

GRACEFUL MOMENTS NEWSLETTER

Volume 4 / Issue 1

Happy New Year 2023

January 2023 Awareness:



January 2023 is National Slavery and Human Trafficking Prevention Month:

January is also known as Human Trafficking Awareness Month. It is a key time for us all as individuals to educate ourselves about

human trafficking and crucially to learn to spot the signs of trafficking. It is also a time for us to take these messages to our workplaces, our churches, our schools, our representatives, and everywhere else.



January is Cervical Cancer Awareness Month:

Cervical cancer is among a number of cancers that can be caused by infections with pathogens – bacteria, viruses, and

parasites. Increasing screening and prevention are key components of the effort to eradicate cervical cancer. Since almost all cases of the disease are caused by human papillomavirus (HPV) infection, vaccines that protect against the virus could prevent the vast majority of cases. Moreover, regular Pap tests can catch – and lead to the treatment of – the disease at the precancerous stage.

January 2023 Trends:



Creative Outlet:

Creative Hobbies: The use of creative hobbies as healthy ways to explore and express emotions is another form of self-care that is expected to grow in popularity in 2023. Journaling, writing, creating art

and playing music as forms of therapy are on the rise. Paper art forms, like origami, are particularly popular, according to Pinterest.

Gracefully Speaking in 2023

What Words of Grace Will You Speak to Yourself This Year?

Words of Truth: Speak them gracefully over and to yourself!

- Proverbs 12:22 & Psalm 34:13
 - The Lord detests lying lips, but he delights in men who are truthful (Proverbs 12:22).
 - Keep your tongue from evil and your lips from speaking lies (Psalm 34:13).
- **Psychology Today** teaches that if an unwholesome belief is deeply rooted in our unconscious mind, then it has the ability to override a positive affirmation, even if we aren't aware of it. This is why, for many people, affirmations don't seem to work: Their afflicted thought patterns are so strong that they knock out the effect of the positive statement. So how can we add more muscle to an affirmation, so that it has the power to triumph over our [negative thinking](#)? Here are some suggestions on how to make them work for you:
 - **Step 1: Make a list of what you've always thought of as your negative qualities.**
 - **Step 2: Now write an affirmation on the positive aspect of your self-judgment.**
 - **Step 3: Speak the affirmation out loud for about five minutes three times a day, morning, midday, and evening.**
 - **Step 4: Anchor the affirmation in your body as you are repeating it by placing your hand on the area that felt uncomfortable when you wrote out the negative belief in Step 1.**
 - **Step 5: Get a friend or coach to repeat your affirmation to you.**
- Affirmations can be a powerful tool to help you change your mood, state of mind, and manifest the change you desire in your life. But they work best if you can first identify the unwholesome belief that is opposing them.

Gracefully Walking Into 2023

Gracefully Walking & Moving Forward From the Things that Held You Back or Down!

How to Let Things Go Gracefully & Move Forward in Your Life: Holding on to things we can't control can cause us a great deal of stress and unhappiness. It also keeps us stuck in the past, and keeps us from growing and living our lives freely. If we want to be happy and free, then we need to learn to let go. But how to let things go gracefully in order to keep moving forward in our life? Note the following:

- Letting go of the past is the only way to move forward
- Let go of what/who is hurting you (even if it feels impossible)
 - Take the leap of faith: Letting go is an act of faith. Faith that you can strip away the net of comfort and still be caught when you fall.

- Here is how to Let Go:
 - Break Your Own Chains
 - Forgive Yourself
 - Make it YOUR Call
 - Live in the Present
 - Find Support
 - Cry it Out
 - Know that you WILL be okay

January 2023 Monthly Topic



Girl Adjust Your Crown



Psalm 99:4

As we enter into the New Year, we should do so ladies (and men) with our crowns adjusted! We should not allow our walk or speech to be challenged by the weightiness of the responsibility of our crowns. So chin up, shoulders pulled back, eyes on the prize and looking forward (not back), let's adjust our crowns so that we can walk gracefully into our inheritance! The word states there is a requirement of the crown that is required.

