



Grace Vision

40 DAYS OF LIFTING THE LIMITS




Unleash the Power of Grace:

Join “Grace Vision - 40 Days of Lifting the Limits”
for a Transformative Lenten Fast!

Embark on a soul-enriching journey this Lenten season with “Grace Vision,” a unique 40-day program designed to lift the limits and deepen our connection with God's boundless grace.

Why “Grace Vision”?

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- **Break Free from Limits:** Experience the freedom that comes from releasing self-imposed limitations and embracing God's limitless grace.
 - **Renewed Perspective:** Gain a fresh perspective on life's path, discovering new possibilities and purpose through the lens of God's unending love.
 - **Spiritual Empowerment:** Strengthen spiritual foundation, allowing God's grace to guide and empower in all areas of our lives.

HOW WILL WE ACCOMPLISH 40 DAYS OF LIFTING THE LIMITS?

- **Daily Inspirations:** Daily reflections and scriptures to guide us through a profound exploration of God's grace.
- **Weekly Reflections:** Weekly meaningful and reflective journaling to deepen our connection with God's grace and the theme of lifting limits. This will be called **“WRITE THE VISION WEDNESDAYS.”**
- **Spiritual Disciplines and Holistic Wellness:** Daily practices aimed at deepening our spiritual connection and fostering holistic wellness. By releasing excessive indulgences, we will create space for the enrichment of God's presence in our lives.
- **Sundays:** During Lent, Sundays are marked as days of celebration and joy. Instead of fasting, individuals will use Sundays engaging in worship, dedicating time to prayer, engaging in acts of service and charity, and fostering community fellowship. It is a chance to refocus on the spiritual journey and reaffirm one's commitment to faith.

40 DAYS OF LIFTING THE LIMITS

Day #1 Wednesday, February 14, 2024

Ephesians 3:20 (NIV): “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.”

Spiritual Discipline: Reflective Meditation

Reflect on Ephesians 3:20, embracing God's limitless grace for 10-15 minutes.

Holistic Wellness: Outdoor Walk for Renewal

Take a 15-minute walk outdoors, absorbing the beauty and affirming God's power within you.

Affirmation: “Today, I choose to lift the limit of distractions and focus on God’s limitless grace.”

Write The Vision Wednesdays: Take a moment to imagine the wildest dreams you have for your life, mission, or ministry. How does the concept of God's grace exceeding these dreams expand your perspective?

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Day #2 Thursday, February 15, 2024

Philippians 4:19 (NIV): "And my God will meet all your needs according to the riches of his glory in Christ Jesus."

Spiritual Discipline: Reflective Meditation

Reflect on Philippians 4:19, fostering gratitude and trust in God's provision.

Holistic Wellness: Gratitude Journaling

Journal for 10-15 minutes, cultivating a mindset of gratitude and inner peace.

Affirmation: "Today, I lift the limits off God's abundant grace. God shall fulfill all my needs and empower my well-being."

Day #3 Friday, February 16, 2024

Psalms 37:4 (NIV): "Take delight in the Lord, and he will give you the desires of your heart."

Spiritual Discipline: Reflective Prayer

Pray and reflect on Psalm 37:4, aligning your desires with God's will.

Holistic Wellness: Walking Meditation

Engage in a 15-minutes of walking while meditating on taking delight in the Lord.

Affirmation: "Today, I lift the limit of disappointment and choose to rejoice in the Lord, aligning my heart's desires with the grace of God."

Day #4 Saturday, February 17, 2024

Jeremiah 29:11 (NIV): "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Spiritual Discipline: Fasting from Processed Foods

Fast from processed foods, replacing them with nourishing options while reflecting on Jeremiah 29:11.

Holistic Wellness: Gentle Movement

For 15-minutes, participate in gentle movements, like stretching, leisurely walking, or chair exercises. While practicing these gentle movements, express gratitude for God's plans.

Affirmation: "Today, I lift the limits off God's plans by joyfully accept the boundless potential of them, ushering in welfare and hope for my future."

Day #5 Monday, February 19, 2024

Romans 8:28 (NIV): “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

Spiritual Discipline: Fasting from Fast Food

Replace fast food with homemade meals, embodying trust in God’s grace over our eating habits.

