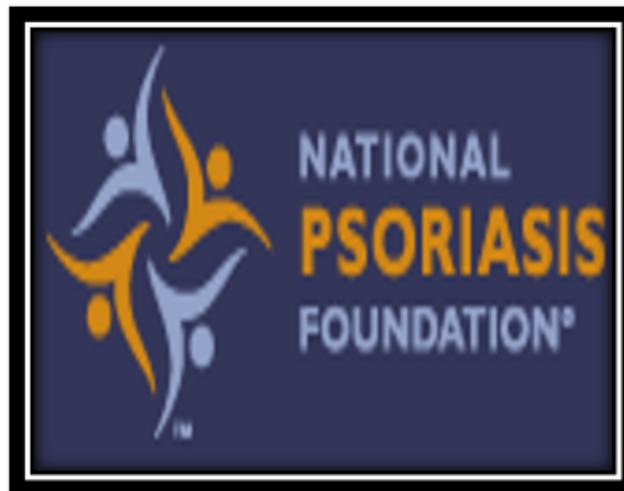


# Graceful Moments

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

## Pouring A Little Monthly Grace

### August 2022 Awareness



The National Psoriasis Foundation partners with corporations whose goals and objectives strategically align with the Foundation's mission to improve the quality of life for people who have psoriasis and psoriatic arthritis. By working together, both organizations are able to accomplish their goals more effectively and efficiently.

### Spotlight For The Month Of August 2022



# August 1st: National Minority Donor Awareness Day

National MOTTEP® is the United States National Minority Organ and Tissue Transplant Education Program.



**Gracefully Speaking:** *Have You Spoken Grace to Your Situation?*

Are you waking up each day experiencing pain, walking through dark valleys, or wrestling with God about a circumstance? How are you speaking to or about the circumstances and situations? Are you being like Jeremiah (even like me at times) spending time expressing the extent of the pain and admitting helplessness in the situation, versus declaring a graceful word over the circumstances and situation?

Most times we need to stop listening to our inner Negative Nancy and allow Positive Patricia to declare God's Grace & Mercy over the situation. We have to learn to stop listening to ourselves so much and start preaching to ourselves more often!

Our soul becomes downcast at times, but this is the time we should check or re-cast our anchor of hope in God. Why you may ask? Well because God promises us the following:

***The night is about over, dawn is about to break. Be up and awake to what God is doing!***

**Romans 13:12**

***The steadfast love of the Lord never ceases;  
his mercies never come to an end;  
they are new every morning;  
great is your faithfulness.***

**Lamentations 3:22-23**

As you see in the last scripture Jeremiah preaches truth to himself, especially when he doesn't feel it; namely, that God's grace is new every morning. And even though he's directly preaching this truth to himself, he's also preaching this truth to all believers as well: That God *will* meet you in your particular circumstance, in your particular trial, in your particular need, with a particular grace, that is particularly for you *today*. Today, God promises you particular grace for your particular situation. The scripture goes on to say: *'The LORD is my portion', says my soul, 'therefore, I will hope in him.'*

*In my personal study time I learned from an article by Austin Gentry (Grace for today) that when God affords us grace, it is:*

- Sufficient
- Well-timed
- There is particular grace for particular needs:

The article speaks on this last point like this:

*"Resting in this grand promise that God will deliver particular grace to you for each day should give us so much hope.*

*Maybe yesterday presented new trials, which feel too much to bear today. Maybe the thought of facing tomorrow's circumstances feel so overwhelming that it will seem like a victory to get out from under the covers in the morning.*

*Whatever your situation may be, Christian, you are united with Jesus—the one who not only has your circumstances under control, but who also sends new, particular graces to wash over you afresh for each morning. What are these graces? They are...*

*Strength for today's weaknesses. Wisdom for today's issues. Tact for today's tasks. Clarity for today's confusion. Sight for today's blind spots. Forgiveness for today's sins. Power for today's temptations. Trust for today's struggles. **And perhaps, most importantly, a strong faith today that another wave of sufficient, well-timed future grace is on its way tomorrow, ad infinitum.***

*We don't just have salvation for eternity; we have resurrection power for today. And the God who loved you deeply on the cross is the same God who stretches out his nail-pierced hands to you today, to walk with you through your valleys and trials. "The One who calls you is faithful, and he will surely do it" (1 Thes. 5:24).*

*"Day by day, and with each passing moment, strength I find to meet my trials here; trusting in my Father's wise bestowment, I've no cause for worry or for fear."*†

***Day after day, new mercies I see //  
All I have needed thy hand hath provided //  
Great is your faithfulness, Lord unto me!"***

***Are YOU speaking graciously to yourself and others! Remember to speak with grace!***



## **Gracefully Walking:** *Walking in Grace When You're Running on Empty*

In times like these of 2022 we are all feeling a little spent, empty, exhausted, like we are burning the candle on both ends and perhaps like we have nothing else left to give. We are sleep deprived, financially at the end of our ropes and despite our best intentions, our notes and to-do-list of scheduling downtime, carving out more QT with Jesus in devotion and prayer, and being intentional in the areas of rest, healthy eating and self-care we are still being pushed to the point of exhaustion, depleted cups, and lack in all areas. So how exactly do we walk in grace vs. running on empty?

