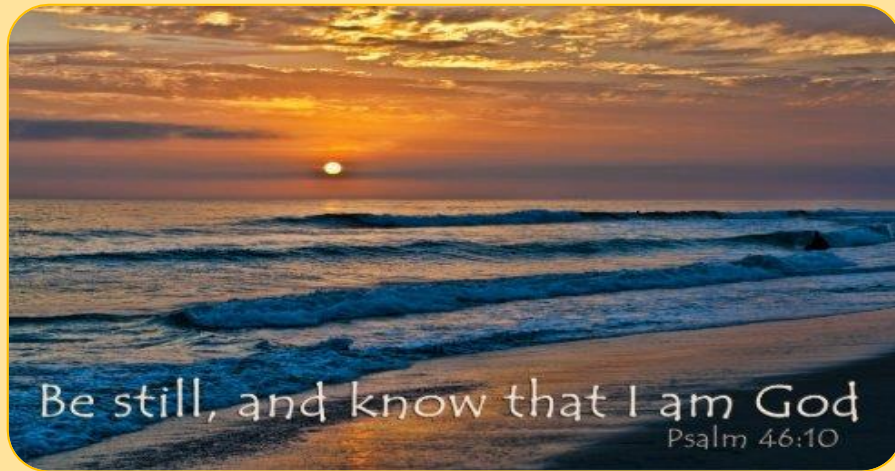


THE EXPRESSIONS OF HIS GRACE

Highlights



Our Inheritance in Christ

In Christ, we are heirs of God and joint-heirs with Jesus. We now have a supernatural inheritance we can partake of.

I am a child of God. 1 John 3:2

I have access to the throne of grace for mercy and grace. Hebrews 4:16

I have been blessed with every spiritual blessing. Ephesians 1:3

I have all things that pertain to life and godliness. 2 Peter 1:3

I am a partaker of the divine nature. 2 Peter 1:4

I have the Holy Spirit. Ephesians 1:3

I will spend eternity in God's Presence.

John 14:2-3

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Transformation of our soul

THE EXPRESSIONS OF HIS GRACE

AND OF HIS FULLNESS WE HAVE ALL
RECEIVED, AND GRACE FOR GRACE

Faith Builders

Seed for today

God's word planted in our heart brings a harvest of His provision



Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. 1 John 4:17

For more SEED of God's Word: [SEED FOR TODAY](#)

Faith for today

Faith is a matter of the heart not the mind



For more FAITH for today: [FAITH FOR TODAY](#)

Confession for today



My identity in Christ

Lord I confess you as my Lord and Savior; but I know this is not merely a decision on my part that now makes me a Christian. Salvation is the free gift of your grace that has made me new. The spirit of Christ now lives in me, and this is what gives me my new identity as a Christian, praise God!

2 Corinthians 5:17 Ephesians 2:8 Romans 8:9

For more CONFESSIONS: [CONFESSIONS](#)

THE EXPRESSIONS OF HIS GRACE

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Featured Article

What Does it Mean to be Saved?

by [Kristine Repino](#)

Salvation—you needed it and God took care of it.

Salvation or redemption is God's plan to rescue (save) us, and reconcile us back into right relationship with Him and to do this he sent Jesus. Nothing you did personally caused this, and more importantly, nothing you can do will fix this dilemma. You have to recognize and acknowledge by faith that God, through Jesus did it for you. He wants you to understand that you are completely dependent on Him for your salvation, which is your inheritance; and accept this truth by faith. For a more detailed explanation of what happened at the Fall and how God took care of mankind's dilemma, see my article [Basics of Salvation](#). Let's do a short recap here.

You didn't cause it but you were affected.

Romans 5:12 wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned

There is nothing you can personally do to fix this problem either, but God had a plan to.

Romans 5:15 But not as the offence, so also is the free gift. For if through the offence of one many be dead, much more the grace of God, and the gift by grace, which is by one man, Jesus Christ, hath abounded unto many.

God's gift of forgiveness and dealing with SIN was more powerful than the sentence of death; there is now nothing more that needs to be done even 2000 years later to cause us to be made righteous (in right standing, accepted by God).

