



GRACE P.O.U.R.

Graceful Moments

POURING A LITTLE DAILY GRACE



I am J. Javelle here to help you pour grace.

I've created Grace P.O.U.R. to share the eight areas of self-care and how they can biblically fit into your daily routine.

When we take good care of ourselves, it is only then we can take care of others and show true generosity.

I also offer individual and group coaching, events, and seminars that can fit your busy schedule.

The objective is for you to learn how to allow God to fill your cup so that you learn to serve from your saucer of overflow!

#servingfrommysaucer

#i'minoverflow

#pouringgrace

#pouryourselfalittlegrace

#iamoverflowing

Visit [Grace P.O.U.R.](#)

12 Types of People You Can't Help

In my moments of stillness, I choose to listen to the word of God, and sometimes that's listening to a lot of sermons and/or Christian podcasts. I appreciate this time as, it provides self-reflection, self-realization, self-revelation, and self-education (because I take notes so that I can practice what's being preached (taught)).



Going over some of my notes and journal entries I came across the following taught by Pastor Daharius Daniels & Daniel Ally. I had to share this month because I personally had to practice self-care in this area and declutter my life of some of the people described below that was not serving me or my life well.

5 Types of People You Can't Help-By: Daharius Daniels

1. People who don't think they need it.
2. People who know they need it, but don't want it.
3. People who don't want it yet.
4. People who don't want it from YOU!
5. People who aren't willing to do what it takes to get it.

7 Types of People You Can't Help-By: Daniel Ally

1. People with Victim Mentality
2. Self-Righteous People
3. Desperate People
4. Deceptive People
5. Disloyal People
6. Doubters
7. Quitters

Are you one of these people?

Have you allowed one of these types of people to deplete your cup?

Do you know and/or have one of these types of people in your close circle?



Most lessons that have been taught in my BE STILL Moments came in alphabetical order almost, so I want to share the lessons I have learned per the alphabet:

Lesson in C's

Always remember the 3 C's & that you have:

- * Choice
- * Chance
- * Change

"You must make the **CHOICE** to take the **CHANCE**, if you want anything to **CHANGE!**" - Unknown

History Moment: Undoubtedly, the choice that had the biggest consequence in history took place in the Garden of Eden. Of note is that Eve sinned because she was deceived, Adam chose to sin despite knowing better (See also 1 Timothy 2:13-14). Likewise, this demonstrates that we too can sin because we are deceived or sin despite knowing better (Galatians 6:7-8; 1 Timothy 3:13; Titus 3:3).

Read more: <https://www.whatchristianswanttoknow.com/choices-and-consequences-5-examples-to-learn-from/#ixzz6OyyFlunD>

"And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat. And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons."

Genesis 3:6-7



Taking that moment to take care of yourself!

T.E.A. Time

T.E.A. stands for:

T= Talk, Thinking & Time

E= Educate, Enough & Energy

A= Action & Admit

Let's Pour A Little T.E.A.

(**T**alk **E**ducate **A**ction)

Starting the Conversation



TALK:

Conversation & tea go hand in hand. Self-care can not only be a difficult thing to do and practice, but it can be a difficult thing to admit that we need or that we don't quite know HOW to do.

I was that person, so you're not alone.

However, it's a conversation that we need to start, a conversation that needs to be had amongst us. Not everyone will be as open as I am (I live my life out loud) or even brave enough to seek counseling, therapy, or a life coach.

Sometimes we just can't afford it or our culture, community, family and/or friends may not support our efforts in seeking help. So, Grace P.O.U.R. wants to start the conversation.

EDUCATE:

Grace P.O.U.R. wants this to be a safe place for you to let your feelings out and gain the support you may want and need.

I started with me, I have exposed some of my deepest journal entries in my **Be Still Moments** for the whole world to see, all I ask of you is that you leave a comment, share your thoughts and give your feedback (Positivi-tea only).

I've done the hard part, so I am inviting you to pour a little tea with me. I promise you by doing so you'll, in turn, pour yourself a little grace!

ACTION: Go to www.gracepour.com and read the Be Still Moments and comment on all or any that speaks to you, to add to the conversation.

Thanks!



**Free Box of Graceful Moments to the next
Ten (10) People Who Book An Hour Session**

Click on the button below to schedule a
complimentary 15-minute call.

I will be sending Graceful Moment Boxes
and/Packets, to the first ten people who book an
hour session with me.

[Click To Schedule](#)



Grace P.O.U.R. is in partnership with:



A Motivating Love ❤️

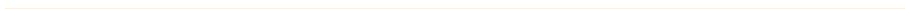
AML: A Motivating Love

Grace P.O.U.R. will be bringing a new program:



F.I.R.E.

Please be on the lookout for all
the details and the dates!





Self-care Products partnership with Beauty Counter:

It has been Grace P.O.U.R.'s prayer to be able to add to the vision that God has given me and add to it in a way that I feel will make Him say: "Well done!" I believe I have found a way to do so with this company so that I can bring to my clients great & safe self-care products!

Beauty Counter's Mission is:

"To get safer products into the hands of everyone."

"Decades of studies indicate that serious health issues (including but not limited to asthma, cancer, and infertility) are on the rise and are due in some part to our ongoing exposure to toxic chemicals—whether it's in the shower, on our commute, while we eat lunch at a local restaurant, or when we clean our kitchens at home.

There are more than 80,000 chemicals on the market today. Many don't have any safety data. This is particularly true of those used in the skincare and beauty industry.

What's worse is that the Food and Drug Administration (the agency that regulates cosmetics in the United States) does not have the authority to remove harmful ingredients from the products we put on our bodies and on our kids' bodies every single day, day after day." www.beautycounter.com

**Please stay tuned in for the official LAUNCH of this partnership.....
it's COMING SOON!**

Grace P.O.U.R.

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