Holistic Wellness: Expressive Movement

Spending 10-minutes engage in light physical movements, such as deep breathing, ankle rotations, or shoulder rolls, rejoicing in God’s goodness and provision.

Affirmation: “I affirm that God’s grace works for my good in all things. I trust in the unfolding of God’s divine plan, knowing that God’s grace uplifts me beyond any limitations.”

Day #6 Tuesday, February 20, 2024

2 Corinthians 9:8 (NIV): “And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”

Spiritual Discipline: Bible Study and Reflection

Participate in positive interactions, conversations, and shared experiences during Bible Study and abstain from negativity.

Holistic Wellness: Consciously Choosing Positivity

Commit to abstaining from negative thoughts and actions for the entire day. Recognize negative thoughts and behaviors as they arise. Be mindful of the impact they have on your well-being and the well-being of those around you.

Affirmation: “With moderation, I embrace God’s abundant grace, lifting the limits off my mind and empowering me in every good work.”

Day #7 Wednesday, February 21, 2024

Isaiah 41:10 (NIV): “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Spiritual Discipline: Prayer and Trust

Surrender your fears to God through prayer while also incorporating rejuvenating stretches into your routine.

Holistic Wellness: Journaling for Clarity

Journal about your fears, seeking clarity and strength in the presence of God.

Affirmation: “In God’s presence, I transcend the limits imposed by fear, drawing strength from God’s righteous right hand.”

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Matthew 19:26 (NIV): “Jesus looked at them and said, ‘With humankind this is impossible, but with God all things are possible.’”

Fast from one meal today, dedicating that time to prayer and reflection. Remember, with God, all things are possible beyond human limitations.

Following prayer, dedicating 10-minutes to deep breathing. Concentrate on your breath and presence, anchoring yourself in the present moment.

5

Day #9 Friday, February 23, 2024

Psalm 23:1 (NIV): "The Lord is my shepherd; I shall not want."

Spiritual Discipline: Gratitude Journaling

Start a gratitude journal, reflecting on how the Lord provides for your needs, just like a shepherd care for their sheep.

Holistic Wellness: Decluttering for Peace

Select a room to declutter, aligning your space with the peace found in the provision of your Shepherd, the Lord.

Affirmation: "Today, I lift the limit of discontent and find contentment in the provision of my Shepherd, the Lord."

Day #10 Saturday, February 24, 2024

Proverbs 3:5-6 (NIV): "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Spiritual Discipline: Silent Meditation

In silent meditation, surrender your understanding to the Lord, trusting God's guidance for straight paths.

Holistic Wellness: Invigorating Activity

Plan a short 10-minute activity to rejuvenate your body and mind, relying on God for satisfaction and strength. This can include taking hydrating your body with water, watching a funny video clip, or listening to your favorite upbeat song and allowing yourself to move to the rhythm.

Affirmation: "Today, I lift the limits of distrust by choosing to trust in the Lord with all my heart."

Day #11 Monday, February 26, 2024

James 1:5 (NIV): "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Spiritual Discipline: Seeking Divine Wisdom

Begin your day with a prayer for wisdom, seeking God's generous guidance without distraction.

Holistic Wellness: Disconnecting for Clarity

Take a break from social media today and immerse yourself in reading, fostering mental clarity aligned with divine wisdom.

Affirmation: "Today, I lift the limits that distractions bring and seek God's wisdom concerning me."

Day #12 Tuesday, February 27, 2024

Psalm 19:14 (NIV): “May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”

Spiritual Discipline: Self-Talk Transformation

Fast from negative self-talk, choosing words that affirm God’s truth about you.

Holistic Wellness: Dance of Joy

Enjoy a 10-minute dance session, reflecting the joy found in God’s presence.

Affirmation: “Today, I lift the limits off my words. I choose to edify God with the words of my mouth.”

Day #13 Wednesday, February 28, 2024

Colossians 3:2 (NIV): “Set your minds on things above, not on earthly things.”

Spiritual Discipline: Heavenly Perspective

Practice solitude, inviting heavenly perspectives into your life through silence and communion with God.

Holistic Wellness: Stretching Toward Heaven

Stretch your body for physical well-being for 10-minutes, aligning your mind with heavenly thoughts.

Affirmation: “Today, I lift the limitation that my mind may bring and set my mind on things above. I open myself to the heavenly perspectives God has for me.”

