as we truly are and to be fully accepted. A Saviour who shows us the true nature of sacrificial love; for even when we were still far away from Him, He died to show His love for us first (*Romans 5:8*).

JESUS - AS LIGHT & LIFE

While we grow in friendship with Jesus, we also honour Him as Lord - The 'love light' who blazed through the darkness and offered a way back into connection within God. In Him, there is no darkness to be found.

As we gradually give Jesus access to more of our heart and the deeper places of ourselves, ***we are able to find more healing, restoration, freedom and joy.*** As the author and finisher of life, whatever Jesus touches is touched with new life.

So friend, where might you need a touch of this new life today, and this month?

As you journey with Gayle through her Barre & Core series and in your own walk with Jesus, may you know more of His invitation personally towards you. May you sit at His feet and receive a fresh glimpse of His nature. So, you can join his disciples in saying, "**Yes, I know this Jesus! He is my Saviour and He is my friend.**"

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REFLECTIONS & MEDITATIVE EXERCISE

~ Joanne Tweedie, Founder of SheRises.com.au ~

Find a comfortable seated position. Let your body settle into the space as you truly arrive in the present moment - mind, body, soul and strength.

Taking a deep inhale and lengthening the spine and a gentle exhale to let go. Repeating this motion 2 -3 times, and slowly settling into a posture of stillness.

Inviting you to flip your palms open in a posture of gentle expectation and openness. As if you were waiting for the arrival of another. And can you imagine Jesus arriving to sit beside you...

Imagining the gentle softness of His gaze.
Imagining His love directed towards you.
A love that is yours to fully bask in and receive.
There is nothing you need to do to be worthy of this great love.
You cannot strive for it, you cannot earn it.
It is a gift.

Now, returning Jesus' gaze. Does He have something to say to you today?
Perhaps, you have something to say to Him?
Or perhaps, the invitation for you today is to simply sit as His feet.

Friend, everything that you need is right here.
Stay here for as long as you need.

As you start to move your fingers and toes, awaken your physical body, and move to return to your day. Know that you do not go alone.

Jesus, our ever present friend walks alongside you.

JOURNAL YOUR REFLECTIONS:



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RECOMMENDED CLASSES

STRENGTH FROM THE CORE |
Introduction to Barre (Free for July)



ROOT IN GOD'S LOVE |
Floor Barre Practice



ENGAGE & ALIGN |
Core Warm Up



FAITH POSTURE |
Barre Core, Legs & Glutes



LOVE WITH ALL YOUR HEART |
Sculpt Your Core



CENTRED |
Finding Core Strength for Boat Pose



DON'T HAVE AN ACCOUNT WITH US YET?
TRY IT OUT - **3 MONTHS FREE ACCESS**

YES, I'LL TRY NOW!

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FAITH & FITNESS PLANNER

MONTH - YEAR:

WE RECOMMEND 3 YOGA SESSIONS A WEEK!

INTENTIONS / GOALS :

SESSION 1

SESSION 2

SESSION 3

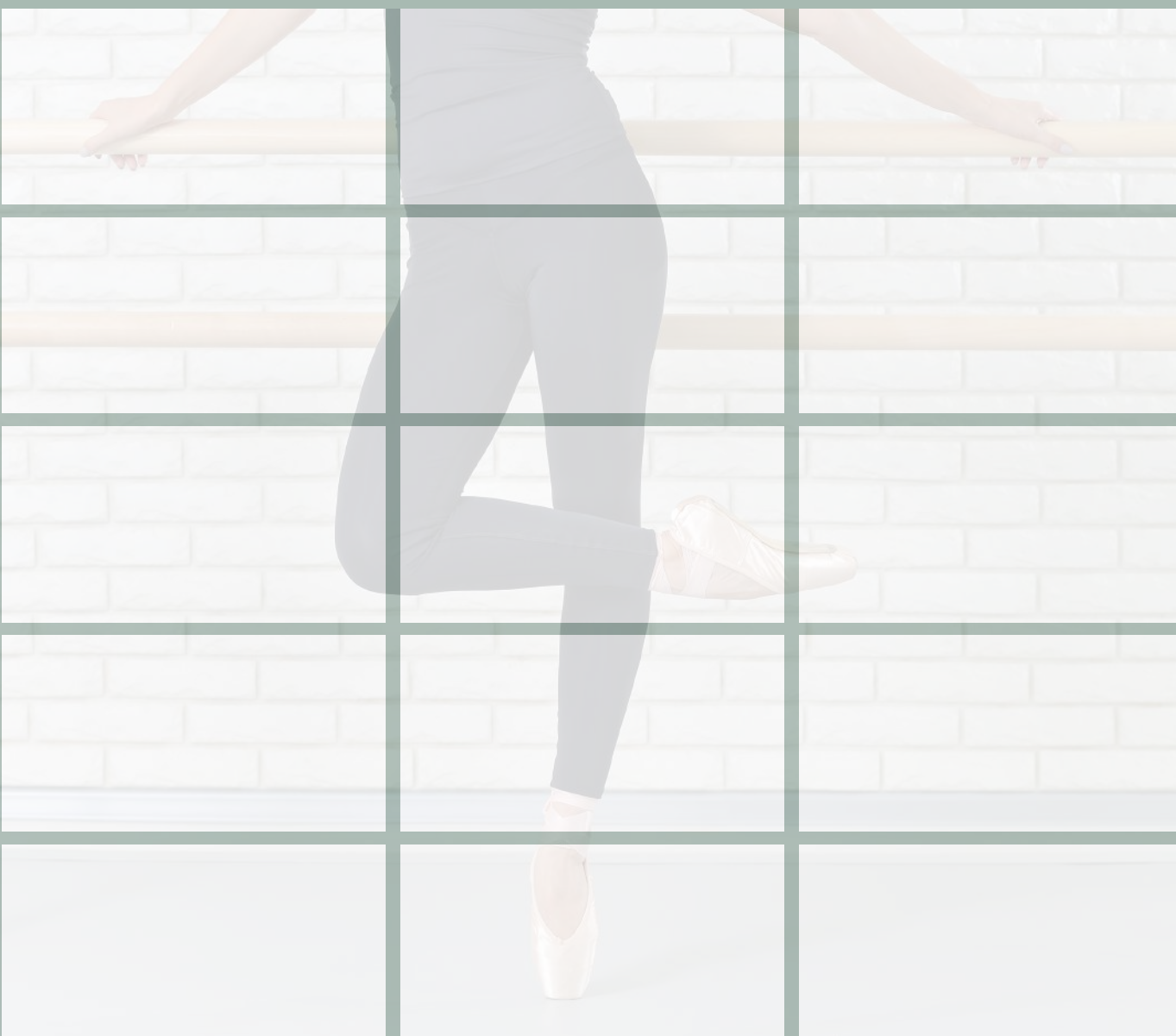
WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5



