



The SHEnergized SisStarhood
Spirit | Mind | Body

Spiritual Empowerment Experience

JOIN US SUNDAYS
8:00 AM EASTERN

JANUARY 18, 2026

GOD IS INTENTIONAL

Gen 50:20 - Gen 37:5 - Rom 8:28

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

Register, Login or Learn More at www.SHEnergizedSisStarhood.com

JANUARY 18, 2026 – LESSON RECAP

This week's lesson, "God Is Intentional," taught by Katrina Brown-Graham, reminded us that God moves with purpose, order, and perfect timing. From creation to Joseph's journey to our own lives, He establishes function before form, reveals purpose before process, and uses pressure as preparation—not punishment. Even when we can't trace His hand, we can trust His heart. Every struggle, delay, and closed door has been working together for your good.

Core Theme

God is **intentional, orderly, and purpose-driven**. He does not rush, improvise, or waste pain. Everything He allows and creates serves a **divine purpose**, even when we don't understand it in the moment.

FOUNDATIONAL TRUTH #1: God Cleans Better Than We Do

Illustration: The Housekeeper Story

- Katrina begins with the lyric: "*You cleaned me up inside.*"
- She compares **self-cleaning** (trying to fix ourselves) to **God-cleaning** (deep, lasting transformation).
- Just like a professional cleaner leaves a noticeable difference, **God's work is unmistakable**.
- We may stop behaviors temporarily on our own, but without inviting God daily to do the "deep cleaning," we revert back.

Lesson

God doesn't just tidy behavior — He transforms the heart.

True change happens when God does the cleaning, not when we attempt it alone.

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FOUNDATIONAL TRUTH #2: God Creates With Order — Function Before Form

Scriptural Foundation: Genesis 1

- God always establishes **function (purpose)** before **form (appearance)**.
- Example:
 - God said “*Let there be light*” **before** creating the sun and moon.
 - The **purpose of light** existed before the **source of light** was revealed.

Spiritual Insight

- God decides **what something is meant to do** before deciding **what it will look like**.
- This applies to **creation, people, calling, and destiny**.

Key Principle

God knows your assignment before He designs your appearance.

ILLUSTRATION: The Sun, Moon, and the Ocean

- Katrina explains how:
 - The **sun restrains** the ocean
 - The **moon pushes** the tide but also tells it where to stop
- These systems have operated **consistently since creation**.



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Lesson

What God assigns will continue functioning exactly as He designed it — for generations.
This proves:

- God's systems are **intentional**
- God's design is **sustaining**
- God's purpose **outlasts time**

FOUNDATIONAL TRUTH #3: God Reveals Purpose Before Process

Scriptural Foundation: Joseph (Genesis 37–50)

- Joseph received the **dream** before the **process**.
- God showed Joseph *where he was going* but not *what it would cost*.
- Why?
 - Because knowing the pain ahead might cause us to quit.

Joseph's Process Included

- Betrayal
- Slavery
- False accusations
- Prison
- Delay even after obedience

Yet:

- “*The Lord was with him*” in every season.



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Lesson

God gives vision first so we can survive the process later.

FOUNDATIONAL TRUTH #4: Purpose Often Travels Through Pain

- Pain is not punishment — it is **preparation**.
- Hidden seasons shape public impact.
- God is more concerned with **who you become** than **where you go**.

Key Scripture

- “*We are pressed on every side but not destroyed.*”

Lesson

Pressure refines — it does not ruin.

FOUNDATIONAL TRUTH #5: God’s Purpose Is Bigger Than Your Perspective

Scripture: Genesis 50:20 & Romans 8:28

- What humans intend for harm; **God uses for good**.
- The Bible does NOT say all things are good.
- It says **God works all things together for good**.



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Critical Insight

- Purpose is often only understood **in hindsight**.
- God weaves pain, delay, failure, loss, and obedience into a greater outcome.

PERSONAL TESTIMONY: Katrina's Law School Journey

- Financial struggle
- Job rejection
- Car repossession threat
- Emotional exhaustion

Revelation

- God blocked opportunities **on purpose**
- If relief had come too early, she would not have finished law school
- The struggle **developed her anointing**

Lesson

God allows discomfort when comfort would derail destiny.

FOUNDATIONAL TRUTH #6: You Can't Always Trace God's Hand — But You Can Trust His Heart

- Katrina compares trusting God to trusting her husband's heart.
- Trust comes from **relationship**, not assumptions.
- Many people struggle to trust God because they **don't spend time with Him**.



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Hard Truth

You can't trust a God you don't study, talk to, or walk with.
God has already revealed His heart — **in His Word**.

CLOSING SPIRITUAL CHALLENGE

- Stop focusing on appearance before purpose
- Stop fighting the process
- Stop trying to clean yourself without God
- Build your life on the foundation God already gave you

Final Lesson Statement

God is intentional.
God is ordered.
God is faithful.

And nothing you've walked through has been wasted.