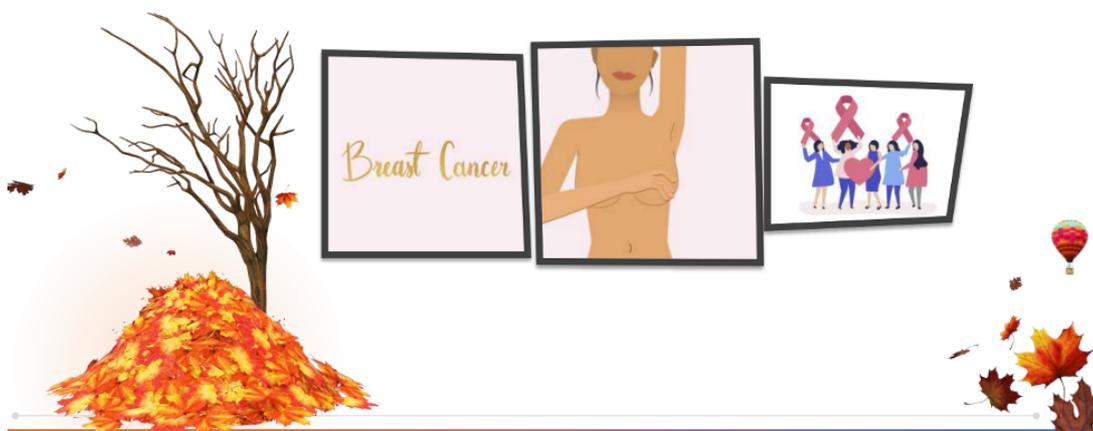


# Graceful Moments

*"For it is a good thing that the heart be established with grace." ~ Hebrews 13:9*

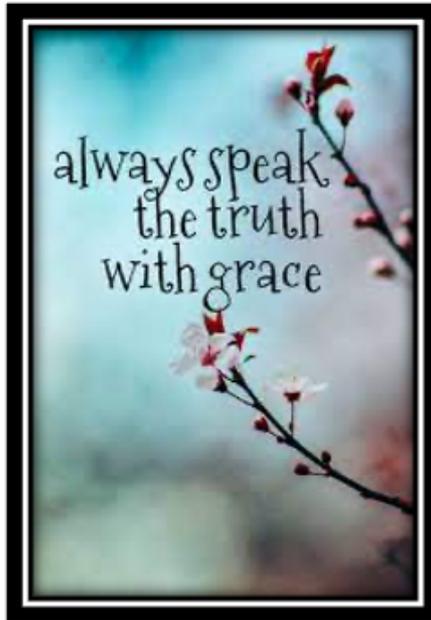
## Pouring A Little Daily Grace

**October brings more awareness than just.....**



*New*

**Gracefully Speaking**



**Speaking with Grace** - *The tongue has the power of life and death, and those who love it will eat its fruit. ~ Proverbs 18:21*

**I agree with an article I read from the Art of a Makeover:**

*"One of the ways is to avoid getting personal by trying to see things from a different perspective as much as possible.*

*Here are some examples:*

**1) FOCUS ON THE ISSUE, NOT THE PERSON**

*People do certain things because they are actually struggling with some issues, which can be internal or external. Sometimes the issues are so deep-rooted that they can't help it but to do this.*

*For example, the person who speaks nasty things to us may be struggling with low self-confidence issues. That's why he or she has to speak in such a way to feel good or important. When we think that way, our anger soon turns into empathy and we begin to feel sorry for that person.*

*Instead of shouting back, we can walk away without needing to prove that we are right or feeling that we are losing out because that person is battling with an issue that we are not.*

**2) EVERYTHING IS A LESSON TO BE LEARNED**

*Yes, the person who cuts into our lane abruptly might be rude and inconsiderate, but the existence of rude drivers are sometimes what we need to train up our patience.*

*I believe that God teach us lessons using people and circumstances. And if certain issue keeps repeating in our lives, it usually means this is one huge lesson we have to learn until we get it right.*

**3) GUARD OUR HEARTS**

*Above all else, guard your heart, for everything you do flows from it. ~ Proverbs 4:23*

*You see, it all begins with our hearts. What we put in our hearts will affect how we think, which in turn affects how we speak.*

*Our heart represents our inner core, which leads to our thoughts, feelings, desires, will, the choices that we make, and even how we speak."*

**Are you speaking with grace? If so, how?**

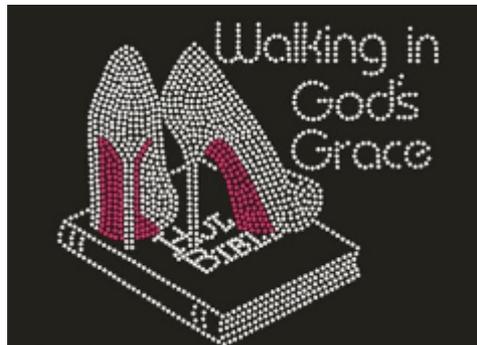
## Gracefully Walking

**Walking in Grace - Grace.** We're saved by God's grace—His favor which we could not deserve (Eph 2:8–9). Paul encourages the church to deal graciously with one another in turn (Eph 4:25–32).

