

The SHEnergized  
SisStarhood  
Spirit | Mind | Body

*Spiritual Empowerment Experience*

JOIN US SUNDAYS  
8:30 AM EASTERN

April 14, 2024

**DROP YOUR WEIGHT AND WAIT**

*Rom 12:12; Psalm 37:7-9*



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

Register, Login or Learn More at [www.SHEnergizedSisStarhood.com](http://www.SHEnergizedSisStarhood.com)

SisStar Tiffany's Lesson Re-Cap| 04/14/24|Drop the weight while you wait!

The following is a lesson recap of SisStar Tiffany's

“Drop the weight while you wait!”

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*SisStars its time to drop the weight! Life is going to do what life does! Today you are a spiritual champion.*

**I. Being a spiritual champion**

- ✚ Being a spiritual champion is not about perfection but about completion.
- ✚ Being a spiritual champion is about your daily progress in life.
- ✚ SisStar ask yourself what is holding me back from running my race.
- ✚ If God were to look at you face to face what would he say about you?
- ✚ Heb 12:1 is the after effect of Hebrews chapter 11 that talks about those who championed before us.

**II. The weights that keep you down.**

- a. **The weight of outright sin-** The sins that you do knowingly even though you know there will be consequences.

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- b. The weight of unwillingly sin-** Those sins that we don't try to do on purpose, but they come about because we stay wrapped in doing the same thing and expecting different results.
  - c. The weight of distractions-** anything that takes you away from being the spiritual champion that God has called for you to be.
  - d. The weight of addictions-** Is not limited to only food but SisStar you can be addicted to gossip, adorning your external but never changing the inside working.
  - e. SisStar whatever you are going through you have power to overcome all the obstacles because of the great cloud of witnesses we have.**
- III. Let's call the role! God says let the weight go!**
- + Noah** = allowed himself to be drunk right after God used him to be a deliverer. SisStar don't put everything out and prevent God from being able to use you!
  - + Samson** = Samson had a problem with passion. He allowed passion to overtake him. SisStar some of us are so caught up in desiring significant others, families, money etc. that we allow those items to get the best of us and prevent us from being the champions God desires.
  - + Moses** = Moses had an anger problem; if he were here he would probably say "learn to forgive quickly and don't operate in anger"

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SisStars it's time to drop the weight because holding on to anger is making you miss out on the promises that God

✚ **Gideon** = Gideon had a fear problem: he faced challenges that made him feel anxious. He consistently questioned God because of his fear. SisStar don't be like Gideon and allow your fear to be greater than your faith! SisStar drop your weight so that God can shine in and through you! Move out on faith! SisStar there will always be unknown territory but trust in God and believe in what God has for you!

*SisStar what weight do you need to drop?*

*Are you running from your past: holding on to the past will block you from the glorious new beginnings!*

*When you confess to God that he is the supreme being in your life and that you trust him he will open up doors you could never imagine.*

*When you confess to the Lord he will use the little that you have and make you victorious!*

*Before God can do anything; he needs for you to drop the weight!*

***Drop the weight and live in power!***