

The SHEnergized SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

JOIN US SUNDAYS
8:00 AM EASTERN

JANUARY 25, 2026

GOD IS INTENTIONAL IN HIS CALLING FOR YOU

Jeremiah 1:5

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

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JANUARY 25, 2026 – LESSON RECAP

LESSON RECAP: “God Is Intentional... Even in the Delay”

Taught by Katrina Brown-Graham, Esq.

This week, Katrina continued the “God Is Intentional” series by showing us that **God’s delays are not denials**—they are development. Using Joseph’s 13-year wait, Jacob’s legacy of patience, and real-life examples of parenting, motives, and spiritual maturity, she reminded us that God is not ignoring us to hurt us—He is shaping us to survive what’s next. Katrina challenged us to stop rushing God, check our motives, and understand that **calling comes before credentials**. God knew us, set us apart, and assigned purpose to us *before* our lives ever made sense. And the evidence of real teaching isn’t applause—it’s a changed life.

Core Theme

God is intentional with **timing**, **training**, and **transformation**. His delays are not punishment, **they are preparation**. God develops character before He releases promotion, and He cares more about our **motive** and **alignment** than our performance.

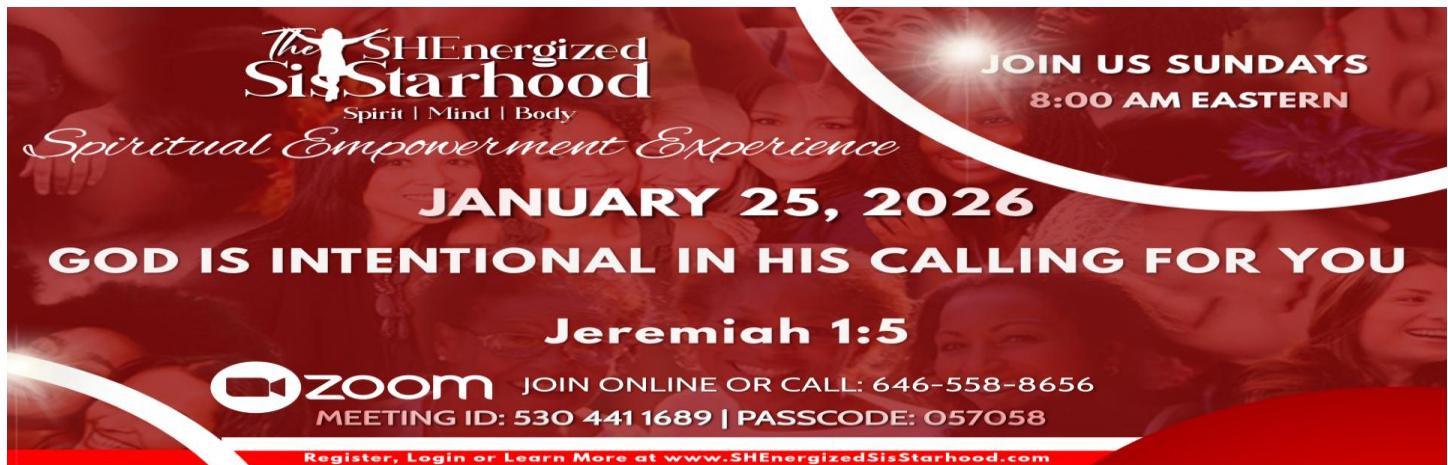
FOUNDATIONAL TRUTH #1: A Delay Does Not Mean Denial

Scriptural Focus: Joseph (Genesis 37–50)

- Katrina reminded us that we love the phrase, but we must live it: “**A delay does not mean denial.**”
- Joseph waited **over 13 years** for his dream to come to pass.
- God shows us the *end* so we can survive the *process*.

Lesson

Delay doesn’t cancel destiny—it **conditions** you for it.



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FOUNDATIONAL TRUTH #2: Delay Is for Development

Katrina taught that waiting produces what rushing can't.

- **Delay strengthens**
- **Delay endures**
- **Delay humbles**
- **Delay creates discernment**

She emphasized that God may hold back what we want—not to destroy us—but to **develop** what we need.

Lesson

God may be holding the blessing because He's building the backbone.

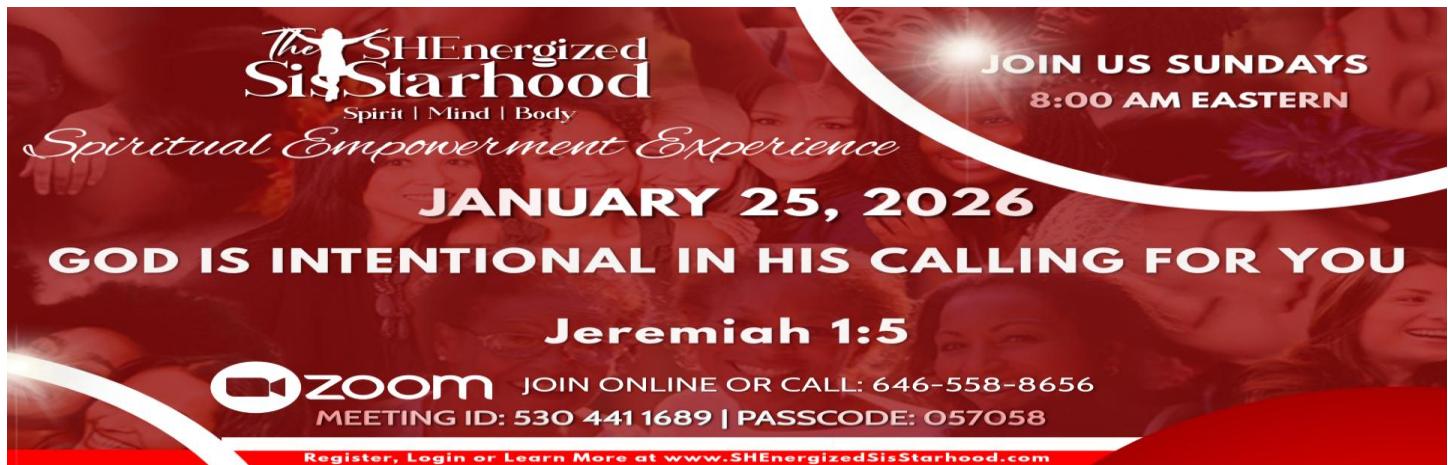
FOUNDATIONAL TRUTH #3: God Will Humble You When Nothing Else Can