The expression **"heavy is the head that wears the crown"** is literally true! It is over 13 pounds that we are trying to balance (our heads have a weight of 8lbs alone and the crown weighs 5lbs) on our shoulders. Wearing a crown in a manner that would stay on and would not be overly stressful on particular joints requires some things. Things that if not done properly are our tell-tale signs:

1. Proper Posture
2. Proper Poise
3. Proper Straightness
4. Proper Uprightness

5. Proper Evenness

6. Proper Equity

You see poise is to bear the weight of the responsibility that royalty brings. Yes! You are Royalty! The Bible discusses standing up straight (it uses the term upright). The Hebrew word translated means: evenness, straightness, and figuratively equity. Psalm 99:4 that upright is connected to royalty. We are symbolically learning to stand up straight under the weight of the crown. So all this time we think, this is too heavy we should pause to realize that in the weight of our pain, storm, crises, etc. we are learning a lesson if nothing more we are learning to stand, walk and talk with the grace of our royalties.

This should also bring our attention to Luke 12: 48: *"From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked"*

The idea of "to whom much is given, much will be required" is that we are held responsible for what we have. If we are blessed with talents, wealth, knowledge, time, and the like, it is expected that we use these well to glorify God and benefit others.

In context, Jesus had just told a parable about being ready for His return. His disciple Peter asked if the parable was for just them or for everyone. Jesus replied with another parable in which He defines the "faithful and wise manager" as one who gives out food and other allowances "at the proper time." When the master returns and finds the faithful servant managing his resources well, he "put him in charge of all his possessions" (Luke 12:42-44). We have been entrusted with certain things, and faithfulness requires that we manage those things wisely and unselfishly.

It is easy to assume that only wealthy people have been "given much," but, in truth, we have all been given much (1 Corinthians 4:7). We have been granted the abundant grace of God (Ephesians 1:3-10; 3:16-21; Romans 5:8-11; 8:14-17), the Word of God, and the gifts of the Holy Spirit (John 14:16-21; 16:13; Romans 12:6). "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms" (1 Peter 4:10).

We should also not assume that the less we know about God and His gifts, the less we'll have to do. As evident in Jesus' parable, we are held responsible to know our master's will. God has plainly shown us what He requires (Micah 6:8).

We have been given much, and God desires us to use what He has given to further His Kingdom and proclaim His glory. It's what we were created to do. "Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

For whoever wants to save their life will lose it, but whoever loses their life for me will find it. . . . For the Son of Man . . . will reward each person according to what they have done'" (Matthew 16:24-25, 27). We are living sacrifices (Romans 12:1), giving the things God has given us in service to others, and in that we actually find life. God, the giver of all good things (James 1:17), gives us everything we need to fulfill His will. "Freely you have received; freely give" (Matthew 10:8).

So I say to: "Girl Adjust Your Crown!" and let's move gracefully into our royalty with being righteous, being royal, and carrying weight equally so that we project the image of standing up straight! Our crown and future crowns should

motivate us to stand up straight spiritually and motivate us to do what is right:
Adjust the Crown!



(Picture from Moxie Wholesale)

Recap: Lessons Learned In 2022

- **January 2022:** How to Plan the Best Year Yet
- **February 2022:** Valentine
- **March 2022:** Consistency is the Key
- **April 2022:** There are 3 Ways to Listen
- **May 2022:** Taking a P.A.U.S.E.
- **June 2022:** I'm Really Not Okay
- **July 2022:** Grief is NOT a Disorder
- **August 2022:** The 4 A's of Dealing with Stress
- **September 2022:** 5 People You Don't Need In Your Life
- **October 2022:** Just B.R.E.A.T.H.E.
- **November 2022:** Prayer is just having a C.H.A.T. with God
- **December 2022:** The Tell of Three Trees (By Angela E. Hunt)

Challenge of the Month: Learned Lesson

GP challenges you to learn something new about YOURSELF - then share with us what you learned at findinggrace@gracepour.com.

New Things are On the Horizon

What You Can Look Forward to for 2023:

- **Relaunches**
- **Events**
- **Classes**

- **Much Much More**
- **Stay Tuned In!**

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Remember

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 can learn to serve from your saucer of overflow!

**#servingfrommysaucer #iminoverflow #pouringgrace
#pouyourselfalittlegrace #iamoverflowing**

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