

The SHEnergized SisStarhood

Sunday, May 17, 2026 | “Stretch Marks”

Opening Summary

Katrina opened this lesson with transparency, humor, and power, letting the SisStars know that after being sick with COVID and other health challenges, she was “down but not out” — and still carrying a Word from the Lord. The lesson, titled “**Stretch Marks**,” became a deeply visual and spiritual teaching about how God uses trials, grief, calling, waiting, change, forgiveness, and life experiences to stretch our faith beyond its former capacity.

Anchored first in **James 1:2–3**, Katrina taught that trials are not just things we survive; they are the places where our faith is stretched, expanded, tested, and made stronger. Then, through the powerful image of physical stretch marks and the biblical teaching of **new wine and old wineskins** in **Luke 5:37–38**, she showed us that what we carry changes us permanently — and when God is doing something new, we cannot keep trying to contain it in old systems, old prayers, old habits, old thinking, or old capacity.

in true Katrina fashion, she warned everybody:

“Let me go ahead and apologize in advance, because if I get to screaming and shouting, just gonna mute me out.”

Then she gave the lesson title:

Stretch Marks

She even wore something that allowed the SisStars to see her own stretch marks, making the lesson visual from the very beginning. She said some women got stretch marks from having babies, and then joked:

“I don’t have a baby. I’m just fat.”

But the humor opened the door to a serious spiritual lesson.

James 1:2–3 | Trials Stretch Faith

Katrina took the SisStars to **James 1:2–3**:

“My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience.”

She said when you look at the language, the “trying” of your faith is connected to the idea of **stretching**.

In other words:

“Count it all joy when trials happen, because your trials are stretching your faith.”

She reminded us that many of us pray, “*Lord, give me more faith,*” but the way faith grows is by going through something.

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Faith stretches as we live life.

Faith stretches as we see God work.

Faith stretches when we bury loved ones.

Faith stretches when jobs get hard.

Faith stretches through marriage conflict, disputes, grief, stages, seasons, and the everyday realities of life.

“The Bible is saying the only way you can really have faith is you gotta go through something.”

The Marriage Example | Faith Stretched in Small Things

Katrina shared a personal story about her and Cory being on a strict budget. They have budget meetings, discuss what they spend, and are working toward doubling savings and meeting goals.

One day, boxes came to the house, and Cory asked:

“How much stuff did you order?”

Immediately, Katrina got defensive. She said in her mind she was thinking, *“How dare you? I work every day. Don’t be counting my money.”*

But then she remembered — she’s married. And marriage requires submission, accountability, and humility.

They had a calm disagreement, because Cory does not yell. Later, before she left the house, she went into the room, sat beside him, held his hand, and apologized first.

That was a major moment for her because Cory is usually the one with the heart of reconciliation.

She said:

“I was excited because my faith was stretched.”

To somebody else, apologizing first may not seem like a big deal. But for her, it was evidence that God was answering her prayer:

“God, help me to be more initiative in the forgiveness part. Help me not to abuse his heart.”

Then she brought the SisStars into the lesson:

“Don’t despise the small things.”

Turning down temptation, choosing forgiveness, choosing humility, choosing accountability — all of that is evidence that faith is being stretched.

Stretch Marks and Shame

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Katrina then went back to college and shared how she had never had low self-esteem. She joked that she always thought she was fine.

But when she got to college, she became ashamed of her arms — not because they were fat, but because stretch marks had started showing up.

She lived in Alabama heat, where it could be 110 degrees in the shade, but she wore quarter-length sleeves in the summer because she was embarrassed.

She said:

“I wasn’t ashamed of the fat. I was ashamed of what the fat produced.”

She was ashamed of the marks, the visible evidence that something had stretched her skin.

That became the spiritual picture.

The Science of Stretch Marks

Katrina explained that stretch marks happen in the middle layer of skin, called the **dermis**. She described it like an elastic band that holds everything together.

When the body grows faster than the skin can keep up, that layer tears at a microscopic level.

She explained it through pregnancy:

A woman’s body may have been one size, but now she is growing a whole human being in nine months. The skin has to expand because something is being carried that requires more room.

“Your body will expand to carry human life.”

Stretch marks happen when the body is pushed past its previous capacity.

They can come from:

- Pregnancy
- Rapid muscle gain
- Growth spurts
- Significant weight change
- Anything that causes expansion faster than the skin can keep up

Then she gave one of the major lines of the lesson:

“Stretch marks are proof that your body was pushed past its previous capacity.”

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🔥 The Process of Stretching

Katrina explained that stretch marks often first appear red, purple, or pink — signs that something is happening. The skin is inflamed. Something new is taking place. There may be a chance to slow the process if you recognize it early.