Romans 5:16-19 and not as it was by one that sinned, so is the gift: for the judgment *was* by one to condemnation, but the free gift is of many offences unto justification. For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ. Therefore as by the offence of one judgment came upon all men to condemnation; even so by the righteousness of one the free gift came upon all men unto justification of life. For as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous.

We know that by God's grace through our faith in Jesus' death, burial and resurrection we receive salvation. But what does it really mean? Most people would answer quickly to say our sins are forgiven and

THE EXPRESSIONS OF HIS GRACE

we get to go to Heaven and not hell. Yes, that's true! God's redemptive plan however, is so much bigger than that! Do we even comprehend the magnitude of what just those two things mean for us!! I can't share everything here that results from our redemption in Christ, but I will try to illustrate the reality of how abundant and totally complete God's grace restored us and has provided everything we need for life and godliness (2 Peter 1:3).

To understand what God has done through salvation, we have to know what we have been saved from. You don't have to be a Bible scholar to understand the bible, but it is important to recognize that how we sometimes assume or interpret the meaning of something, isn't always correct or the complete meaning in the original language. Let's break this down so we can get a clear picture of what we have been delivered from and why the forgiveness of our sins is so important.

Salvation, in the original Greek word used, means to deliver and preserve. It is also used in terms of saved, and to save. These definitions allow us to see how much is included in God's plan to save us!

Saved: (gk) sozo

Definition: To rescue us, save

Strong's #4982: sozo: to save, i.e. deliver or protect (literally or figuratively):—heal, preserve, save (self), do well, be (make) whole.

Thayer's Greek Lexicon:

1. to save, keep safe and sound, to rescue from danger or destruction
2. one (from injury or peril)
3. to save a suffering one (from perishing), i.e. one suffering from disease, to make well, heal, restore to health
4. to preserve one who is in danger of destruction, to save or rescue

Now that we have a definition of what it means to be saved or receive salvation, I want to highlight God's heart toward us, in that He not only rescued us out of everything wrong, but has given us everything good in its place; by His grace. So what does grace mean?

Grace: (gk) charis

Definition: graciousness, favour, benefits

Strong's #5485: grace, favor, kindness

Thayer's Greek Lexicon: good will, loving-kindness, favour

Ephesians 2: 4-9 But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus, that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus. For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.

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Romans 8:31-32If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

Ephesians 1:3-6 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved.

Luke 12:31 But seek the kingdom of God, and all these things shall be added to you.

Luke 12:32 Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom.

John 15:7-8 if you abide in Me, and my words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit.

Romans 5:17 For if by the one man's offense death reigned through the one, much more those who receive abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.

John 5:24 Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgment, but has passed from death into life.

John 10:10 The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

James 1:17 Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.

Finally, this scripture in Colossians says it all!

Colossians 1:13-14 He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.

God, by grace has already provided everything we will ever need through Jesus. The Bible is clear that it is our Father's heart and purpose that we live a new life that comes from His gift of salvation. As a result, we can live in the blessing! It is God's redemptive plan that causes us to be more than conquerors in this life and live in the presence of God for eternity. Praise God!

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Word Search

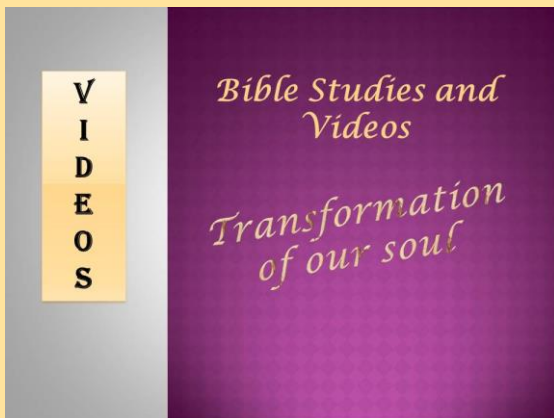
Galatians 5:22-23
But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

