



Lesson 2 Recap: Sunday, March 1, 2026 | It's Time to Suit Up

Lesson 2 Recap: Sunday, March 1, 2026 | It's Time to Suit Up (Part 2)

This week, Tiffany continued our “**It's Time to Suit Up**” series by reminding us that once we've taken off the **belt of lies** and secured the **helmet of salvation**, we must continue dressing for battle. She walked us through the **Breastplate of Righteousness** and the **Shield of Faith**, teaching that righteousness protects our hearts from condemnation and faith shields us from the enemy's fiery darts. She emphasized that most battles begin in the mind, that shame keeps us self-punishing for what God already forgave, and that surrender is the gateway to protection. With boldness and urgency, she challenged us to activate “**even if**” **faith** — the kind that looks crazy to others but pleases God.

The charge was clear: **Surrender fully. Raise your shield. Suit up daily.**

Because without faith, it is impossible to please God.

Week 1 Foundation Reminder

Last week we learned:

- **Take off the belt of lies | Put on the belt of truth | Guard your mind with the helmet of salvation**

Tiffany reminded us: “*You're going to have to take something off in order for God to help you suit up.*”

Before you change, Before you grow, Before you become.

- You must deal with **truth**. And truth is found in **the Word**.
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The Battlefield Starts in the Mind

 **Proverbs 4:23** “Guard your heart above all else, for everything you do flows from it.”

Tiffany emphasized:

- Most battles don't start in confrontation. They start in your **mind**.
 - Thoughts shape mindset. | Mindset shapes posture. | Posture affects how you fight.

If you don't guard your heart, you will show up to battle already defeated.

Armor Piece #3 – The Breastplate of Righteousness

 **Ephesians 6:14**: “Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.”

In battle, the breastplate protected:

- **Heart, Lungs, Vital organs** | One direct hit — and the soldier would fall.

Spiritually: The breastplate of righteousness protects us from **condemnation**.

Tiffany said it plainly: “We are still punishing ourselves for what God has already forgiven.”

 **Romans 8:1** “There is now no condemnation for those who are in Christ Jesus.”



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Righteousness means:

- Your identity is in Christ.
 - Not in your worst moment. | Not in your mistake. | Not in your past.

She challenged us:

- Stop rehearsing what God already released, Stop holding yourself hostage, Stop wearing shame as armor.

Take off the breastplate of shame. Put on the breastplate of righteousness.

David's Example – Public Failure, Real Surrender

➤ Tiffany referenced David: Public sin, Public failure, Real consequences
But in **Psalm 51**, David surrendered.

- **The breastplate of righteousness requires:** Truth, Repentance, Surrender
 - **Surrender is free will. God won't beg you. You must say: "Lord, take it."**
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☪ **Armor Piece #4 – The Shield of Faith**

📖 **Ephesians 6:16**

"Take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."

- Roman shields were: **Massive**, Head-to-toe coverage, Designed for formation defense
 - When the command "SHIELD!" was given:
 - Soldiers lifted together, A wall was formed. Flaming arrows hit and **bounced off**.
 - **That's how your faith is supposed to work.**
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The Arrows Look Like This:

- "What if I fail?"
- "What if it never changes?"
- "What if God doesn't come through?"
- "What are we going to do?"

Tiffany asked:

- Are things bouncing off?
- Or are they penetrating because your shield isn't activated?

The SHEnergized SisStarhood

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🔥 Without Faith It Is Impossible

★ The “Crazy Faith” Moment

Tiffany took us to **Hannah**:

- Barren, Ashamed, Broken

She prayed so intensely they thought she was drunk.

“Sometimes your faith has to look CRAZY.” Somebody should look at you and say:

“That girl is crazy. She still praising.”

- Didn't they just give her that diagnosis?
- Didn't they just say the money isn't there?
- Didn't they just let her go?
- And she's still praising?

That's **shield-up faith**. That's **EVEN IF faith**.

- Even if it doesn't show up.
- Even if it doesn't change.
- Even if it takes longer.

My shield is raised. The darts might hit, but they will bounce off.

📖 The A.R.M.O.R. Reminder

A – Acknowledge

- What are you holding in your mind?
- What shame are you still carrying?

R – Remove

- Take off what is not from God.

M – Mind Renewal

- This is daily.
- Every day you wake up — suit up.

O – Obey

- God has not changed.
- Trust Him.

R – Rise

- Walk in victory.
- Suit up like you belong to the Most High.

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★ Tiffany's Core Charge (Week 2)

- Put on your breastplate.
- Protect your heart.
- Surrender fully.
- Raise your shield.
- Activate your faith.
- Let it bounce off.

Everything attached to you **shall win**.

This week:

- What are you taking off?
- What are you putting on?
- Is your shield up?

Suit up, Sisters. 🛡️🔥🌟

This week reminded us that suiting up is not symbolic — it is necessary. The Breastplate of Righteousness calls us to stop condemning ourselves and surrender what God has already forgiven, while the Shield of Faith challenges us to raise our confidence in God high enough that the enemy's fiery darts bounce off instead of breaking through. The battle begins in the mind, but victory is secured when we guard our hearts, release shame, and activate unwavering, even-if faith. We do not fight from fear — we fight from identity. So this week, we stand firm, protected in righteousness and covered in faith, fully suited and ready for whatever comes.