But once the stretching continues, the marks become deeper and eventually begin to fade into silver or white.

They may become less visible, but they do not disappear.

She said:

“The skin adapts, but it has been permanently changed by what it carried.”

That line became a major spiritual turning point.

🌱 Permanently Changed by What You Carried

Katrina brought it home spiritually.

If you are grieving, you may adapt. You may learn how to live without your spouse. You may learn how to live without your child. You may learn how to keep going after losing a parent.

But you are permanently changed.

There is a stretch mark somewhere.

She said her father has been gone for 12 years. She still goes to work. She still teaches. She still shows up. She has adapted.

But she is permanently changed.

“There’s a stretch mark somewhere.”

💧 You Can Fade Them, But You Can’t Erase Them

Katrina talked about late-night infomercials and products that promised to fade scars, burns, and stretch marks. She remembered ordering fade cream because she wanted the marks gone.

But she explained:

“You cannot make stretch marks disappear.”

They can fade.

They can be reduced.

They can become less visible.

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But they cannot be fully erased because they represent a structural change beneath the surface.

Then she made the spiritual connection:

“What stretch marks has God left in your life that you are ashamed of, instead of wearing them as evidence of how He has grown you?”

What Are You Covering Up?

Katrina began asking hard questions.

Is it the divorce that stretched you?

Is it the shame of what caused the divorce?

Is it the lack of discipline?

Is it anxiety?

Is it stuttering?

Is it autism?

Is it raising an autistic child?

Is it grief?

Is it something that changed your life and stretched you beyond what you thought you could carry?

She asked:

“What is it that God created in you or allowed in your life that stretched you, but you are ashamed to show the scars for?”

Then she connected it back to her own sleeves:

“What quarter-length sleeves, long sleeves, and turtlenecks are you wearing in 200-degree weather because you refuse to let people see the marks?”

Spiritual Stretch Marks

Katrina explained that spiritual stretch marks appear when God grows something inside of us faster than our comfort can keep up with.

Spiritual stretch marks can come through:

Suffering, grief, and loss

Pain forces us to trust God beyond our understanding.

Calling

God asks us to do something bigger than our confidence or ability.

Forgiveness

We have to forgive people who are not sorry, people who hurt us intentionally, people who may never acknowledge what they did.

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Waiting

Waiting to be married.

Waiting for biopsy results.

Waiting on the job.

Waiting on children.

Waiting on healing.

Waiting on clarity.

Katrina said waiting will stretch you because sometimes God says:

“Pull up to slot one and park.”

And Monday becomes Tuesday.

January becomes December.

2026 becomes 2028.

And you are still waiting.

Change

God dismantles something familiar in order to build something new.

A company closes.

A job ends.

A spouse leaves.

A season shifts.

Change stretches us because it removes the old capacity and demands something new.

♥ Before Julius and After Julius

Katrina shared tenderly about missing her father. She said she measures her life like **before Julius and after Julius**.

She recalled driving a familiar route from her childhood, remembering being in the car with her grandmother and Sister Cassaberry going to church. She could almost hear the old ladies talking, almost smell the memory, almost feel the route.

But then she said:

“I will never have that again.”

Her grandmother is gone.

Sister Cassaberry is gone.

Her father is gone.

That church season is gone.

She said she can reminisce, cry, look at pictures, and remember, but she will never live in that space with those people in that way again.

“The stretch in your body means you will never go back to your old capacity.”

Even if a person loses weight after having a baby, the mark of what they carried remains.

Even if life looks normal again, something is permanently changed.

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Luke 5:37–38 | New Wine and Old Wineskins

Katrina then moved into where the series will go over the next few weeks: **Luke 5:37–38**, where Jesus teaches about new wine and old wineskins.

She explained that Jesus was responding to people questioning why John’s disciples fasted, but His disciples did not.

Jesus knew He was going to die, but while He was with His disciples, it was a time of celebration. He used the picture of a bridegroom. At a wedding, people do not fast; they celebrate because the groom is present.

Then Jesus moved into the wineskin example.

Katrina said we cannot understand the power of the passage until we understand what wineskins were.

A wineskin was made from animal hide, often goatskin. It was tanned, sealed, and used to carry wine, especially because people were mobile and needed containers that could travel.

Then she explained that Jesus was not talking about two different kinds of wine, but about the same wine in two different stages.

New Wine vs. Old Wine

New wine is unfermented.

It has not yet gone through the process.

It is alive, active, unstable, and still producing pressure.

Old wine is fermented.

The process is complete.

It has settled.

It is stable.

It can now be stored in a different kind of container.