Fruit of the Spirit

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KINDNESS
PEACE
GOODNESS
NINE
GENTLENESS
LONGSUFFERING
LOVE
SELF-CONTROL
JOY
FAITHFULNESS

❖ Solution on back page



Videos

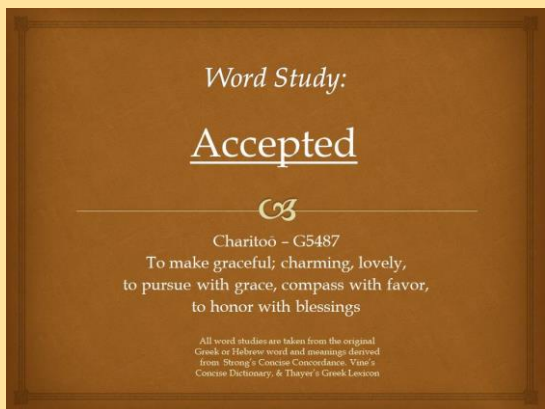
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Word Study



This word **ACCEPTED** is the same word used when the angel Gabriel appeared to Mary and said to her, “Rejoice, highly favored [charitoo] one, the Lord is with you; blessed are you among women!” (Luke 1:28). We are highly favored of God.

Ephesians 1:6 to the praise of the glory of His grace, by which He made us accepted in the Beloved. [FOR MORE WORD STUDIES](#)

Food for thought

1. He believed God and it was accounted to him for righteousness.
 - a. Moses
 - b. Jesus
 - c. Abram
2. Who authored the majority of the New Testament?
 - a. Moses
 - b. John
 - c. Paul
 - d. Peter
3. Who did Jesus say was the greatest person to have been born up to that time?
 - a. John the Baptist
 - b. The Apostle Paul
 - c. Mary the mother of Jesus

❖ Answers on back page

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Grace for today

God's provision is sufficient for each day



Eternal Life - Relationship with God

God's purpose for making mankind was to have a family. He wants a relationship with us; and for us to know Him personally, intimately, and experientially in our lives. His love compels Him to bless us by giving of Himself. We come to know Him and have this relationship when we also choose to seek Him. Amen.

John 17:3 And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.

See Article: [Eternal Life - Relationship with God](#)

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Featured Testimony

Migraines: A testimony of supernatural healing

by Kristine Repino

Several years ago, I started having terrible headaches. They would start out like a regular headache but within an hour the pain and pressure was so severe that I would become incapacitated and unable to function. I tried all the over the counter pain relievers. At the time, I had no idea prescription pain relievers for headaches/migraines existed. These headaches came randomly every few weeks without warning and would almost always last three full days. As soon as I would feel the pressure in my head build, my first reaction was to freeze in a panic! I'd have to stop whatever I was doing, or leave wherever I was. I'd go into my bedroom, turn off the lights, put blankets over the curtains to darken the room as much as possible and lay under the covers. That's where I'd be for the next three days. I couldn't eat, sit up, or walk. My only focus was to sleep as much as possible to get away from the pain.

My husband had to drop whatever he was doing, and pick up the pieces of wherever things were left: dinner, pack lunches, and be in charge of school activities or needs we had while still doing whatever he could for me and keeping up his responsibilities at work.

Because the migraines would last for so long, it wasn't uncommon for them to happen on days our kids had practices, games, and other school activities. On one occasion, I woke up with pain so severe I couldn't stand up without wanting to puke. That day was our daughter's school play hosted at the city courthouse. I knew I wouldn't have a clue what was going on, but I had to be there. So my husband and I went; I ended up laying down on one of the bench seats like a bed, during the entire play! I knew all the other parents saw me, being seated right next to us, and wondered what kind of mother "sleeps" during their child's play, but all our daughter knew was that we were there.

Nevertheless, as time went on, the times I couldn't be available for the kids seemed to be more and more often and laid a heavy load of responsibility on my husband. I began to have a lot of guilt for not being there. I also began to have constant fear and anxiety about every upcoming event.