Glad I have an opportunity to remind us. Here are just a few reminder and suggestions:

1. **Cling to Scripture:** Remind Yourself Daily of:
  - a. Isaiah 43:1 (We are the Lord's)
  - b. Philippians 4:13 (Our Strength is in Christ Jesus)
  - c. Jeremiah 29:11 (He has plans for us)
2. **Take some BE STILL Moments:** (Sometimes a few deep breaths and a moment of prayer behind a closed door or even a closet door can make a huge difference.)
  - a. Take a deep breath
  - b. Pray
  - c. Mediate
  - d. Be completely still
    - i. Psalm 46:10
  - e. Let Go & Let God
    - i. Proverbs 16:9
    - ii. Isaiah 26:3
    - iii. Romans 8:28
    - iv. Ephesians 3:20
3. **"No" & Know Your Limits:** When you know that you're tired, do not allow yourself to get roped into saying "yes" to things that you would never have committed to any other time. Also, do not allow yourself to get roped into long involved conversations where you are only half-listening. Please know your limits and be more honest with people. Let them know that you're exhausted and would love to continue the conversation at a later time when you can give them the attention they deserve or just ask for time to think about whatever they're asking rather than offering a kneejerk response.
4. **Set Your Boundaries:**
  - a. Trust is the 3 most powerful characteristics of God:

i. **He is All Powerful: *The Omnipotent—All Powerful—God.***

The Scriptures speak directly to the unlimited power of God in numerous passages. When God appeared to Abraham and spoke of the covenant into which He would enter with the patriarch, He referred to Himself as *EI Shaddai*, “Almighty God” (Genesis 17:1).

ii. **He is All Knowing: *The Omniscient—All Knowing—God.***

The Bible also makes clear that there are no limits to God’s knowledge. His “understanding is inscrutable (unsearchable)” and “infinite” (Isaiah 40:28; Psalm 148:5). The psalmist wrote of God’s infinite knowledge of each individual man and woman who has ever lived, “Such knowledge is too high for me; it is too high, I cannot attain it” (Psalm 139:6). Speaking to His disciples of God’s intimate knowledge of their lives, Jesus said, “Indeed, the very hairs of your head are all numbered” (Luke 12:7). God knows everything about our lives—and cares!

iii. **He is Ever Present: *The Omnipresent—Ever Present—God.***

Speaking to the prophet Jeremiah to the rebellious Jews of his time, God asked a series of questions aimed at highlighting His omnipresence, “Am I a God who is near . . . and not a God far off? Can a man hide himself in hiding places so I do not see him? . . . Do I not fill the heavens and the earth?” (Jeremiah 23:23-24). It should be noted that these questions are not being asked by God in search of an answer. Each question is asked with the statement, “declares the Lord” - the questions were rhetorical and were actually declarations made in reference to His omnipresence. This should be comforting to those who are His children—God is with us wherever we may go and in whatever situation we might find ourselves!

5. **Excuse Yourself:** There will be times you may feel you really need to be at a gathering or event (and you probably should be!), but your actual presence is more of a detriment than asset. That’s why it’s important to know when you need to vote yourself off the island and excuse yourself. A loving family, circle of friends and a supportive community should be able to guard and protect you so you can give and serve from an a saucer of overflow, an overflowing cup or out of a full tank rather than an empty one. In excusing yourself, you may end up empowering others to do the same and the depth and impact of all your team does may increase as a result.

a. **Remember “No” is a complete sentence and so is:  
“unfortunately I will not be able to...”**

We have to remember that in order for us to walk in grace while we are running on empty we have to pour **ourselves** a little grace!

***Are you walking gracefully? Remember to always walk in and with grace!***

goodbye July, hello  
**AUGUST**

## August's Monthly Topic: Doing Life Together

*Who are you doing life with & are they doing life with you?*

One of the most over-used and unfulfilled phrases in the church, Instagram, songs, TV Shows, and conversations and books today has got to be this: **“Doing life together.”** I say this because this phrase is so often used but not truly experienced.

