

**The SHEnergized SisStarhood**  
Spirit | Mind | Body

*Spiritual Empowerment Experience*

**OCTOBER 6, 2024**

**IT'S TIME TO DEAL, HEAL, AND PRAISE THE LORD**

**2 Timothy 1:7**

**zoom** JOIN ONLINE OR CALL: 646-558-8656  
MEETING ID: 530 441 1689 | PASSCODE: 057058

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## October 6, 2024 – Recap by Tiffany Tunsil

I'm going to go ahead and apologize up front, because normally I try to be settled. But, as Rock said, we have a hurricane coming, and my husband has been deployed. I was up putting up shutters and getting things together, so I am almost able. But God is still good. So I ask that you guys keep us lifted up in prayer

But to Dr. Dye: happy, happy birthday! Thank you for being you and all that you do for the sisterhood and for us individually. There aren't enough words to express what you mean to all of us. For that, we say thank you, thank you, and thank you all over again.

And so, stars, how about these past two Sundays? Didn't Katrina just break it all the way down for us? She was talking about the shallows, like don't go swimming in the shallow water. It was such a powerful couple of lessons. If you missed it, I challenge you to go back and read it because she offered such a unique perspective.

I will focus on some of the same things Katrina talked about and introduced to us. This past week has been filled with a lot of different emotions for me. There have been a lot of hardships, and people are just hurting this last week. I think everyone was trying to get back to some sense of normal after Hurricane Helene. It's just a process of building and picking back up.

There are a lot of people I've talked to who know what they have to do, but it's almost overwhelming to confront the root of everything. In Katrina's lesson, I was reflecting on takeaways to help us tackle the root issues and build off the idea of not swimming in shallow waters.

Today's lesson is called: "It's Time for Us to DEAL and HEAL and Praise the Lord." At the end of the day, stars, we need to tackle the roots of our insecurities and the things holding us back from being our best selves. We have to deal with these issues. Our Scripture base is 2 Timothy 1:7:

"For the spirit God gave us does not make us timid, but gives us power, love, and self-discipline."

When I reflect on this Scripture, especially after coming back from the pandemic, I think God is trying to teach us something important. Katrina started her lesson with an example: She was swimming one day, and you might remember how she fell into the water, wailing and saying, "Oh, my gosh!" Everyone kept telling her, "Stand up, Katrina, stand up!" But she kept struggling. They simply said, "Stand up!" And she finally did it. Once she stood up, she realized all she had to do was stand. I think a lot of times, as stars, we are wrestling with our problems

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and situations in this thing called life. We go through things, wailing and talking about them because we're not dealing with the root cause.

One of my takeaways from Katrina's lesson was the importance of standing up. She was in the water, and while the water itself wasn't the problem, her fear of the water was. Today, I'm here to tell us that some of us have problems not because the circumstances are too heavy, but because we're not willing to stand and deal with them. God has told us He didn't give us a spirit of fear. Fear comes from the enemy.

We need to recognize that we have the strength to face our fears and challenges when doubts arise. The power God has given us leads to what He desires for us. God simply says, "Daughter, trust in My plan." Trust in God's plan, because there's a purpose for everything we're going through. When we're trying to work through insecurities and things we're not willing to turn over to God, He's saying, "Trust in My plan; I've got everything already worked out."

Jeremiah 29:11 is a familiar passage: "For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future." Sister, we need to start dealing with our insecurities and the things God has told us to let go of, so we can reach our breakthrough.

Many sisters I've talked to this past week on different devotional calls are dealing with weighty issues. They're saying, "I've got these problems, and I just need help." Life does what life does, and people are starting over from ground zero. Amidst all the uncertainty and doubt, God is telling us to simply obey and trust Him.

Remember when I shared my new definition of trust? It's been a game-changer for me, transforming my life and perspective. Trust means putting my full weight into God—everything I doubt, everything that hurts, everything I feel I've lost, and everything I aspire to yet can't see myself achieving. God asks, "Will you still trust me? Will you still obey me, despite appearances?"

Sister Katrina's recent lessons spoke to this—no more wavering in the shallow waters. God needs our full obedience, as it's the key to deepening our relationship with Him.

To truly heal and overcome hardships, we must learn to lean into love. God's love is the source of our healing. If you're trying to move past heartbreak, a new diagnosis, or life's changes, 1 John 4:18 says it best: "There is no

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fear in love, but perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."

This time, when I read this Scripture, it struck differently. Healing and becoming whole in God's image hinge on understanding that perfect love casts out fear. If God is love, and love is God, then there's nothing to fear. Fear isn't from God; it's from the enemy.

Perfect love comes from the perfect One who lived, died, and rose for us. With this perfect love covering us, we don't need to live in fear. We can be healed from past hurts. Your past doesn't define you anymore, and when anxiety and fear arise, remember—they don't come from God.

You have the ability to say, "This is not for me. This isn't what love is. This isn't my perfect love." We need to cultivate a mindset of a sound mind. It's not just about praising God in the moment; we need a sound mind that comes from God's peace. Philippians 4:6-7 says:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. The peace of God will guard your heart and mind."

I know I sound like a broken record, but I'm going to keep saying it until it sticks. We need to be a community that walks in victory every day. We want to have a sound mind, not chaos in our heads. A sound mind comes from God's peace, and we can't get that peace if we're not in a relationship with Him and not talking to Him. Prayer changes things.

When you surrender everything to God in prayer and leave it at His feet, don't pick it back up. Some of us ask for breakthroughs, financial blessings, and healing, but then we don't leave it with God. We turn around and pick it back up, questioning why God hasn't moved yet. God says, "I need you to wait on me. Trust and believe that if you prayed about it and believe I can do it, I will show up and turn it around for you."

We need to be a people who believe in what God has planned. We can't get to a peaceful state without giving it to the Peacemaker. Supplication means to repetitively come to Him and be in communication with Him.

It's time for us to heal through some things. Some of us are holding on tight to hardships and the past. God says, "I need you to let it go." We can't get out of the shallow waters because we're stuck in fear of what will happen if we step out. That's not faith or trust. We need to be a community of women leaning on one another.

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Galatians 6:2 says: "Carry each other's burdens, and in this way, you will fulfill the law of Christ."

Sisters, when you're healing and going through tough times, this is why community matters. This is why you need to be here, listening to your sisters' prayer requests. This is why we get on and pump each other up, loving one another. This is why Rocks loses her mind every single Sunday, saying no one's playing around because she cares about us. This is why Dr. Die, despite everything she's gone through, still shows up, answers calls late at night and early in the morning, because she cares.

As women of God, we need to truly be here for one another. I can boldly say that this sisterhood does that, and it matters. When you're healing and going through things, someone needs to hear your story. Someone needs to know they're not alone. Someone needs to understand that others have been in the same place of pain and struggle and made it through. This is how healing begins—through community.

When you know someone is struggling with the same thing, or someone is praying for you, or someone wants the best for you, that's how healing starts. Your relationship with God matters, and you have to be willing to deal with the root of your issues and what's happening within you.

Lastly, in our healing and dealing with things, we've got to learn to praise the Lord. Praise is a powerful response to pain. When you're hurting, it's hard to think about praising, but when you praise God even in the middle of hardships, He reveals something amazing and new