

**JOIN US SUNDAYS 8:30 AM EASTERN**

**FROM ONE PIT**  
*to Another*  
 (Study on the Book of Jonah)

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

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**“CBT” Lesson Recap| 11/20/2022| “An Open Invitation”**  
**“An Open Invitation”**

*The SHEnergized SisStarhood Bible Class Series*

  
 FACILITATED BY  
**Dr. Dorthy Dye**

*(A Refresher on the phrase sitting at the table )*

**2 Sam 9, Phil 3:13-14, Heb 12:1-2, Eph 2:4-6**

*Give yourself some grace!*

*You are a WIP – Work in Progress!*

*You are a daughter of the King and until you realize that your worth  
 you will always be what you have always been!*

*The word place comes from topaz-which originates from the word  
 topography= your surroundings your place- Don't give your place  
 to the devil!*

*Draw a line in the sand and tell the devil “No More”*

## **I. Restoration and Value**

- ❖ Some are broken and came to the Lord broken; it's okay because God is able to restore you
- ❖ How do you deal with the battle of your mind because of the weights that are holding you down?
- ❖ You might be at a place in life where you feel broken and bound but there is restoration from the broken things in your life.
- ❖ To restore means to be put back together- up held.
- ❖ You might find yourself in the “P.I.T.” of life but there is freedom and breakthrough so you can be unbound
- ❖ You have the key to unlock your mind and be set free
- ❖ You have the power to be rid of the past and endure the future that is to come

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- ❖ Don't allow your past to poison the future that is to come; if the Lord has cast your repentive sins unto the sea and remember them no more; why should you?

## II. The Mephibosheth Syndrome

- ❖ Mephibosheth syndrome means a person of shame; someone who has a self-defeating behavior
- ❖ Watch out for the planters in your life- “planters those who sow stuff in your life; watch out for those who plant seeds of harm
- ❖ Mephibosheth was a cripple (Someone who had issues or defects)  
\*He was living in shame because he was made lame due to the neglect of someone else\*
- ❖ Sometimes we will look like what we are going through because we are trapped in the shame
- ❖ Do you find yourself resting in self-defeating behaviors
- ❖ Mephibosheth was granted grace and mercy because of who he belonged too
- ❖ God serves us mercy not because of who you are but because you belong to him
- ❖ Sometimes even after given grace and mercy you will view yourself from a “P.I.T” mindset
- ❖ See yourself as royalty because you are a daughter of the King!
- ❖ Take your place at the King's table
- ❖ As long as you take your seat at the table and stay in your place your lameness will not show!
- ❖ Sistar get in your place- A child of the King
- ❖ Sistar get in your place- A royal woman of God
- ❖ Sistar get in your place –A woman of value and beauty

## III. CBT- Come Back Truth

- ❖ Your lameness has been covered!
- ❖ Stop talking about what you use to be! Your sin has been consumed!

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- ❖ You can be consumed in God’s love, in God’s unity!
- ❖ God wants you to be in unity with him- Vertical 1<sup>st</sup> - (Your relationship with God) then Horizontal (How you relate to people)
- ❖ Don’t give into what others say about you!
- ❖ When your mind doesn’t say what the word says, change your mind so it can agree with what the word says!
- ❖ You are a work in progress!
- ❖ You are changing every day!
- ❖ Come out of the P.I.T!
- ❖ Unlock your mind so you can begin to change!

*Sistar forget those things that are behind and press toward the mark of the high calling!*

*Lay aside every weight that does so easily besets you!*

*Look unto Jesus who is the author and finisher of your faith!*

*God has a table set for you!*

*There is a seat with your name on it; if you’re not sitting in your seat, you won’t get what you need!*

*Give truth back!*

*You are a daughter of the king!*

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