Katrina made it plain:

- We don't like humility, but **God can humble us like nobody else**.
- Sometimes God brings us down to “the least common denominator” so the only direction left is **up**.
- She asked the heart-check question: Have you ever had to apologize to God for leaning on everything else but Him?

Lesson

When God strips distractions, He's not being cruel—He's being **clear**.



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FOUNDATIONAL TRUTH #4: God Doesn't Respond to Tantrums—He Responds to Alignment

Illustration: “Mamas ignoring kids in chaos”

Katrina used a funny but powerful parenting story to show that God doesn't reward spiritual tantrums.

- You can cry, kick, fast, pray, and try to force timing...
- But **until you align with what God said**, He may remain silent.

Lesson

Silence doesn't always mean God isn't there. Sometimes it means God is waiting on **alignment**, not noise.

FOUNDATIONAL TRUTH #5: Motive Matters More Than Performance

Katrina challenged us hard here:

- Church attendance, fasting, and praying can become **performative**
- God isn't impressed by activity—He checks the **heart** behind it
- She asked: Are you doing spiritual things to manipulate God... or because you love Him?

Lesson

God responds to **sincerity**, not spiritual theater.

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FOUNDATIONAL TRUTH #6: Calling Comes Before Credentials

Scriptural Foundation: Jeremiah 1:5

- “I knew you before I formed you... before you were born, I set you apart...”
- Katrina taught: **calling exists before qualifications**
- The church can overvalue titles and degrees, but God prioritizes **character**
- Credentials without character create spiritual damage—especially in leadership

Lesson

God’s assignment on your life is not dependent on your résumé—He’s after your **core**.

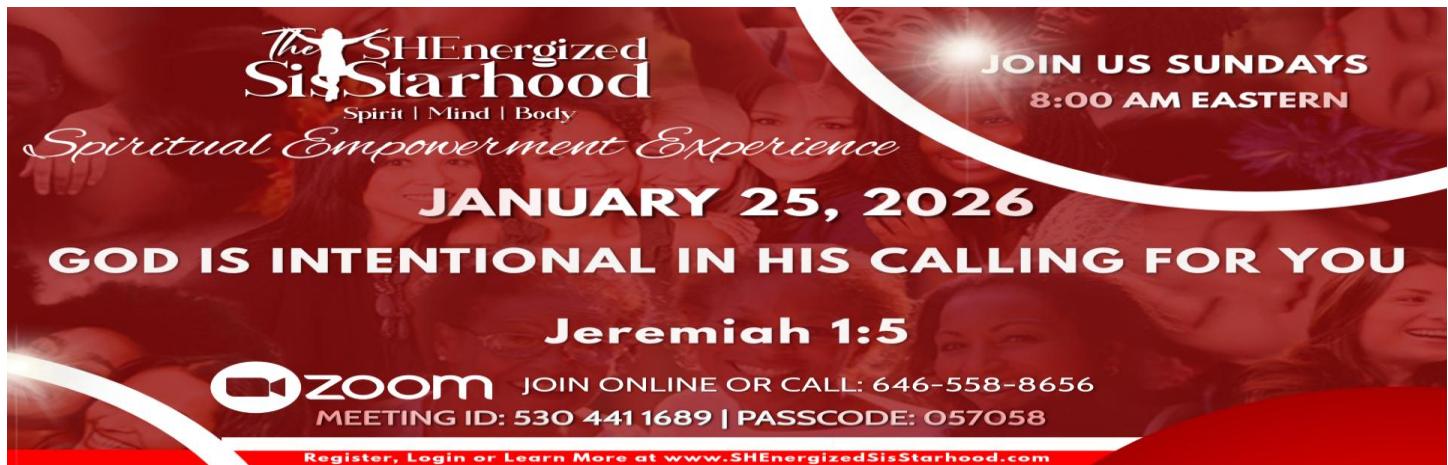
FOUNDATIONAL TRUTH #7: The Proof of Teaching Is a Changed Life

Katrina closed with a strong standard:

- She said she doesn’t need praise, clapping, or “good job” speeches
- The real fruit is when the Word changes what we do next:
 - apologize
 - repent
 - get things in order
 - live differently

Lesson

The greatest honor to a teacher is not compliments—it’s **transformation**.



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Closing Spiritual Challenge

- Stop rushing God's timing
- Stop personalizing God's delays
- Check your motive—make sure your heart is right
- Let delay do its work in you
- Remember: purpose is released when character is ready

Final Lesson Statement

God's delay is not denial.

God's delay is development.

God is intentional—**even when He is slow.**

And what He's growing in you will be necessary for what's next.