

INHALE GRACE EXHALE PRAISE PRAYER

One of the best ways to bring grace into reality is with a prayer of praise and gratitude.

I don't mean just a little "Thank you, Jesus" prayer muttered under your breath.

I mean a down on your knees, head bowed low, putting your heart and soul into "thank you" prayer.

Thank God for moving the mountains in your life and giving you grace in ways only He can. Thank

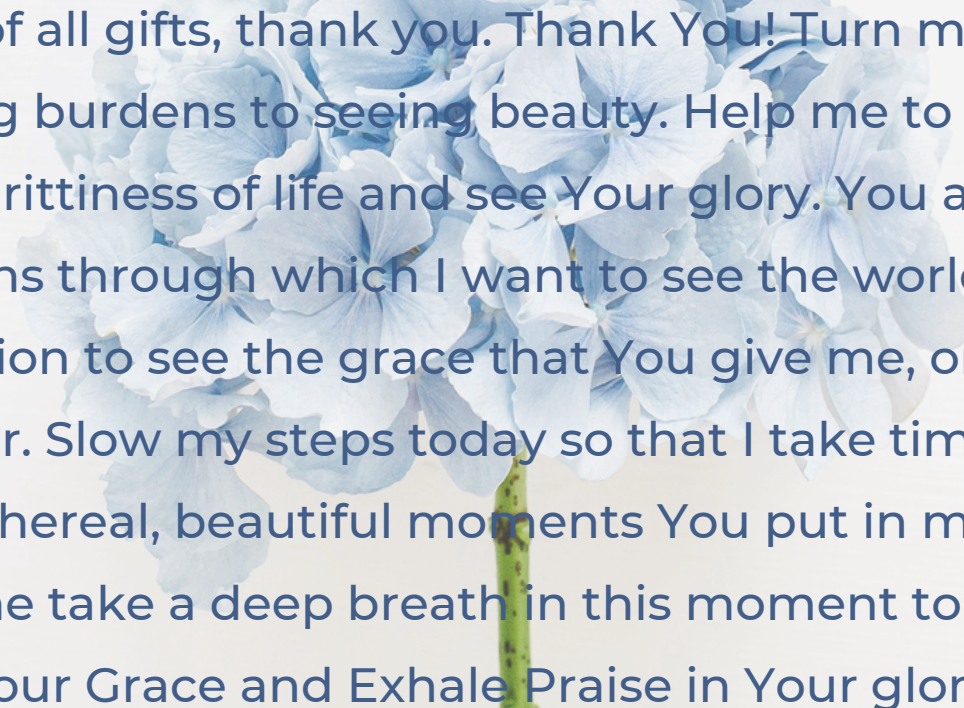
Him for putting the hard stuff in front of you and helping you push through the scary stuff.

Anytime the enemy starts pushing your buttons, telling you that you're not good enough, you'll never reach your goals, you don't have what it takes, that woman over there is better, smarter, prettier, richer, etc., know that the enemy is lying to you. There's something you can do to stop him in his tracks!

Pray an "Inhale Grace, Exhale Praise Prayer."

The pursuit of grace is the pursuit of holiness. This prayer is powerful and life-giving. It says "not today, Satan." As Christian women, it's up to us to decide that inhaling grace isn't just good for us, it's good for the spread of the Gospel.

Pray these simple words, and watch God work in strong and miraculous ways.



God of all gifts, thank you. Thank You! Turn me from seeing burdens to seeing beauty. Help me to look at the grittiness of life and see Your glory. You are the only lens through which I want to see the world. Focus my vision to see the grace that You give me, one after another. Slow my steps today so that I take time to see the ethereal, beautiful moments You put in my path. Let me take a deep breath in this moment to inhale Your Grace and Exhale Praise in Your glory.

In Jesus' name, amen.