



Tiffany's Lesson Recap | 11/27/2022 | "Victory at the table"

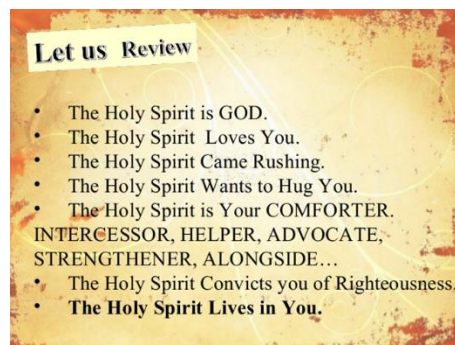
"Victory at the table"

(*Holy Spirit Dwell in me!*)

The following is a lesson recap

I. Holy Spirit Dwell in me

- ✚ **Holy Spirit Definition-** *3rd person trinity; God who is spiritually active in a place or being*
- ✚ **Dwell Definition-** *to live in or at a specified place*
- ✚ **When combined it means-** *God be active in me who is living in this world*
- ✚ The Holy Spirit is our comforter!



What is your heart receiving?

What are you clinging on to that God is calling you to let go?

- ✚ Are you making room for the Holy Spirit to dwell with in you?
- ✚ When you welcome the Holy Spirit to dwell with in you can take on the strongholds that try to keep you living in toxic thoughts

II. Guilt vs Shame

- ✚ **Fear is illegitimate-** (it's not real) it's made up of emotions and feelings. Two feelings; **guilt** and **shame** make up a majority of the fearful feelings we give into.



Tiffany's Lesson Recap | 11/27/2022 | "Victory at the table"

- ✚ **Definition of Guilt- the fact of having committed a specified or implied offense or crime- (Sin)**
- ✚ God is not a big being in the sky to whom you have to earn his trust; his love for you has no conditions
- ✚ God has casted your sin into his sea of forgetfulness when you are truly repentant- Micah 7:9
- ✚ **Definition of Toxic Shame- Feeling that you're worthless**
- ✚ Shame is not who you are; It's what you tell yourself = toxic shame
- ✚ Stop holding yourself hostage to the thoughts that you are not worthy if God has forgotten it so should you
- ✚ Stop walking with a defeated mindset; your seat at the table is covered
- ✚ The lameness that you might have is no more!
- ✚ There are 3 things that prevent you from overcoming your toxic shame
 - **Secrecy-** when you don't want people to see who you truly are, so you put on facades- "Covering your despair with smiles falsehoods"
 - Stop saying your good when you are going through turmoil inside
 - **Silence** – Learn to speak life over your circumstances; the power of life and death are in your tongue – Prov 18:21
 - Stop suffering in silence; talk about what is happening
 - Your sisterhood is your covering; allow them to be the help you need
 - Speaking life releases the toxic strongholds over you
 - Stay in your word so that you can overcome the toxic thoughts that try to keep you operating in shame
 - Be real about your circumstances
 - Col 3:7 – Stay focused on the main thing which is Christ : is your focus on him (remember your vertical & horizontal)
 - **Shame can't survive being spoken;** when you voice your concerns to the Lord those toxic thoughts become lighter and soon have no place



Tiffany's Lesson Recap | 11/27/2022 | "Victory at the table"

- **God says you are free! Shame has no place in your life!**
 - Judgement – Stop pointing out the things in others when you have your own behaviors to defeat
 - When you tap into your sisterhood you have help in fighting those toxic thoughts that try to overtake you.

III. Victory at the table

Heb 12: 1-3- Message Translation

Remember that at the table there is : peace, joy, love, gentleness, goodness, self-control to help you overcome the trials of this life

Take your seat at the table that has already been prepared

Your victory is in Jesus!

You are not your shame!

Shame has to go; Fear is not your future!

Are you going to take your seat at the table!

Shout Hallelujah you are not alone!

God is your comfort!