

The SHEnergized SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

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8:00 AM EASTERN

FEBRUARY 8, 2026
GOD IS INTENTIONAL
STRATEGIC POSITIONING

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FEBRUARY 8, 2026 – LESSON RECAP

LESSON RECAP: “God Is Intentional — Strategic Positioning, Courage, and the Weight of Calling”

WEEKLY LESSON SUMMARY

This week’s message, taught by **Katrina Brown-Graham, Esq.**, reminded us that *God is intentional in every detail of our lives*. Through a powerful family testimony sparked by the song “**I Trust in God**,” Katrina showed how God can use even a child to shift an entire atmosphere. She taught that our experiences—good, painful, confusing, or unexpected—are not random but part of God’s strategic positioning. Our purpose existed before our qualifications, our calling is unique to our gift, and our platforms are assignments, not rewards. Above all, she reminded us to trust the **Who** even when we don’t understand the **why**, because God is always mixing every level of our lives together for good.

See Full Lesson Recap Below:

LISTEN RECAP — The Setup Before the Lesson

Katrina opened class with joy and gratitude, pausing to honor the depth of last week’s message from Tiffany. She celebrated how God is *developing* Tiffany through real experiences—deepening her anointing and sharpening her teaching. With warmth and excitement, she urged everyone who missed it to **watch the playback**, because Tiffany’s lesson on “**KNOTS**” wasn’t surface—it was **spiritually deep**.

Then Katrina shared a powerful testimony about how **your song**, “*I Trust in God, My Savior*”, unexpectedly shifted the atmosphere in her family.

She told the story of her family’s weekly Sunday dinners—multi-generational, filled with love, food, and worship. She’d been teaching her 4-year-old niece **Ella** to sing “Oh How Excellent.” Ella sang beautifully, though shy. But then fearless little **Zoe**—the child who has endured the deepest grief in the family after losing her mother—suddenly burst out singing:

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✠ “I trust in God, my Savior...”

The entire family froze.
No one knew the song.
They had never listened to it.
Yet Zoe knew the lyrics... even the chorus.

Her singing brought tears, worship, and a divine hush.
When asked where she learned it, Zoe said:

“My mommy came to me and taught me that song.”

Katrina didn’t over-explain it. She simply said,
“Don’t tell me what the Lord won’t do.”

The moment spread — Ella started singing it at her church daycare, the kids joined in, and soon teachers were calling saying a “Holy Ghost party” had broken out. The family has been singing it all week. Aunties, cousins, and elders randomly calling each other saying:

“I trust in God...”

Katrina used this testimony to make her point:

God is intentional.

Even when we don’t understand the *why*, we trust the *Who*.

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FOUNDATIONAL TEACHING: GOD IS INTENTIONAL

Katrina transitioned seamlessly into the core message:
God positions people strategically.
Nothing about your life is accidental.
And your platforms are assignments—not rewards.

Below is the structured breakdown you love:

FOUNDATIONAL TRUTH #1: God Develops You Through Experience

Katrina emphasized how God develops us through what we've lived through—just like He is shaping Tiffany right now.

Lesson:

God uses real life—pain, growth, grief, joy—to deepen your voice, sharpen your discernment, and strengthen your spiritual impact.

FOUNDATIONAL TRUTH #2: When You Can't Understand the Why, Trust the Who

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Katrina said plainly:

If God explained every detail, we'd try to negotiate with Him.

Lesson:

Faith is trusting God's heart when you don't understand God's hand.

● FOUNDATIONAL TRUTH #3: God Uses *All Things*, Not Just the Good Things

Katrina clarified:

- The Bible does NOT say all things are good.
- It says God works all things **together** for good.

Scripture: Romans 8:28

Lesson:

God weaves the good, the grief, the rejection, the joy, the delay, the breakthrough—all of it—into something meaningful.

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● FOUNDATIONAL TRUTH #4: Purpose Comes Before Qualifications

Using Jeremiah 1:5, Katrina reminded us:

God decided your assignment before He decided your appearance, personality, or parents.

Lesson:

Your calling existed before the world met you.

● FOUNDATIONAL TRUTH #5: Your Purpose Is Shared; Your Calling Is Unique

Purpose: bring people to Christ

Calling: **how** you do it

(encouragement, teaching, cooking, serving, praying, hospitality)

Illustration: Barnabas was an encourager—his gift mattered deeply.

Lesson:

Stop comparing lanes. God gave you a specific way to shine.

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● **FOUNDATIONAL TRUTH #6: God Positions You Strategically**

Katrina reminded us of Esther—her placement wasn't accidental.

Lesson:

You are where you are for a reason, even if the season feels uncomfortable.

ILLUSTRATION: The Coca-Cola Trade-Secret Formula

This was Katrina's signature "picture painting" moment.

She explained how Coca-Cola protects its recipe by assigning each floor a different ingredient. No one sees the whole process—only pieces—until everything comes together at the final stage.

Spiritual Insight:

Your life works the same way.

Every level—
your wins, wounds, losses, joy, trauma, miracles, mistakes—
is an ingredient God is mixing.

Lesson:

You may not understand the "recipe," but God is creating something intentional.

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FOUNDATIONAL TRUTH #7: Silence and Comfort Can Become Disobedience

Katrina challenged the sisters:

Sometimes silence is wisdom.
Sometimes silence is **complicity**.

Sometimes comfort is peace.
Sometimes comfort is **disobedience**.

Lesson:

Don't value comfort over conviction.

FOUNDATIONAL TRUTH #8: Boundaries Protect Peace

She told real-life stories about how boundaries keep your spirit uncluttered.

Lesson:

Mess continues where boundaries are absent.
Peace continues where boundaries are present.

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FOUNDATIONAL TRUTH #9: Courage Must Be Practiced in Small Moments

Katrina explained that you don't suddenly become courageous—you **practice** courage:

- saying no
- stopping gossip
- setting standards
- refusing sin
- upholding holiness
- protecting your home
- handling relationships God's way

Lesson:

Practice courage in the small things so you can stand strong in the big things.

FOUNDATIONAL TRUTH #10: Platforms Are Assignments, Not Rewards

This was Katrina's weightiest point.

She told her personal calling story—being invited to speak at a major event the day before her father passed away, speaking on the anniversary of his death, walking through grief, obedience, and sacrifice.

Her message was tender but direct:

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If you envy someone's platform, you may not want their price.

Your gift comes with a cost.
Your assignment is not your reward.
Your reward is in heaven.

Lesson:

Obedience, not applause, is what God values.



CLOSING SPIRITUAL CHALLENGE

Katrina closed with a call to spiritual maturity:

- Embrace your lane
- Honor your assignment
- Stop competing with others
- Don't choose comfort over calling
- Trust God's strategy
- Walk courageously
- Protect your peace
- Obey with a willing heart

Final Word:

God is intentional.
God is strategic.
God is mixing every part of your life with meaning.
And where you are right now... is on purpose.