Write The Vision Wednesdays: Reflecting on Colossians 3:2, in what areas of your life do you feel called to lift limits off God’s transformative power and embrace heavenly perspectives more intentionally?

Day #14 Thursday, February 29, 2024

Psalm 34:8 (NIV): "Taste and see that the Lord is good; blessed is the one who takes refuge in him."

Spiritual Discipline: Taste of God's Goodness

Fast from comfort foods, and enjoy a salad, savoring the goodness of the Lord as your refuge.

Holistic Wellness: Playground of Joy

Play and connect with your inner child for 15-minutes, experiencing the joy of God's goodness. This can include coloring, creating structures with blocks, bouncing on an exercise ball, or playing cards or a board game.

Affirmation: "Today, I lift the limits of what I can see and find refuge in God's amazing grace."

Day #15 Friday, March 1, 2024

1 Thessalonians 5:16-18 (NIV): "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Spiritual Discipline: Attitude of Gratitude

Let go of complaints and embrace gratitude, rejoicing, praying, and giving thanks in all circumstances. Start your day by writing down 5 things for which you are grateful.

Holistic Wellness: Meditation of Thanks

Engage in 20-minutes of meditation focused on rejoicing, continuous prayer, and gratitude.

Affirmation: "Today, I lift the limits of doubt and fear, and I embrace the boundless grace of God's love."

Day #16 Saturday, March 2, 2024

Psalm 139:23-24 (NIV): "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting."

Spiritual Discipline: Heart Search

During a time of prayer, invite God to search your heart and lead you in God's ways through prayer and self-reflection.

Holistic Wellness: Nature Connection

Spend 15-minutes outdoors to connect with God's creation and renew your spirit.

Affirmation: "Today, I lift the limits of anxiety, opening my heart to God's guidance along the path everlasting."

Day #17 Monday, March 4, 2024

Matthew 6:33 (NIV): “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Spiritual Discipline: Prioritizing God’s Kingdom

Start your day with prayer. Prioritize seeking God’s kingdom first, aligning your actions with God’s will.

Holistic Wellness: Walking Release

Release worries through a short 10-minute walk, trusting God to provide for your needs.

Affirmation: “Today, I lift the limits of worry, and focus on seeking first the kingdom of God.”

Day #18 Tuesday, March 5, 2024

Romans 12:2 (NIV): “Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Spiritual Discipline: Transformational Mind

Renew your mind with content that aligns with God’s will, by reading a devotional or Christian literature or listening to a sermon or Christian podcast.

Holistic Wellness: Stretching Renewal

Engage 10-minutes of mindful body scanning by laying down on your back in a comfortable position with your arms by your side and your legs extended. Close your eyes and bring your awareness to various parts of your body. Notice any areas of tension or discomfort and consciously relax those muscles as you breathe deeply.

Affirmation: “Today, I choose to lift the limits of conformity. Instead, I renew my mind and aligns with God’s good, pleasing, and perfect will.”

Day #19 Wednesday, March 6, 2024

Hebrews 10:24 (NIV): “And let us consider how we may spur one another on toward love and good deeds.”

Spiritual Discipline: Community Prayer

Gather with loved ones for prayer, seeking God’s guidance and support as you encourage one another in faith.

Holistic Wellness: Gratitude Reflection

Choose a quiet and comfortable space where you can focus without distractions. Set aside 10-minutes for reflection on your week. Reflect on the blessings and opportunities, fostering a heart of gratitude and encouragement.

Affirmation: “Today, I lift the limits of individualism and embrace mutual encouragement.”

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Psalm 46:10 (NIV): “He says, ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’”

Practice 15-minutes of stillness to hear God's exalted voice, letting go of noise and distractions.

Spend 15-minutes meditating on a particular scripture. Using the SOAP Method provided in the resources to guide this time of meditation.

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Day #21 Friday, March 8, 2024

Psalm 51:10 (NIV): “Create in me a pure heart, O God, and renew a steadfast spirit within me.”

Spiritual Discipline: Prayer for Renewal

Pray over Psalm 51:10, inviting God to purify your heart and renew your spirit. Let go of negative self-talk and embrace God's grace.

Holistic Wellness: Relaxing Stretching Routine

Engage in a 15-minute stretching routine, prioritizing relaxation, and releasing mental tension.

