

JOIN US SUNDAYS 8:30 AM EASTERN

The SHEnergized SisStarhood Bible Class Series

JUST A LITTLE

Talk with Jesus

Zoom JOIN ONLINE OR CALL: 646-558-8656
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FACILITATED BY
Dr. Dorothy Dye

Sis. Tiffany's lesson recap | 09/17/2023 | The Power in Be Still

The following is a lesson recap by Sis. Tiffany Tunsil

Be Still and know that God is our refuge!

Psalm 46:1- God is our refuge and strength, always ready to help in times of trouble.

Psalm 46:10- Be still and know that I am God!

- ❖ Often times we run from our problems and find ourselves being consumed and overwhelmed by what seems to be impossible.
- ❖ In times of trouble Sistar remember that God is your refuge!
- ❖ In the symbolism of the teacher asking the student to stand still and stay planted in-front of her was his refuge.
- ❖ Sistar what are you running from?
- ❖ Have you been going through hardships?
- ❖ Have you been mentally running and not getting rest?
- ❖ Remember to stand still in front of the Master!
- ❖ God has all authority and wants to protect you from the hardships of life, but he needs for you to stand still.
- ❖ Have you Sistar been saying you are laying your burdens down but when God doesn't move the way you want you try to pick up what God needs you to lay down.
- ❖ Sistar remember your power! (Power = God)
- ❖ God is your supernatural power source; tap into!
- ❖ Be intentional about being still in the presence of God!
- ❖ Remember the eagle (Isa 40:31) the eagle is the only bird that can look toward the sun and not Shivar.
- ❖ The Eagles wings are so powerful that in the perfect wind he can be still and glide.
- ❖ Sistar when the trials of life come you be still and look to the "son" and rise above that which is trying to bring you down.

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- ❖ Sistar when you allow God to be your refuge he gives you strength!
- ❖ Make God your all and all!
- ❖ Sistar if you find yourself being tied up, tangled up with the cares of the world allow God to be your source of strength.
- ❖ When you stay focused on God, and you are still, God can take turn things around for you!
- ❖ When you are stilled by God's presence; he will turn your circumstances around and make it appear as if nothing ever happened.
- ❖ God can turn your feelings of nothing into becoming something!
- ❖ God in his infinite power can turn help you while he is helping another Sistar all at the same time.
- ❖ God is waiting on you to get into posture!
- ❖ Bare your all to the Lord and have the audacity to trust God!
- ❖ Will you have the audacity to tell God "I trust you!"
- ❖ Will you have the audacity to be still and allow God to intervene on your behalf.
- ❖ Take your wings Sistar and soar like the eagle knowing you have strength beyond measure!