

Theme: *Prepare for More – Expanding My Capacity, Elevating My Perspective*

Roxy's lesson ties together the recent series from **Katrina** (capacity/new wineskins) and **Tiffany** (perspective/Patmos) and applies them to the SisStarhood's current season: surrender, stretching, and stepping into "it's your time."

1. Worship & Surrender: Setting the Heart Posture

Roxy opened by framing the worship set as intentional spiritual preparation, not "just songs":

- **Song flow & theology:**
 - **Grace / "Your Grace Found Me"** – *God initiates.* He finds us before we seek Him.
 - **"Create in Me a Clean Heart"** – *God transforms.* "Make me into new wineskin."
 - **"I Surrender All"** – *We respond.* Transformation requires surrender.
 - **"It's Your Time"** – *God commissions.* After grace, cleansing, and surrender, He sends us into our next season.

Core idea:

Before God can "create in me a clean heart," I must **surrender**. No new season without open hands.

She repeatedly invited the sisters to:

- Let the songs **minister personally** (not just play in the background).
 - Ask: *What am I holding that I need to release? What is holding me back?*
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2. Naming Needs: The "One-Word" Check-In

Roxy then shifted to a simple but powerful exercise:

"What's your one word this morning?"

Examples shared:

- **Peace, thankful, steadfast, obedience, faith, endurance, alignment, trusting, joy, gratitude, breakthrough**

Purposes of the exercise:

- Help sisters **locate themselves spiritually/emotionally** in this moment.

- Give language to needs even if they're *not* fully formed into a long prayer.
- Create a sense of **shared burden and shared praise**:
 - Grief: losses of brothers, mothers, health struggles, anniversaries of death.
 - Gratitude: surviving surgery, still standing after hard years, God's sustaining hand.
 - Remembrance: Roxy's own grief—losing her baby brother three years ago to the day—and yet still choosing obedience and service.

Key truth:

You can **“glow in any season”**—on the mountain or in the valley. You don't have to look like what you're going through.

3. Katrina's Lessons: Capacity, Stretch Marks, and New Wine Skins

Roxy recapped **Katrina's big ideas**:

- **New seasons require new wine skins.**
 - You cannot solve new problems with old thinking.
 - You cannot carry new assignments with old habits.
 - You cannot navigate new grief, new responsibilities, new blessings, or new challenges with yesterday's capacity.
- **Stretch marks:**
 - They are evidence you've been **stretched and grown**.
 - You keep “a closet of old wine skins” to **remind you of what God has already carried you through**.
- God isn't only changing your *circumstances*;
He's changing *you* in the process.

Roxy challenged the sisters:

- “In the last two months, three months, six years—**have you changed?**”
- “We are either **growing or slowing**. There is no standing still.”
 - Some are **sprinting**, some **jogging**, some **walking**, some **crawling or slithering**—but the key is **forward movement**.
 - Those who are sprinting can help carry the sisters who are barely moving.

Reflection from Katrina's series

Roxy's prompts:

- “God has been stretching my ____.”
 - Possibilities she named: faith, patience, relationships, leadership, trust, prayer life, marriage, family, health, purpose, identity.
- “As He stretches me, God is asking me to let go of ____.”
 - Fear
 - Control
 - Bitterness
 - Perfectionism
 - People-pleasing
 - Comfort (leaving the comfort zone)
 - Past hurt
 - Old habits and old thinking
 - Comparison
 - Doubt

Message: **Stretching and surrender go together.** You cannot expand capacity and still cling to the same old comfort, control, and coping.

4. Tiffany's Lessons: Perspective, Patmos, and the Thumb

Roxy then shifted to **Tiffany's contribution**:

- Before God changes our **circumstances**, He often changes our **perspective**.
- She referenced **John on Patmos**:
 - His location didn't change.
 - His *view* changed when he looked up and saw the **throne**.
 - “Sometimes God does not immediately remove the island or the valley; He invites us to **see it differently**.”

Roxy connected this with her own story:

- Living in literal and figurative **valley** in Tucson, navigating her son Patrick's mental illness and addiction struggles.
- Yet, every night she saw **beauty in the valley**: breathtaking sunsets from his bedroom window.
- Lesson: **There is beauty in the valley** when you let God shift your lens.

The Thumb Illustration (Tiffany)

- Thumb = **problems**
- When it's far away, you still see the full picture.
- When you pull it close, it **blocks your whole view**.
- Roxy's diagnostic check:

"Lately, I've been focusing more on my **problem**, the **promise**, my **purpose**, or the **Provider**."

If we're focusing on the **problem**:

- Consider shifting focus to:
 - God's **promise**
 - The **purpose** in the pain
 - The **Provider** Himself, who can lead us to both

Key quote:

"Sometimes the purpose of the pain is to grow us closer to our promise."