**Prescribe the Christian's walk.** The second half teaches how to "walk in a manner worthy" of the Christian's calling (Eph 4:1). Paul outlines what the Christian walk looks like in various facets of life.

- Our walk in Christ (Eph 4–6)
  - Walk in unity (Eph 4:1–16)
  - Walk differently from the world (Eph 4:17–31)
  - Walk carefully (Eph 5:1–21)
  - Walk in love (Eph 5:22–6:9)
  - Stand firm in the armor of God Eph 6:10–24)

**Are you walking in grace? If so, how?**



## This Month's Topic

### Keeping Your Cup Full

**(So that You Serve from the Saucer of Overflow)**

What we all hear most of the time (if not all) is that you can't serve from an empty cup. This is a TRUE statement. However, I have come to learn that what we need to hear and what we need to learn is:

***How to fill our cups?***

- Learn the art of Be Still Moments
- Learn the benefits of Spiritual Quiet Time
  - There are at least 10 Benefits:
    - **You experience a glorious transformation.**
    - **You're exposed to God's wisdom.**
    - **It avails you the opportunity to engage in undistracted enquiry from God and spiritual warfare.**
    - **It enables you to focus and refocus on God, and gain divine perspective of life and life issues**
    - **It gives you a renewal of physical and spiritual strength.**
    - **It provides you with an opportunity to seek and get divine direction or guidance, especially when you want to make an important decision.**
    - **You enjoy divine stability**
    - **You receive private correction from God.**
    - **It helps you to review your life and make some changes, including decongesting your life.**
    - **You experience restoration of joy.**

### ***How to keep our cups full?***

- Learn the eight areas of Self-Care:
  - Emotional
  - Environmental
  - Financial
  - Physical
  - Professional
  - Mental
  - Social
  - Spiritual
- Assure the eight Self-Care areas in your life have consistent routines

### ***If the cup is kept full, what or where do should we pour from?***

- Learn to Serve from Your Saucer
- Learn to Balance and be grateful for Overflow



## We Are What We Believe!

The past month has been very forthcoming and fruitful for me. I was PUSHED to examine myself and what exactly it is that is keeping me from starting MY true life, living MY true purpose, and thanks to an article I read (*The 5 Culprits Responsible for Your Failure to Start*), I have identified my reasons. I am sharing the things I have learned because I believe it is true for more than just me:

### **What is stopping you/me from believing in your/my gifts? In Yourself/Myself?**

- **Profanity:** When value is not known, that which is made to be sacred may be brutally profaned. And if you continue to underestimate what you have; you may never take the needful step towards getting what you need. Many have enslaved their essence for those who have continued to strip them off their supposed wealth. It is time to take you more seriously, build you, brand you, soar...
- **Fear:** Life is not fair and never will be, the violent takes it by force. You've got to plant yourself in the right environment and around positive people, people with the go-getting vibes and results who will ginger you to arise to your yearnings, these are firefighters. It is time to deliberately quench all firefighters off your life. You too can do it, dare to take the first step today, yeah it is not easy but it's simple.
- **Procrastination:** Truth is, all of the things that are worth doing are done now. Quit pushing the things that are worth doing till a later time, invest time into your dreams now, start writing the book now, the flow comes flowing in as you consistently give your mind and your time into it, begin that empowerment training now, you necessarily do not need a front stage to begin, start right where you are with the things you have, the mystery is, the result of your impart right in your seemingly "not-enough" state often becomes an unpaid ad to draw your target audience. The bitter truth is, there is a timing to everything, a time to plant, a time to nurture, and a time to harvest. It's a total waste releasing something at a time when it's no longer relevant. Now is the day of salvation, do it now.
- **Laziness:** It has come to my notice that both the lazy man and the fearful man are flatmates. They are close allies. The lazy man is usually full of fear, he is so timid and finds excuses for everything

rather than to arise and take action. A lazy person sees the 101 reasons why his/her aspirations can never thrive. The lazy mind dwells on the failures stories of those who had set out and failed!