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BREATH PRAYER

~ Joanne Tweedie, Founder of SheRises.com.au ~

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.

--- BREATH PRAYER ---

INHALE: Jesus, I come to You freely

EXHALE: Jesus, show me more of who You are

INHALE: Jesus, I release everything

EXHALE: That keeps me from knowing more of You

INHALE: Jesus, I invite You in

EXHALE: Jesus, I receive more of You

INHALE: Jesus, I love You

EXHALE: Jesus, I receive Your love

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 cards
- Drop them into a cookie jar or nice glass jar
 - Review your prayers
- Remember to thank the Lord for answered prayers



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~ What a Beautiful Name ~
Hillsong Worship

Lyrics:

You were the Word at the beginning
One With God the Lord Most High
Your hidden glory in creation
Now revealed in You our Christ
What a beautiful Name it is
What a beautiful Name it is
The Name of Jesus Christ my King
What a beautiful Name it is
Nothing compares to this
What a beautiful Name it is
The Name of Jesus

You didn't want heaven without us
So Jesus, You brought heaven down
My sin was great, Your love was greater
What could separate us now
What a wonderful Name it is
What a wonderful Name it is
The Name of Jesus Christ my King
What a wonderful Name it is
Nothing compares to this
What a wonderful Name it is
The Name of Jesus

What a wonderful Name it is
The Name of Jesus
How sweet is your name, Lord, how good You are
Love to sing in the name of the Lord, love to sing for you all?
Death could not hold You, the veil tore before You
You silenced the boast, of sin and grave
The heavens are roaring, the praise of Your glory
For You are raised to life again
You have no rival, You have no equal
Now and forever, Our God reigns
Yours is the Kingdom, Yours is the glory
Yours is the Name, above all names

☐ **SPOTIFY ACCESS** ☐

<https://open.spotify.com/track/5XCtjnFMKtCT7ycDwV3Kd?si=e5GffShRTPmb4uSs5eaeDQ>

GO TO GxS SPOTIFY PLAYLIST

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CLEAN LEAN MEAL INSPIRATIONS

~ Alyssa Mak ~



Tofu & Avocado Soba Salad

- Tofu (Source of protein)
- Avocado (Healthy fats)
- Salad (Fibre and micronutrients)
- Soba (Good Source of Manganese, Thiamin and protein)

Roast Mixed Vegetables + Chicken

- Chicken breast (Lean source of protein)

Micronutrient packed vegetables:

- Beetroot (manganese, potassium, iron, Vit C)
- Capsicum (Vit A, C, E, B6)
- Onion Vit C + B6, Folate (B9), Potassium
- Sweet Potato iron, calcium, selenium, Vit C
- Spinach Vit K, A, B2, B6, E, C, calcium, manganese, folate, copper



Salmon & Kale with Brown Rice

- Salmon (Source of protein + Omega 3)
- Kale (Packed with micronutrients)
- Salad (Fibre and micronutrients)
- Brown rice (Low GI carb for slow release energy)

Photo source: Fitness Magazine

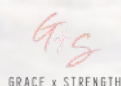
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With Grace and Strength,
Josephine, Alyssa & The GxS Team



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