5. Calling Us Higher: Capacity *and* Perspective

Roxy's central synthesis of both series:

- **Katrina** challenged our **capacity** (Can you hold what God wants to pour next?)
- **Tiffany** challenged our **perspective** (Can you see what God is doing now?)

Together, they issue a **shared invitation**:

"Come up higher."

Roxy's framework:

1. **Before God takes us to another level**, He must:
 - Stretch our **capacity** (new wine skin, stretch marks)
 - Elevate our **perspective** (new way of seeing Patmos and the valley)
2. If we go into **new** seasons with **old** thinking and **old capacity**, we'll:
 - Break under the weight,
 - Or sabotage the blessing and end up back where we started.

Key insight:

"He gave us something new...but I can't go into the new with old thinking. That will just bring me right back to where I was."

6. Personal Testimony: Marriage, Family, and Freedom

Roxy modeled the lesson through her own life:

Marriage

- Married for **33 years** with **ebbs and flows**:
 - Sometimes a **C+**, sometimes a **B+**, but on average a **“B.”**
- Now, after growth in both Roxy and Sam:
 - She described their marriage as **“A+.”**
 - Why? Because **they are not the same people** they used to be.
 - They changed perspective, became more honest and transparent, and allowed God to stretch them.

This tied to a concrete blessing:

- Sam’s **new job** and the trip to **Orlando**—she can now enjoy a new season of marriage, partnership, and provision.

Lauren’s Sobriety

- The same date that marks the grief of losing her baby brother also marks her daughter **Lauren’s sobriety anniversary** (3 years alcohol- and marijuana-free).
- That day is now:
 - A day of **pain** and **praise**.
 - A picture of how grief and growth can coexist.
- Lesson: releasing your young adult children to God allows Him to work in ways you **cannot micromanage**.

7. Reflection Questions Roxy Left with the Sisters

Roxy ended by **slowing down and turning the mic** to the sisters with guided reflection:

Core Questions

1. **What has changed in your life that requires a new version of you?**
 - Where are you still trying to solve a new problem with an old wine skin?
2. **What “thumb” has gotten so close to your vision that it became bigger than God?**
 - Which issue has dominated your perspective?

3. **Where is God asking you to change your perspective instead of your circumstances?**

- If your *circumstances* don't change today, but your *perspective* does,
would that be enough for you to experience peace?

4. **God is calling me higher in my _____.**

- Faith
- Mindset
- Marriage
- Prayer life
- Health
- Relationships
- Joy
- Confidence
- Obedience, etc.

She emphasized:

- God is not just preparing us for **where we are**,
but for **where we are going** and
who we need to become when we get there.
- The version of you who **walks into the promise** is **not the same** as the version of you standing here today.

8. Community Sharing & Covering

The lesson flowed into **live testimonies** and shares (grief, anger, retirement, housing, calling), which Roxy affirmed as:

- Evidence of **stretching** (capacity)
- Evidence of **shifting** (perspective)
- Opportunities to turn pain into **purpose** and **ministry** for others

She closed her portion by:

- Reaffirming the **SHEnergized SisStarhood** as a **covering and safe, non-judgmental space**.
 - Pointing to the upcoming **retreat** and **Power Hour** as spaces where this growth and stretching will continue in person.
 - Encouraging sisters to keep **talking back in the chat**, staying actively engaged, because “ain’t nobody playing in here.”
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9. Practical Takeaways for Sisters

Roxy’s lesson, distilled into **actionable steps**:

1. **Name Your Season**
 - Choose *one word* for your current season.
 - Let that word guide your prayers this week.
 2. **Identify Your Stretch**
 - Complete: “God has been stretching my ____.”
 - Look for the “stretch marks” that prove your growth.
 3. **Name What You Must Release**
 - “As He stretches me, God is asking me to let go of ____.”
 - Target specific things: control, fear, people-pleasing, old thinking, etc.
 4. **Check Your Focus**
 - Ask: “Am I most focused on the **problem, the promise, the purpose, or the Provider?**”
 - Learn to move the “thumb” back so God’s presence and promises come into view again.
 5. **Ask Where God Is Calling You Higher**
 - “God is calling me higher in my ____.”
 - Align your daily choices (time, talk, thought life) with that area.
 6. **Expect Your Future Self to Be Different**
 - Refuse to walk into your next season as the **old you**.
 - Let God stretch your capacity and elevate your perspective *now* so you can **carry and keep** what He is sending.
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If you’d like, I can now turn this recap into:

- A **one-page handout** or lesson recap for the SisStarhood, or
 - A **set of reflection questions + homework prompts** you can send out to the ladies after class.
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