



# PRESENCE & GRACE

*Clothe yourselves with  
compassion, kindness, humility,  
gentleness, and patience.  
Colossians 3:12*



*Camellia*

WEEK FIVE  
PRESENCE & GRACE

*Opening Prayer*

Heavenly Father,  
You created me to reflect Your presence and grace in  
a special way. Help me to remain in You, that I may  
always be a source of Your presence and grace to  
those around me.  
Amen.

*Clothe yourselves with compassion,  
kindness, humility, gentleness, and patience.  
Colossians 3:12*



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*Song for Reflection:*  
*The Swan - Saint-Saëns*



ST. CECILIA  
HEAVENLY SONGSTRESS



*"I carry a secret in my heart that keeps me  
always singing."*

*-St. Cecilia*

- ✦ **Early Life:** Born around 200 AD to a noble Roman family. Given in marriage to a pagan man, Valerian — though she had already promised her heart to the Lord.
- ✦ **The Song in Her Heart:** On her wedding day, while musicians played, Cecilia sang her own song — to God, in her heart. This is why she became patroness of music.
- ✦ **Conversion of Valerian:** She told him an angel protected her. He asked to see it; she said he must first be baptized. Upon returning, he saw her praying with an angel beside her, flaming wings outstretched. The angel crowned them both with lilies and roses.
- ✦ **Witness and Martyrdom:** Valerian and his brother were martyred for burying Christians. Cecilia was eventually captured. Multiple attempts on her life failed; the final left her alive for three days, during which she prayed and preached to many.
- ✦ **Her Legacy:** Cecilia's beauty wasn't defined by adornment — it was defined by essence. The quiet radiance of a soul attuned to God. She shows us that essence isn't something we wear — it's a tone of being.

## THE SONG OF PRESENCE

- ✦ There is a sacred beauty that flows from a woman at peace with herself. True presence is not just about being seen — it is about being felt.
- ✦ Grace is what happens when your inner harmony meets your outward expression.
- ✦ This week invites you to rediscover what it means to "clothe yourself" — not merely in fabric, but in essence.
- ✦ The way you carry yourself, the light in your eyes, your stillness or sparkle — all reflect the spirit that dwells within you.
- ✦ Like St. Cecilia, whose music and quiet courage inspired countless hearts, your presence can become a song of love to the Lord.
- ✦ Through style essence, we see how God's grace uniquely moves through each of us — sometimes bold and radiant, sometimes soft and ethereal, sometimes joyful and warm — yet always beautiful in His sight.

# SACRED STYLE ESSENCE

## SEVEN EXPRESSIONS OF DIVINE BEAUTY

*This week's exploration introduces the Sacred Style Essence framework — seven archetypal expressions of beauty, each capturing a unique way grace moves through you. Most women are a blend of two or three essences, with one or two being dominant.*

*These essences are not fashion categories or personality boxes. They are reflections — ways the infinite facets of God's character shine through His daughters.*

**The Flame:** Bold, striking, and confident — communicates presence through strength and clarity.

**The Keeper:** Relaxed, authentic, and approachable — conveys grace through ease and warmth.

**The Sage:** Balanced, refined, and poised — embodies grace through harmony and proportion.

**The Spark:** Lively, expressive, and creative — radiates grace through joy and energy.

**The Heart:** Soft, gentle, and inviting — reveals grace through tenderness and sensitivity.

**The Grace:** Youthful, innocent, and light — shines with grace through purity and sweetness.

**The Veil:** Delicate, otherworldly, and luminous — manifests grace through stillness and spiritual beauty.

# THE FLAME

## REFLECTING GOD'S BOLD TRUTH

*You carry the energy of holy boldness. Like Deborah leading Israel or John the Baptist crying out in the wilderness, your presence commands attention and speaks truth without apology. God's power and righteousness shine through your angular strength and dramatic presence.*

What You Reflect: God's righteous power, His justice, His uncompromising truth

Your Presence: Purposeful and direct — you walk like you know where you're going

Your Energy: Like a fire — intense, consuming, impossible to ignore

In Scripture: Deborah, Esther — bold leaders who changed history

Style Expression: Bold lines, striking contrasts, architectural silhouettes, statement pieces that command a room

*"The Lord gives the word; the women who announce the news are a great host." — Psalm 68:11*

## THE KEEPER

### REFLECTING GOD'S FAITHFUL CREATION

*You carry the energy of holy groundedness. Like Ruth gleaning in the fields or the woman of Proverbs 31 tending her household, your presence brings authenticity and ease. God's creativity in nature — unhurried, organic, perfectly imperfect — shines through your relaxed warmth.*

What You Reflect: God's creative abundance, His faithfulness to creation, His organic artistry