Katrina said:

“Jesus is talking about the same person in two different stages of her life.”

You before the grief and after the grief.

You before cancer and after cancer.

You before the divorce and after the divorce.

You before the calling and after the calling.

Same person.

Different stage.

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🔥 New Wine Requires New Capacity

Katrina explained that new wine continues to ferment. It produces gases that must go somewhere. That means the container must be able to stretch.

An old wineskin has already stretched to capacity. If you put new wine in an old wineskin, it will burst.

Spiritually, she said:

“Your new trial, your new situation, your new calling, your new challenge is going to require a different wineskin than what you had before.”

Old prayers may not cut it anymore.

Old habits may not hold it anymore.

Old systems may not be able to contain it anymore.

Old religious thinking may not stretch with what God is doing now.

You cannot handle stage two the way you handled stage one.

🙏 Put It in the Right Container

Katrina said when new wine is exposed to oxygen too long, it may never become what it is supposed to become. It has to be placed into the right container immediately.

Then she made the spiritual connection.

When tragedy hits, when grief comes, when change happens, when calling stretches you, God is saying:

“Put it in prayer. Put it in fasting. Put it in My Word. Get on your face. Seek Me.”

That is the wineskin.

That is the container that can stretch with what God is doing.

But if we put our pain into things that cannot stretch — pills, fornication, drinking, distractions, rigid systems, or unhealthy coping — it is like putting new wine in a glass jar.

A glass jar cannot stretch.

It spoils what has potential.

Katrina explained that when wine is opened, people say, “Let it breathe.”

Then she said: **“Y’all ain’t letting it breathe.”**

Some of us are trying to contain living, active, expanding things in places that have no room for God’s process.

But when it is placed in the right wineskin, the stretching is part of the transformation.

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New Wine Cannot Be Contained in Rigid Systems

Katrina closed with a bold word to religious systems, especially those who try to contain God in rigid, maxed-out traditions.

She said:

“You cannot contain an active, living God in rigid, already maxed-out religious systems.”

She made it clear she was not talking against truth or baptism, but against man-made traditions, cultural rules, and rigid mindsets that try to box God in.

She said some people have only regurgitated what they were told and have not opened the Word for themselves.

That, she said, is like using a glass jar instead of a wineskin.

There is no room to breathe.

No room to stretch.

No room for new wine.

Powerful Moments

- “I was down but not out.”
 - “Your trials are stretching your faith.”
 - “Don’t despise the small things.”
 - “I wasn’t ashamed of the fat. I was ashamed of what the fat produced.”
 - “Stretch marks are proof that your body was pushed past its previous capacity.”
 - “The skin adapts, but it has been permanently changed by what it carried.”
 - “What stretch marks has God left in your life that you are ashamed of?”
 - “What long sleeves are you wearing in 200-degree weather because you refuse to let people see the marks?”
 - “Spiritual stretch marks appear when God grows something inside of you faster than your comfort can keep up with.”
 - “You will never go back to your old capacity.”
 - “Jesus is talking about the same person in two different stages of her life.”
 - “Your new trial requires a new wineskin.”
 - “Old prayers may not cut it anymore.”
 - “Put it in prayer. Put it in fasting. Put it in My Word.”
 - “Y’all ain’t letting it breathe.”
 - “You cannot contain an active, living God in rigid, already maxed-out religious systems.”
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Overall Flow

This lesson moved from Katrina’s personal transparency into a visual and deeply spiritual teaching on stretch marks as evidence of growth, expansion, pain, and permanent change. She started with the physical process of how stretch marks form and then used that process to help the SisStars understand how grief, calling, forgiveness, waiting, change, and life experiences stretch faith. From there, she connected the concept of stretching to **James 1**, showing that trials stretch faith, and then to **Luke 5**, showing that new wine needs new wineskins. The lesson became a foundation for the next phase of teaching: God is doing something active, alive, expanding, and new — but we must allow Him to give us the capacity to carry it.

Closing Summary

Katrina’s lesson reminded us that stretch marks are not something to hide — they are evidence that we have carried something larger than our former capacity. Whether the stretch came through grief, calling, forgiveness, waiting, change, or spiritual growth, the mark proves that God expanded us, sustained us, and changed us. We may adapt, but we are not the same; and that is not a failure, it is formation. The lesson challenged every SisStar to stop covering the places where life stretched her and to begin seeing those marks as testimony. As Katrina moved into the teaching on new wine and old wineskins, she made it clear that what God is doing now cannot be contained in old capacity, old systems, old prayers, old habits, or rigid religious boxes. New wine needs room to breathe. New seasons require new wineskins. And if God is stretching us, it is because He is preparing us to carry something that our old capacity could never hold.