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A reprieve

By this time I had learned some about divine healing and I even experienced some individual breakthroughs of healing, but my only concern was the pain at the moment, not the chronic condition, and therefore, I continued to have what I finally understood to be migraines; keeping me from family, friends, and from doing the things I wanted.

I decided to see our family doctor. He gave me a sample of a migraine reliever and said; “if this helps, you’re having migraines”. I had begun to feel the pain coming on during that visit and had planned on going out to dinner afterward. So I tried it, and within just a few minutes, all of the pain and pressure in my head was gone! So I took it whenever the pain would come on and get relief. I had now adjusted to life with migraines, although I was certain that it wasn’t God’s will for me to have to.

As time went on, the migraines became more frequent, and the current medication less effective. Although I began to add other medications, nothing new helped. Soon I was having migraines which medicine didn’t help at all. Little by little, I was losing my freedom again.

Turn for the worse

Then in March, 2014, things immediately changed for the worse. It was as if I woke up one day and the pain I had fought for so long to keep at bay-had made permanent residence in my head. This began the most difficult time of my life, and progressively grew worse over the next five years.

I still wanted to believe one day I would be healed supernaturally and knew it was God’s best, but I felt so bad most of the time, that I was unable to take care of daily activities for long periods of time, or focus on my relationship with God. I sought medical help even more aggressively but nothing else was effective.

The single abortive medication which provided some relief became my daily regimen, but the pain would always return 24 hours later, like clockwork, often not taking away all the pain. Without realizing it, I found myself taking it for the next 5 years.

I also began having other symptoms of complex migraines: bouts of dizziness or vertigo for days or a week at a time, language difficulties, like mixing words or trouble remembering words, slurred speech, confusion and muscle weakness often causing me to fall.

Progressively, the pain started to come back sooner and sooner and often lingered. It was as

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if my life was in a downward spiral. The chronic pain controlled every day. My days were measured by how long I could tolerate the pain so I wouldn't "use up" the few hours of relief the medication provided. There were hours each day that I was completely nonfunctional or nights of constant pain.

My unavailability to my family and other responsibilities continued to change the dynamics of the house. Just surviving a day became effort and guilt was my constant companion. I continued to have breakthrough migraines, which the medicine didn't relieve at all, and urgent care visits became so frequent, the doctors began to tell me they wouldn't be able to treat me again.

Of course, by this time, I had exhausted the conventional treatments and had seen neurologists and pain management specialists for more aggressive pain relievers, and drugs like opioids to the point that even those weren't having any affect. Beyond the pain, the other symptoms continued, causing me to fear having to even leave the house. My days and nights were limited to maybe a few hours that I could function enough to do some basic things at home or even sleep. Simple household chores, dinner, laundry, were difficult to keep up, and at the mercy of how well I could function at the time it needed to be done.

Healing journey begins

The more I grew in my relationship with the Lord and my understanding of His perfect and loving will for my life, the more difficult it became to "accept" living with something that was devastating my life. I could have continued to seek medical help, but I knew I needed to seek God instead. I was determined to receive my healing!

I got rid of the medications and pain relievers. Instead of using the time I was feeling well enough to do chores, cleaning, etc. I spent whatever "functional" times I had renewing my mind to God's Word. My days were spent watching videos of faith teachers, and listening to messages from ministers like Creflo Dollar, Barry Bennett, and Andrew Wommack. Daily, I confessed scriptures on healing and deliverance, reminding myself that healing is a finished work of the cross and that it had already been given to me right now. At first, the pain would leave for a couple hours, and then come back. As soon as it did, I'd stop whatever I was doing, go into my bedroom, close the door and instead of panic, and running from the pain, I would run to God and thank Him that he's already taken the pain away. I put on worship songs and praised Him, and took time throughout the day to pray, especially, praying in tongues.

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This kept me in a place of peace and rest, knowing the pain had to go because Jesus Christ already took it in my place. I would do this each and every time, until the pain left. My attitude changed from one of being controlled by the pain, to taking my authority that God has given me to stand against and resist the pain and all the other symptoms.

This became my daily routine, and what all my attention was focused on; spending time in my Father's presence and constantly renewing my mind to His love. It became my place of refuge and strength.