Your Presence: Easy and unhurried — you move with natural, relaxed rhythm

Your Energy: Like a forest — grounded, breathing, alive with quiet life

In Scripture: Ruth, the Proverbs 31 woman — faithful, hardworking, grounded

Style Expression: Natural textures, earthy tones, relaxed silhouettes, nothing fussy or overdone

*"She considers a field and buys it; out of her earnings she plants a vineyard." — Proverbs 31:16*

## THE SAGE

### REFLECTING GOD'S TIMELESS ORDER

*You carry the energy of holy reverence. Like the noble women of Scripture who understood the weight of tradition and the dignity of their calling, your presence brings calm authority and timeless grace. God's perfect order — balanced, enduring, refined through ages — shines through your composed elegance.*

What You Reflect: God's eternal nature, His perfect order, His unchanging faithfulness

Your Presence: Measured and graceful — controlled, never rushed or sloppy

Your Energy: Like a cathedral — ordered, reverent, standing through centuries

In Scripture: Elizabeth, Anna — dignified women of faith and wisdom

Style Expression: Timeless silhouettes, quality over trend, refined simplicity, dignified elegance

*"Strength and dignity are her clothing, and she laughs at the time to come." — Proverbs 31:25*

## THE SPARK

### REFLECTING GOD'S HOLY JOY

*You carry the energy of holy delight. Like Miriam dancing after the Red Sea crossing or David leaping before the Ark, your presence brings unexpected joy and sacred playfulness. God's delight in creation — surprising, whimsical, full of holy mischief — shines through your spirited energy.*

What You Reflect: God's joy, His delight in creation, His holy playfulness

Your Presence: Quick and animated — lots of gesture, energy in motion

Your Energy: Like fireworks — bright, surprising, delightfully unpredictable

In Scripture: Miriam, Tabitha — joyful, active, full of life

Style Expression: Unexpected combinations, playful details, youthful energy, mixing high and low

*"Then Miriam the prophetess took a tambourine in her hand, and all the women went out after her with tambourines and dancing." — Exodus 15:20*

## THE HEART

### REFLECTING GOD'S TENDER LOVE

*You carry the energy of holy tenderness. Like the woman who anointed Jesus with costly perfume or Mary holding her Son, your presence brings warmth and sensory richness. God's nurturing love — soft, abundant, enveloping — shines through your gentle curves and warm spirit.*

What You Reflect: God's tender mercy, His nurturing heart, His abundant love

Your Presence: Flowing and gentle — soft movements, unhurried grace

Your Energy: Like a hearth — warm, glowing, drawing others close

In Scripture: Mary Magdalene, the woman with the perfume — passionate devotion

Style Expression: Soft textures, flowing fabrics, warm colors, romantic details that invite closeness

*"As a mother comforts her child, so will I comfort you." — Isaiah 66:13*

## THE GRACE

### REFLECTING GOD'S PURE LIGHT

*You carry the energy of holy innocence. Like the young Mary receiving Gabriel's message with simple trust, your presence brings gentle purity and quiet light. God's tender care for the lamb, the child, the humble heart — delicate, guileless, softly luminous — shines through your gentle spirit.*

What You Reflect: God's gentleness, His care for the humble, His pure light

Your Presence: Light and delicate — small movements, gentle steps

Your Energy: Like morning light — soft, pure, gently illuminating

In Scripture: The young Mary, Hannah — simple trust, purity of heart

Style Expression: Soft colors, delicate details, gentle silhouettes, sweet without being saccharine

*"Blessed are the pure in heart, for they shall see God." — Matthew 5:8*

## THE VEIL

### REFLECTING GOD'S HOLY MYSTERY

*You carry the energy of holy transcendence. Like Mary of Bethany sitting at Jesus' feet or the contemplatives who spent lifetimes in prayer, your presence seems to come from somewhere beyond. God's ineffable mystery — otherworldly, luminous, not quite of this earth — shines through your ethereal quality.*

What You Reflect: God's transcendence, His holy mystery, His infinite beauty

Your Presence: Floating and fluid — almost like you're moving through water

Your Energy: Like mist — present but not quite solid, suggesting depths beyond

In Scripture: Mary of Bethany — the contemplative at Jesus' feet

Style Expression: Flowing fabrics, ethereal colors, elongated silhouettes, pieces that seem to transcend trends

*"Mary has chosen the better part, which will not be taken away from her." — Luke 10:42*

# DISCOVERING YOUR ESSENCE

## BEGINNING THE JOURNEY

*Note: Discovering your essence is a process of gentle observation, not rigid categorization.*

*Unlike color analysis, which has more objective markers, essence discovery requires patient reflection and honest observation. Most women carry a blend of two or three essences — one primary, one or two secondary. Your blend is unique to you.*

## THE MIRROR OF PRESENCE

*Pause and Consider:*

Think about the last time you felt completely, authentically yourself. Not performing, not trying, not adjusting for anyone else's expectations.

