

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

*Spiritual Empowerment Experience*

**December 22, 2024**  
**BRACES AND OBEDIENCE**

**Proverbs 3:11-12**

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

Register, Login or Learn More at [www.SHEnergizedSisStarhood.com](http://www.SHEnergizedSisStarhood.com)

### SisStar Tiffany's Lesson Re-Cap| 12/22/24| Brace & Obedience

The following is a recap of SisStar Tiffany's lesson  
"Braces & Obedience"

Lesson Text

Proverbs 3:11-12

*"My son, do not despise the Lord's discipline, and do not resent His rebuke, because the Lord disciplines those He loves, as a father the son he delights in."*

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*SisStar life is always going to present you with challenges. Your brace journey will be filled with excitement and fear but trusting in God will always make the journey worth it. There is an acceptance that we must have of ourselves, sometimes your brace journey will involve you fully trusting in God and him alone! There is a process to everything you must go through!*

#### **I. Correction and alignment- Proverbs 3:11-12**

- ✚ SisStar your "braces" are designed to correct and align you to what God wants from you.
- ✚ God must discipline us through his word to realign us with his desires and his guidance.
- ✚ Whenever you do God's will it always returns to you!
- ✚ SisStar when God rebukes its for our correction and realignment!
- ✚ God's will is perfect and designed for you!

#### **II. Patience in the process- Gal 6:9**

- ✚ SisStar the process of life will hurt sometimes but you must be patient.
- ✚ Sometimes your "brace" journey can take a few days, a few months, or few years. Whatever time God yields you must remain patient.
- ✚ SisStar during God's bracing process is a gradual process which is why you must daily be in tuned with him.

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- ✚ Be patient and obey God's will!
- ✚ Don't give up SisStar; God is working you for his good will and pleasure.
- ✚ God is moving in your life just be patient.

#### III. Trust the Process – Proverbs 3:5-6

- ✚ SisStar if you say that God is your Lord; you should trust him in all things.
- ✚ Open your word and learn what God must reveal for you!
- ✚ Sometimes you will act and move in your own accord, but God says "Trust me"
- ✚ God has never failed and always provides; don't doubt.
- ✚ SisStar when you give your trust to God, he always aligns everything to work for your good.

#### IV. Endurance & Discomfort- James 1:2-4

- ✚ SisStar in your "brace" journey you must endure!
- ✚ Endure- "means to sacrifice to gain"
- ✚ There will be times where you need to allow the discomforts of life happen to gain the understanding God desires.
- ✚ SisStar there is no way around having to go through your "brace" journey

#### V. The Beauty in transformation (your smile) 2 Cor 3:18

- ✚ SisStar everything that you go through is designed for your eternal reward.
- ✚ SisStar your life should reflect the lessons you learned in your Godly brace journey.
- ✚ When you are walking in obedience you should reflect on the manner of our creator and there is beauty in being holy.
- ✚ SisStar, everything that is meant to block you is really designed to equip you to be better!
- ✚ SisStar, there is something more waiting on the other side of this Christian "brace" journey!

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- ✚ God requires you to endure because it leads to the beautiful and purposeful outcome.
- ✚ God wants you to live in obedience to him.
- ✚ SisStar embrace God's discipline, trust the process, grow in spiritual beauty and maturity!

*Your Brace journey will always lead to God's beautiful reward (smile) in your life!*