Affirmation: “Today, I lift the limitation of my own heart and invite God to purify my heart, renewing a steadfast spirit within me.”

Day #22 Saturday, March 9, 2024

John 14:27 (NIV): “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Spiritual Discipline: Embracing God's Peace

Meditate on John 14:27, surrendering anxious thoughts to God's peace. Spend 5-minutes during prayer surrendering all your troubles to God.

Holistic Wellness: Joyful Dancing

Release overthinking through a 20-minute dancing session, embracing God's gift of peace and joy.

Affirmation: “Today, I lift the limits that troubles bring and embrace the peace that God gives.”

Day #23 Monday, March 11, 2024

Galatians 5:22-23 (NIV): “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”

Spiritual Discipline: Cultivating Patience

Practice patience throughout the day, trusting in God's timing. Make it a point to go out of your way to show others understanding and empathy today.

Holistic Wellness: Nature Time

Spend 15-minutes sitting outdoors, disconnecting from distractions and reconnecting with nature.

Affirmation: “Today, I lift the limits of what I am capable of, and I cultivate the fruits of the Spirit—love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.”

Day #24 Tuesday, March 12, 2024

Psalm 119:105 (NIV): “Your word is a lamp for my feet, a light on my path.”

Spiritual Discipline: Studying God’s Word

Study Psalm 119:105, allowing God’s word to illuminate your path. Spend 15-minutes in meditating on the selected scripture.

Holistic Wellness: Stretching with Scripture

Conduct a 15-minute stretching session while reciting the scripture verse.

Affirmation: “Today, I lift the limits that darkness brings, and use God’s word to illuminate my path.”

Day #25 Wednesday, March 13, 2024

1 Corinthians 6:19-20 (NIV): “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.”

Spiritual Discipline: Surrendering to God

Reflect on 1 Corinthians 6:19-20, surrendering areas of your life to God’s sovereignty through prayer. Prioritize physical and emotional well-being as acts of honoring God.

Holistic Wellness: Health Prioritization

Address physical and emotional health needs, honoring the body as a temple of the Holy Spirit. Schedule any necessary physicals or well-check appointments.

Affirmation: “Today, I lift all physical limits off of my body and recognize it as a temple of the Holy Spirit.”

Write The Vision Wednesdays: In what ways does the affirmation “I honor God with my body, recognizing it as a temple of the Holy Spirit” inspire and guide your commitment to breaking free from a sedentary lifestyle? Reflect on the positive impact physical activity can have on your spiritual and physical well-being.

Day #26 Thursday, March 14, 2024

Proverbs 17:22 (NIV): “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

Spiritual Discipline: Joyful Worship

Embrace Proverbs 17:22 through worship, rejoicing in God’s goodness. Take 10-minutes to make a joyful noise unto the Lord.

Holistic Wellness: Playful Activities

Participate in 30-minutes of playful activities with loved ones, such as playing board games, watching a television show, or just telling stories or jokes, fostering a cheerful heart.

Affirmation: “Today, I lift the limits that a crushed spirit brings and declare that my heart shall be cheerful.”

Day #27 Friday, March 15, 2024

Psalms 119:11 (NIV): “I have hidden your word in my heart that I might not sin against you.”

Spiritual Discipline: Internalizing Scripture

Meditate on Psalm 119:11, hiding God’s Word in your heart. Express gratitude for divine communion and surrender your sin into God’s care.

Holistic Wellness: Gratitude Practice

Express gratitude for God’s presence and provision, surrendering sin, worries, and burdens into God’s care.

Affirmation: “Today, I lift the limits of sin, hiding God’s word in my heart, and guarding myself against stumbling.”

Day #28 Saturday, March 16, 2024

1 Peter 5:7 (NIV): “Cast all your anxiety on him because God cares for you.”

Spiritual Discipline: Surrendering Anxiety

Reflect on 1 Peter 5:7, casting anxieties on God. Engage in deep breathing exercises; with each breathe in, think of God’s goodness and care, and with each breathe out, release your anxieties on God.

Holistic Wellness: Reflective Walking

Practice 10-minutes of walking, reflecting on your worries that need to be released to God.

Affirmation: “Today, I lift the limits that worrying has on my time and I refuse to pick those worries back up.”

Day #29 Monday, March 18, 2024

Colossians 4:6 (NIV): "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."