For the first time in 5 years, I went 24 hours without pain in my head! Praise God. A day turned into two, and eventually a week. I began to function again, being able to do the things I couldn't before, then a few weeks. Each time the pain, pressure, dizziness, or any of the other symptoms returned, I took the promises from scripture of being delivered from sickness and disease (Psalm 107:20, Psalm 103:1-5, 1 Peter 2:24) and spoke them over my body, expecting it. I continued to be able to do more things at home, going out more often, and eventually took a trip to London.

That is not to say it was an easy fight of faith; focusing on the truth of God's promises instead of my feelings or circumstances. There were times the symptoms didn't leave immediately or the pain got worse instead of better. I labored to rest by keeping myself in the love of God, believing in His goodness, and taking Him at His word.

Today, I am free from complex migraines and all its symptoms, praise God!

This is a testimony to God's goodness and faithfulness, and just simply, my realization of it! All glory and praise to you God! What He has done for me, He has done for you! Amen

For more testimonies: [TESTIMONIES](#)



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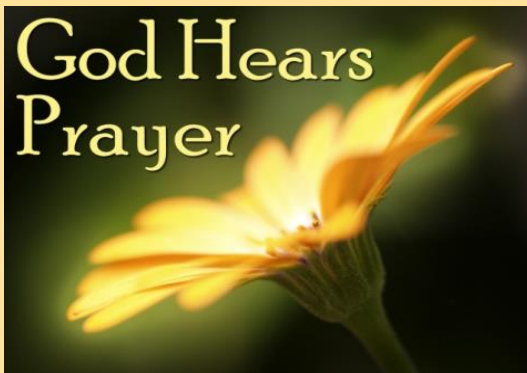
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Letter to Subscriber

This newsletter was created to bring you the spiritual food of God's Word in various forms to nourish you in the Truth. It is my hope and prayer that as you feed on the Word of God through scripture study, faith builders, and teaching you are encouraged and strengthened in the inner man as you are transformed into the image of Jesus God has created you to be. Thank you for allowing me to be a part of your journey.

Blessings, Kristine

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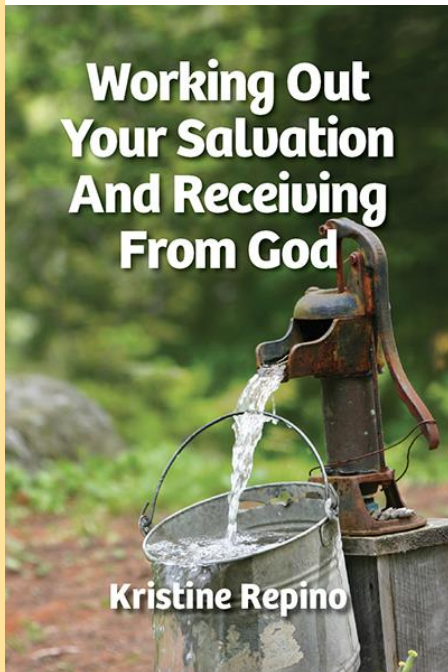
If you would like prayer, we would love to stand in agreement with you. Click on the link below to send us your prayer request.

[PRAYER REQUESTS](#)

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Salvation is a finished work of the cross! We can't earn it or work for it. The Apostle Paul tells us to work out our salvation with fear and trembling. But has the church misinterpreted this statement? How we receive from God is dependent on understanding what God says about the gift of righteousness through salvation. What is God's role? And what is ours?

Work out your salvation by understanding this truth and see it transform your life and have the power to influence those around you!

E-book

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About the Author:

Kristine and her husband Thom have been married for 28 years and have 3 grown children. Kristine enjoys writing and has authored several books. A graduate of Charis Bible College, she has gained a stronger foundation of the Word, deepening her desire to share the message of God's unconditional love through her writing. The Expressions of His Grace Ministry is an outflow of that desire.

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Food for thought answers

1. c. Abram (Genesis 15:6)
2. c. Paul (13 books)
3. a. John the Baptist (Matt. 11:11)

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