*You see biblically we are taught to not only “Do Life Together” in marriage, but in community too. The biblical intention as His family, knit together as one body, we would support and walk with one another through life. The stronger would aid the weaker, the wealthier would help the poor, the wise would provide counsel and servant leadership, and everyone would put their shoulders to the task of bearing one another’s burdens ...*

- *“Share each other’s burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important,” **Galatians 6:2-3.***
- *“Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace,” **Ephesians 4:3.***
- *“He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love,” **Ephesians 4:16.***

You see marriage, friendship and community are beautiful gifts given to us by God. He made man to be in relationship with Him and others:

- **Genesis 2:18** that it is not good for man to be alone.

Yet it is not just the act of being around other people, but in genuinely doing life with one another that true elevating marital relationship, friendships, kinships community and fellowship can be cultivated. How can we foster and invite this concept into our daily lives? By practicing these five things:

1. **Ask God Who: 1 Corinthians 15:33** reminds us that bad company corrupts good character, but often from the outside, it is hard to know what the inside looks like.
  - a. It is important to invite Him into every friendship and relationship we enter into. He can see the inner workings, intentions, and facts behind things, and it is through His revelations and urgings that we can be guided to partner with the right people.
2. **Share Daily Glimpses:** When you share daily glimpses into life adds to doing life with others.

- a. Vulnerability to share with your friends and/family what is happening opens the door to authentic sharing of hearts and minds, and God often uses others to convey words of encouragement or verses of hope.
3. **Memorable & Monumental Moments:** In doing life with others, significant milestones and moments in life then become magnificent and more memorable in the moment.
- a. Doing life with others entails embarking on the journeys and paths that life will bring in both the good and the bad. It is not exclusive to only the bright times, but it is in enduring with others through the storms that the clearing of the storm that the gladness of rejoicing can truly be felt. And in the same way, doing life with others can provide support and fellowship your heart needs in the course of life. God did not intend for life to be done alone but along with others. Ask Him who He wants you to do life with.
4. **Sharing In Good & the Bad/Ugly:** Doing life together does not mean that everyone in your innermost circle will be experiencing the same events as you, but it does mean they can experience them with you. It provides a sincere place of coming together and comforting when there is need for comfort, encouraging where there is a need for encouragement, and celebrating when joys comes in the morning.
- a. **Romans 12:15** shares the encouragement to “rejoice with those rejoicing, and mourn with those in mourning,” and this is an example of how to do life together.
5. **Prayer is Key:** Remember to thank God for calling us to do life together.
- a. Ask Him to foster your relationships, friendships and community and be in the midst of them.

**Brief History of Phrase: “Doing Life With”:** (Provided by [Laura Turner](#) of vox.com)

- The phrase “doing life together” popped up in Christian books in the early 1990s, first in a book called *The Stained Glass Fishbowl* by Harley D. Hunt, published in 1990, and then in a book called *Fight the Good Fight* by Philip and Joyce Bedsworth in 1991.
- Similarly, a 1995 handbook for Baptist missionaries describes understanding one’s marriage as “an agreement between spouses about how they will do life together.”
- A 1996 book — *Growing a Family Where People Really Like Each Other* — took a faith-based approach to raising a family, “deepening joys because we do life together.”
- In 2006, a Colorado pastor wrote about how handy he found the phrase “We do life together.” “I think this says it perfectly,” he wrote. “I can teach Bible principles in the midst of actually living life better than I can in the midst of a sanctuary full of people listening to me.” The pastor, Ted Haggard
- The motivational speaker and best-selling author saw her brand skyrocket after an **Instagram post** of her proudly displaying her stretch marks in a bikini went viral in 2015. Hollis is a Christian — both of her recent books, *Girl, Wash Your Face* and *Girl, Stop Apologizing*, were published by Thomas Nelson, a prominent Christian publisher that also publishes a roster of top evangelical leaders. In her first book, she thanked her

family's nanny in the acknowledgments, "Jojo, I literally don't know how we would do life without you."

- The summer of 2016 and JoJo Fletcher's season of *The Bachelorette* had introduced us to Ben Higgins and Jordan Rodgers. JoJo wanted to "do life" with both of these men. But, per reality TV obligations and polygamy laws in America, she could only "do life" with one of them. Luckily, Jordan was down: "She's the person I want to do life with," **Jordan said** while taping the "After the Final Rose" special.
- "Doing life together" is an Instagrammable version of an admirable value, one with roots in the first days of Christianity. The New Testament Book of Acts records the sharing of resources in the early church: "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. ... All the believers were together and had everything in common." They lived in the kind of rich community that pundits use to highlight the isolation, individualism, and profound **loneliness** that plague many of us in 2019.

***Doing Life Together is:***

- Kitchen Counter Conversations
- Face 2 Face Conversation w/someone you trust (A conversation where you understand the unspoken: body language, facial expressions, and eyes)
- Speaking Freely
- Going through the good & bad
- Holding space
- Having fun
- Creating memories and
- Much more, etc.