Spiritual Discipline: Acts of Service

Embody grace by engaging in a random act of service to others.

Holistic Wellness: Reflective Journaling

Journal about your experience while engaging in the act of service. Be sure to foster a spirit of gratitude and kindness in your reflective journaling.

Affirmation: "Today, I lift the limits off unkind speech, and I choose to be gracious in my conversation with others."

Day #30 Tuesday, March 19, 2024

Psalms 27:14 (NIV): "Wait for the Lord; be strong and take heart and wait for the Lord."

Spiritual Discipline: Meditate in Hope

Meditate on Psalm 27:14, waiting on God with strength and courage. Listen to this scripture using an app like YouTube and allow it to permeate your heart.

Holistic Wellness: Mindful Walking

Take a 10-minute leisurely stroll outdoors, focusing on God's timing. While walking, be mindful of the ways God has already made.

Affirmation: "I lift the limits of a lack mindset and wait on the Lord in hope."

Day #31 Wednesday, March 20, 2024

Proverbs 16:3 (NIV): "Commit to the Lord whatever you do, and he will establish your plans."

Spiritual Discipline: Surrendering Plans to God

Reflect your intentions, inviting God's glory to shine through them.

Holistic Wellness: Intentional Walking

Demonstrate commitment to God's guidance through by walking a little further than you normally would, physically embodying surrender, and trust.

Affirmation: "Today, I lift the limitations of my own plans and commit my plans to the Lord."

Write The Vision Wednesdays: How does this verse inspire you to reconsider any limits you may have placed on God's involvement in your life and plans? In what areas of your life do you sense the need to lift limits off God and fully commit your plans to God?

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Day #32 Thursday, March 21, 2024

Psalm 46:1 (NIV): “God is our refuge and strength, an ever-present help in trouble.”

Spiritual Discipline: Finding Strength in God

Meditate on Psalm 46:1, recognizing God as your refuge and strength in times of trouble. Spend 15-minutes seeking God's guidance and wisdom in prayer.

Holistic Wellness: Contemplation

Center your thoughts and calm your spirit. Take 5-minutes to focus on the things that have been troubling you and then take 5-minutes to recite God's promises.

Affirmation: “Today, I lift the limits of troubles and find refuge and strength in God, my ever-present help.”

Day #33 Friday, March 22, 2024

John 15:5 (NIV): "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Spiritual Discipline: Abiding in Christ

Reflect on John 15:5, embracing your dependence on Christ for spiritual nourishment. Spend 20-minutes in personal reflection and prayer.

Holistic Wellness: Favorite Physical Activity

Participate in 30-minutes of a physical activity of your choosing

Affirmation: "Today, I remain connected to the Vine, knowing that apart from God, I am limited but through Christ I am limitless."

Day #34 Saturday, March 23, 2024

Proverbs 15:1 (NIV): "A gentle answer turns away wrath, but a harsh word stirs up anger."

Spiritual Discipline: Cultivating Gentleness

Fast from harsh words. Throughout the day, before responding in a conversation, take a moment to pause and consider the impact of your words. Ask yourself if what you are about to say is true, necessary, and kind.

Holistic Wellness: Intentional Self-Love

Reach out to trusted friends and family members and ask them to tell you one thing that they love about you. Be sure to reflect on their words throughout the day.

Affirmation: "Today, I lift the limits off anger and respond kindly and with God's love."

Day #35 Monday, March 25, 2024

Psalms 37:7 (NIV): "Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes."

Spiritual Discipline: Embracing Simplicity

Take 15-minutes to declutter a space a space within your home. Donate the items to a shelter or local ministry for reuse.

Holistic Wellness: Deep Breathing

Spend 10-minutes practicing deep breathing, releasing worries and finding peace.

Affirmation: "Today, I lift the limits that other's place on me and trusting God's plan and finding contentment in God's grace."

Day #36 Tuesday, March 26, 2024

Ecclesiastes 3:1 (NIV): “There is a time for everything, and a season for every activity under the heavens.”

Spiritual Discipline: Confession and Repentance

Reflect on Ecclesiastes 3:1, discerning God’s timing, and seasons. Take a 5-minutes to acknowledge and confess the times when you did not trust God’s timing. Seek forgiveness and pray to embrace God’s timing.