***“The lazy man says, “There is a lion in the road! A fierce lion is in the streets!”” – Proverbs 26:13***

- **Gluttony:** This is another dangerous sign which has kept many people back from equipping themselves and taking viable steps towards achieving their dreams and aspirations. Gluttony is simply overeating; some people eat it all, they have refused to deny themselves a little and invest their resources in needful causes that will propel their vision. See, there are times you need to plant all that is left on you which is meant to be food, you may just need to plant it.

***“Cast thy bread upon the waters,” Ecclesiastes 11:1***

It says cast your bread not cast your seed, there are times you just have to deny yourself and lay down what is at hand for the expectations you want. After all, it is better to plant and be hopeful of a harvest than eating it all and having hope of nothing. Deliverance comes from within; you must first conquer the enemy called self. Dare to invest that little money in training that will sharpen your skills so it can be useful and marketable; dare to deny yourself a little sleep and write those pending titles; dare to invest a little of your free time volunteering for resourceful causes. Harvest responds to sowing, don't be like the birds of the air that neither sow nor reap nor store into barns!

- **Blindness:** Don't be blind to the richness of the resources around you. It's time to leverage, don't always think of resources as only money, sometimes they can be useful relationships that will open certain needful channels. Oftentimes, all that you need to run with are already placed around you if only you will take initiative. Remember, you need resources to process and build your own product, so do not look out for finished products as starter resources. Look out for seeds, sometimes they look very intangible, or even seem so little or may even come from unexpected places; who would have thought that a lad's lunch of five loaves of bread and two fish could feed a multitude and even yield twelve baskets of left over? Who would have thought that the seemingly hopeless widow of Zarephath could be strategically placed to provide food for the Prophet? You see, anyone can be useful in the making of your destiny even your enemy may ignorantly favor your cause. Remove the speck in those eyes and begin to search for possibilities in the things lying around you.

***“Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going” – Ecclesiastes 9:10***

**There is more to Us/Me!**

The beliefs that we/I need to build the best us/me:

- **Belief in God**
  - Reverence
  - Trust
  - Service
- **Belief in Ourselves/Myself**
  - Self-love
  - Self-belief
    - Overcome un-belief in self
- **Acceptance of Self**
  - You accept you!
  - You got to be You!
  - Believe in Yourself!
    - **You are what you believe!**

## **Here are Eight Tips to Empower Yourself and Create the Change (adding value to your surroundings) by Thrive Global-**

Create a better place to thrive & flourish:

### **1. Prioritize Self-Time**

- a. You must have at least 10 to 15 minutes for yourself. When you take such timeouts, it helps you disconnect from the world for a while.

### **2. Be Open to Opportunities**

- a. You must cultivate the thought that you have the power to conquer everything, and it's all possible for you. With such confidence, you should be open to opportunities.

### **3. Know that feeling bad doesn't help anything**

- a. You should acknowledge your feelings and listen to your heart, and then use those emotions to empower you.

### **4. Harness your natural talents**

- a. Using your natural strengths to develop yourself and help others is the best way to feel empowered.

### **5. Live a healthy life**

- a. You must maintain excellent health physically as well as mentally. You can become the fittest version of yourself

### **6. Focus on your inner-self**

- a. Focus on working in silence and let your success make the noise.

### **7. Do something about the issues that bother you**

- a. You must have faith in yourself that you will be best at what your heart inspires.

### **8. Run YOUR race:**

- a. You should not worry about the competition, but you should focus on the things in your charge.

# EMPOWER YOURSELF

Casually or subconsciously focusing on problems is one of the quickest ways to feel overwhelmed — and many times you won't even realize why you suddenly feel miserable, only that you do.

If you're not willing and able to commit to acting on and taking steps to change something for the better, then simply acknowledge your negative thoughts for the time being and move on to something more productive, more positive, **more empowering.**

**Zero Dean**

*Author: Lessons Learned From The Path Less Traveled*



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

Taking that moment to take care of yourself!

### **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 (Positivity-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](http://www.gracepour.com) and read the Be Still Moments and comment on all or any that speaks to you, to add to the conversation.

**RELAUNCHING  
SOON**



# UPCOMING EVENTS

**F.I.R.E. is back with Chapter Two and F.I.R.E. is also introducing F.L.A.M.E.S. for the same date below for ages 10-17. You don't want to miss the ladies of this chapter! Could you be one of them? Join us to find out!**

**June 4<sup>th</sup>, 2022 is the RETREAT**



[Learn More](#)

Like and Follow [Grace P.O.U.R.](#) on Facebook



**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***

PHOTOS BY: Brett Taylor Sr. & other images from [rawpixel!](#)

**Grace P.O.U.R.**

P.O. Box 116875, Carrollton  
Texas 75007 United States

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