



GRACE SPACE

CHRISTIAN COACHING

5 Questions (and Bible Verses)
to Navigate Through Life's
Challenges with Grace & Purpose





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WELCOME!

Hi!! I'm Alexandra. Love that you're part of the [Grace Space Christian Coaching](#) tribe of women & so excited that God crossed our paths.

Let's take a minute to pause and be real. Sound refreshing? I'll get us started!

I personally know how easy it can feel to be overwhelmed, stuck, and unsure of what's next. Back in 2013, my life looked super successful on the outside, but it sure didn't feel that way on the inside. Sound familiar? After a lot of internal work and more importantly, deep connection with Christ, He led me to become a coach for women who might be feeling the same way, but know there's more.

I partner with women (just like you!) to uncover a deeper understanding of who they are in the Lord and how to use their gifts & dreams to honor God, serve others, and intentionally live life from a place of joy and gratitude.

Grace Space Christian Coaching exists to provide an inspirational and judgement free space for women to grow. A space where you can transform from overwhelmed to overjoyed.

Our mission is to enable Christian women, through God, to experience the fullness of what He has in store for them. Our vision is to guide Christian women towards courageously pursuing intentional lives, while deepening their faith and more fully loving God, themselves, and others.

Let's unlock your potential and help you to find focus and energy so that you can make progress on what matters most.

Are you ready to transform from overwhelmed to overjoyed? Let's get started!

It is going to be *good*.



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Do you sometimes feel so weighed down by the trials of life, and in desperate need of His supernatural power? Do you long to experience refreshment? And want to experience growth through this challenge?

Use these five questions (and bible verses) to help you not only get through, but rise ABOVE, your circumstances and honor Him through it.

1. What is God showing you through this trial?

List what you are gaining from this challenge. Consider the benefits that result from whatever change you are walking through right now. Focus on these benefits, rather than what you're losing, to help lift you up and out of the darkness.

And He who sits on the throne said, "Behold, I am making all things new." And He said, "Write, for these words are faithful and true." (Revelation 21:5)

I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. (John 15:1-2)

Notes...



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2. What are your expectations?

Start small. You may have 20+ things on your to do list for this topic. Plan 1-2 to do per day. Good things come in time. Trust in Him, and make progress, step by step.

#itsokayrefinealongtheway

(Bonus: Lara Casey provides awesome tips and insight on growing little by little!)

Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. (Romans 12:11-12)

Notes...

3. Who can you ask for help?

Personally, I notice that when I can get down or lose hope, I need to spend time in community and receive encouragement from my people.

Therefore encourage one another and build each other up, just as in fact you are doing. (1 Thessalonians 5:11)

Notes...



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4. What can you do to give yourself rest?

Rest brings renewed perspective. It connects the dots in ways we may not give ourselves the space to see. The Lord gave us a Sabbath day. He desires us to rest.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

(Matthew 11:28-30)

Notes...

5. How can you give this to God?

Pray about it. Give your concerns to Him, and let Him lift you up.

Trust in the Lord with all your heart. Do not depend on your own understanding.

Seek his will in all you do, and he will show you which path to take. (Proverbs 3:5-6)

Notes...



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We're just getting started!

So proud of you and your commitment to courageously transform through whatever challenge it is you're facing, sweet sister. With Christ, all things are possible.

Get ready to be have your heart and mind renewed by the Lord.

What's next?

Feeling called to step up to that next level (whatever that means to you)? Do you need more support and 1:1 accountability? Reserve time with me today to see how I can support you in making your biggest dreams a reality.

Over about 30-45 minutes, we'll talk about where you're feeling nudged to make a change. With God, we'll dream about what can be. You'll leave feeling focused & motivated for what's next. You'll learn what it'd be like to have your very own Christian life coach and will get a taste of what that would be like. Can't wait to meet you, sweet sister.

Wondering what Christian coaching entails?

You will...

- Break through your biggest barriers
- Set goals that you are crazy excited about
- See Jesus show up in the process like never before
- Stay accountable (no more creating the idea and then putting it away in a folder for months on end)
- Take action. You'll create a strategy that matches who God created you to be
- Feel met right where you are. Grace Space Christian Coaching exists to provide a judgment free zone where you can lay out your challenges and make sense of it all

Let this year be the year that everything changes. Let this year be the year that you open your eyes + heart to God's will. Let this year be the year where you live like the spirit that raised Jesus from the dead is living in you. Because it is.

Reserve your complimentary clarity call!



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LET'S STAY FRIENDS!

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