- Where were you?
- What were you wearing?
- How did you carry yourself?
- What energy did you bring to the space?

This is a glimpse of your true essence.

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## QUESTIONS FOR SELF-DISCOVERY

*Answer these questions honestly. There are no right or wrong answers — only truth.*

When you enter a room, people tend to notice your:

- Commanding energy?
  - Approachable warmth?
  - Quiet dignity?
  - Lively spirit?
  - Soft warmth?
  - Sweet gentleness?
  - Otherworldly quality?
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*Friends have described you as:*

- *Striking, bold, intense, powerful?*
  - *Genuine, relaxed, real, earthy?*
  - *Elegant, refined, timeless, put-together?*
  - *Fun, spirited, youthful, surprising?*
  - *Warm, nurturing, soft, feminine?*
  - *Sweet, gentle, delicate, kind?*
  - *Mysterious, dreamy, unique, ethereal?*
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*When you're being fully yourself, your energy feels most like:*

- *A fire — intense, consuming, impossible to ignore?*
  - *A forest — grounded, breathing, alive with quiet life?*
  - *A cathedral — ordered, reverent, standing through centuries?*
  - *Fireworks — bright, surprising, delightfully unpredictable?*
  - *A hearth — warm, glowing, drawing others close?*
  - *Morning light — soft, pure, gently illuminating?*
  - *Mist — present but not quite solid, suggesting depths beyond?*
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*The aspect of God's character that most draws you is:*

- *His righteousness and justice — holy power that sets things right?*
  - *His faithfulness and provision — the God who sustains all creation?*
  - *His eternal wisdom — the unchanging I AM?*
  - *His joy and delight — the God who invented laughter?*
  - *His tender mercy — the God who comforts like a mother?*
  - *His gentleness — the Good Shepherd, the Lamb?*
  - *His transcendent mystery — the God beyond comprehension?*
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# LIVING IN ESSENCE

## EXPLORATION & DISCERNMENT

*This week is about observing and discerning, not shopping! Use this section to reflect on your current wardrobe and presence as you move closer to understanding your unique essence. Finding your essence is not about boxing you in — it's about discovering what makes you the star of the show. When you dress in harmony with your essence, people will see and compliment you — not your clothes.*

### **The "Feel" Check at Home:**

*Go through your existing wardrobe (mentally or physically). Which items make you feel most like yourself?*

- When you wear them, do you feel confident? At ease? Beautiful?
- Do those items share a common quality — bold? Soft? Playful? Refined?
- How do they align with your essence exploration?

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## **The Presence Reflection:**

*Think about moments when you've felt most authentically present.*

- Were you dressed up or dressed down?
- Were you in a structured or relaxed environment?
- What feedback did you receive about how you "came across"?

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## **Spiritual Reflection: The Song of Your Presence**

*Intentionality:* God's design is intentional. Just as He chose a spectrum of color in creation, He chose the perfect essence for you.

*Freedom from Performance:* Discovering your essence isn't about performing or pretending — it's about resting in how God made you to be present in the world.

*Living as His Temple:* "Do you not know that your body is a temple of the Holy Spirit?" (1 Cor 6:19).

How you carry yourself can become a living prayer — a visible reflection of the invisible God dwelling within you.

## EXPLORE FURTHER

### EXPLORATION & DISCERNMENT

*If you'd like to explore your Sacred Style Essence more deeply, you can take the quiz:*

*Sacred Style Essence Quiz*



*This quiz can help you notice the rhythm and energy that shape your natural presence. Remember, no quiz can define you — true beauty flows from grace, not guidelines. Use it as a mirror for reflection, and let it draw you deeper into gratitude for the harmony God has woven within you.*



## WEEKLY CHALLENGE

*For one day this week, intentionally embody your essence. Choose clothing, music, or an environment that aligns with your God-given grace.*

*Observe how you feel — not how you look — when you live in harmony with it.*

## *Closing Prayer*

Heavenly Father,

Thank You for the gift of Your presence and grace in my life.

Teach me to live as Your Temple, bringing glory and honor to You.

Amen.

## LIVING IT OUT

### Pause in Prayer:

Take a deep breath and invite the Lord into this moment.

"Jesus, how do You reveal Your grace through my presence?"

### Reflect:

List three words others often use to describe your presence.

List three words you wish described your presence.

### Notice:

What moments do you feel most like yourself — unguarded, at peace, fully alive?

What are you wearing, doing, or saying in those moments?

### Discern:

Looking over the Style Essence descriptions, which two or three resonate most with your natural way of being?

Which do you feel drawn to explore more deeply?