Holistic Wellness: Nature Walk

Spend 15-minutes in nature, observing God’s timing and sovereignty in the changing seasons. Time in nature can include hiking, walking, or sitting peacefully outdoors.

Affirmation: “Today, I lift the limits of time and recognize there is a season for everything.”

Day #37 Wednesday, March 27, 2024

Psalms 16:11 (NIV): “You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.”

Spiritual Discipline: Joy in God’s Presence

Set aside 15-minutes for quiet reflection and prayer on Psalm 16:11. Pray specifically for God’s joy and presence.

Holistic Wellness: Journaling Joy

For 10-minutes, journal about a time when you felt joy in God’s presence. Reflect on the feeling you had in God’s presence.

Affirmation: “Today, I lift the limits of despair and discover joy in God’s presence.”

Write The Vision Wednesdays: In what ways can you envision God lifting the limits in your life, filling you with joy in God’s presence and granting you access to eternal pleasures at God’s right hand, based on the promise in this scripture?

Day #38 Thursday, March 28, 2024

Isaiah 40:31 (NIV): “but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.”

Spiritual Discipline: Fasting for Renewal

For one hour, fast from any distractions, and dedicating time to prayer, meditation, or stillness in God's presence.

Holistic Wellness: Replenishing for Renewal

Be intentional about consuming 8 glasses of water today. Staying adequately hydrated is essential for overall health and well-being; it is also an important part of renewing energy.

Affirmation: “Today, I lift the limits of tiredness and place my hope in the Lord, who renews my strength.”

Day #39 Friday, March 29, 2024

Proverbs 14:30 (NIV): “A heart at peace gives life to the body, but envy rots the bones.”

Spiritual Discipline: Cultivating Generosity

Practice intentional acts of generosity. Today, give a sacrificial offering to your church or a worthy cause.

Holistic Wellness: Journaling Gratitude

Journal for 15-minutes about God's grace, cultivating a heart of gratitude that breathes life into body and soul.

Affirmation: “Today, I lift the limits of envy and nurture a tranquil heart that breathes life into my body and soul.”

Day #40 Saturday, March 30, 2024

Psalm 118:24 (NIV): “This is the day the Lord has made; let us rejoice and be glad in it.”

Spiritual Discipline: Celebrating God’s Goodness

Dedicate time to celebrate God’s faithfulness. Engage in worship, fellowship, or reflection, recognizing each day with this journey as a gift from the Lord.

Holistic Wellness: Creative Expression

Express gratitude through a creative activity like painting, writing, or singing. Use this time to celebrate God’s blessings and guidance in your life.

Affirmation: “Today, I lift the limits off my praise. I trust God’s Word to guide me with grace, rejoicing in God’s goodness.”

CONGRATULATIONS on completing “Grace Vision: 40 Days of Lifting the Limits”! Your dedication to exploring the depths of grace is commendable. Grace, with its unmerited favor and endless possibilities, has the remarkable ability to uplift, heal, and transform. It is a force that knows no boundaries, offering us the freedom to rise above limitations and embrace the fullness of our potential. Reflect on lifting limits through God’s grace.

As you reflect on your journey through “Grace Vision,” consider the ways in which grace has touched your life. How has grace empowered you to overcome challenges, embrace opportunities, and live more fully? What insights have you gained about lifting limits through God’s grace, and how will you carry these lessons forward in your journey of faith?

Journal your insights to these questions. May they guide your journey with grace’s transformative power.

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Resources:

State Parks and Other Trails:

<https://gastateparks.org/Hiking>

<https://www.atlantatrails.com/trails-georgia/>

Things to do Outdoors near Atlanta:

<https://discoveratlanta.com/50fun/outdoors/#:~:text=Hike%20Stone%20Mountain%2C%20paddle%20down%20the%20Chattahoochee%20River%2C,walk%20on%20Path%20400%20or%20the%20Atlanta%20BeltLine.>

Health Information on Intermittent Fasting:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/intermittent-fasting/faq-20441303>

Tips on Journaling:

<https://www.desiringgod.org/articles/five-ways-to-flourish-in-journaling>

SOAP Bible Study:

<https://biblestudyprintables.com/soap-bible-study-method/>

Christian Meditation:

<https://www.learnreligions.com/christian-meditation-definition-and-how-to-5076616>