So are you doing life? With someone, with community and are they doing life with you? DOING Life together is a two way street, a give and take. It is NOT just one person putting in all the work and making all the sacrificing. I encourage you to DO LIFE TOGETHER, because life is BETTER TOGETHER! Most of *all pour yourself a little grace.*



**The 4 A's of Dealing with Stress By: The Mayo Clinic**

Expand your stress management toolkit by mastering these four strategies for coping with stress: **avoid, alter, accept and adapt.**

### **Avoid: Believe it or not, you can simply avoid a lot of stress. Plan ahead, rearrange your surroundings and reap the benefits of a lighter load.**

- **Take control of your surroundings.** Is the traffic insane? Leave early for work or take the longer, less traveled route. Hate waiting in line at the corporate cafeteria? Pack your lunch and eat at your desk or in a break room.
- **Avoid people who bother you.** If you have a co-worker who causes your jaw to tense, put physical distance between the two of you. Sit far away at meetings or walk around his or her cubicle, even if it requires some extra steps.
- **Learn to say no.** You have a lot of responsibilities and demands on your time. At a certain point, you cross the line between being charitable and being foolish. Turn down the neighborhood sports league. Pass on coaching T-ball. Those around you will appreciate more time with a relaxed you. And you'll have time to enjoy them, too.
- **Ditch part of your list.** Label your to-do list with A's, B's and C's, according to importance. On hectic days, scratch the C's from your list.

However, some problems can't be avoided. For those situations, try another technique.

### **Alter: One of the most helpful things you can do during times of stress is to take inventory, then attempt to change your situation for the better.**

- **Respectfully ask others to change their behavior.** And be willing to do the same. Small problems often create larger ones if they aren't resolved. If you're tired of being the target of a friend's jokes at parties, ask him or her to leave you out of the comedy routine. In return, be willing to enjoy his or her other jokes and thank him or her for humoring you.
- **Communicate your feelings openly.** Remember to use "I" statements, as in, "I feel frustrated by shorter deadlines and a heavier workload. Is there something we can do to balance things out?"
- **Manage your time better.** Lump together similar tasks — group your phone calls, car errands and computer-related tasks. The reward of increased efficiency will be extra time.
- **State limits in advance.** Instead of stewing over a colleague's nonstop chatter, politely start the conversation with, "I've got only five minutes to cover this."

### **Accept: Sometimes we may have no choice but to accept things the way they are. For those times try to:**

- **Talk with someone.** You may not be able to change a frustrating situation, but that doesn't mean your feelings aren't legitimate. Phone or schedule a coffee break with an understanding friend. You may feel better after talking it out.

- **Forgive.** It takes energy to be angry. Forgiving may take practice, but by doing so you will free yourself from burning more negative energy. Why stew in your anger when you could shrug and move on?
- **Practice positive self-talk.** It's easy to lose objectivity when you're stressed. One negative thought can lead to another, and soon you've created a mental avalanche. Be positive. Instead of thinking, "I am horrible with money, and I will never be able to control my finances," try this: "I made a mistake with my money, but I'm resilient. I'll get through it."
- **Learn from your mistakes.** There is value in recognizing a "teachable moment." You can't change the fact that procrastination hurt your performance, but you can make sure you set aside more time in the future.

**Adapt: Thinking you can't cope is one of the greatest stressors. That's why adapting — which often involves changing your standards or expectations — can be most helpful in dealing with stress.**

- **Adjust your standards.** Do you need to vacuum and dust twice a week? Would macaroni and cheese be an unthinkable substitute for homemade lasagna? Redefine success and stop striving for perfection, and you may operate with a little less guilt and frustration.
- **Practice thought-stopping.** Stop gloomy thoughts immediately. Refuse to replay a stressful situation as negative, and it may cease to be negative.
- **Reframe the issue.** Try looking at your situation from a new viewpoint. Instead of feeling frustrated that you're home with a sick child, look at it as an opportunity to bond, relax and finish a load of laundry.
- **Adopt a mantra.** Create a saying such as, "I can handle this," and mentally repeat it in tough situations.
- **Create an assets column.** Imagine all of the things that bring you joy in life, such as vacation, children and pets. Then call on that list when you're stressed. It will put things into perspective and serve as a reminder of life's joys.
- **Look at the big picture.** Ask yourself, "Will this matter in a year or in five years?" The answer is often no. Realizing this makes a stressful situation seem less overwhelming.

**Choosing the right technique:** Stressors — good and bad — are a part of every life. Practice applying these techniques to balance your stress equation. With practice, that once-hefty backpack will become your private bag of tricks. Soon, you'll be able to pull out just the tool that will keep you hiking through life at a steady clip.

These tips are provided by [Mayo Clinic staff](#). Find more health and medical information on [mayoclinic.org](https://www.mayoclinic.org).



**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](https://www.rawpixel.com).

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

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