

The SHEnergized SisStarhood

Sunday, May 24, 2026 | “Stretch Marks and Miracles”

✦ SisStarhood Sunday Chat Recap

“Stretch Marks & Miracles”

The ABCs of a SHEnergized Life: Stretching, Surrender & Transformation

👉 Opening Summary

This morning’s SisStarhood gathering was a powerful reminder that we either believe God or we don’t — and if we truly believe Him, we have to live, move, pray, praise, and surrender like we believe. Roxy opened with a heartfelt charge about trusting God fully, staying vertically connected, and refusing to worry about what we have already placed in His hands. The atmosphere was filled with praise, prayer, covering, testimony, and purpose as the SisStars reflected on God’s protection over Olivia, the power of sharing our stories, and the truth that what God brings us through is never just for us. This lesson became a divine weaving together of Tiffany’s teachings on surrender, Mama D’s teachings on transformation, Katrina’s teaching on stretch marks, and the foundational ABCs of a SHEnergized life — reminding every SisStar that growth requires stretching, surrender, and sisterhood.

🙏 Prayer, Covering & Saying Her Name

Roxy began by reminding the SisStars that **we either believe God or we don’t**.

If we are going to give something to God, then we cannot also keep worrying about it. If we are going to worry, we might as well keep it ourselves, because true surrender means we are trusting Him with what we say we released.

“We can’t worry and give it to Him at the same time.”

The SisStars were reminded again that the first thing we must do is stay in **vertical connection** with God. Before we can navigate anything horizontally, we have to be connected vertically.

Then Roxy called the SisStars into prayer, asking everyone to join hands spiritually, touch 20 sisters, and cover the women in the room. Name by name, woman by woman, she lifted them before God.

Roxy prayed over:

Roxy, Tutu, Adrian, Donisa, Annette, April, Arvella, Bernice, Mama Bunny, Carol Walker, Carol Kilgore, Cassandra, Chariss, Clarissa, Courtney, Sydney, Darcia, Deb L, Diane, Mama D, Dr. Pat, Felicia, Janice, Mama Jewel, Sister Joanne, Auntie Joyce, Judy Byrd, Keisha, LaShana, Latoya, Lauren, Leslie, Linda Smith, Linda Taylor, Lisa Lonas, Mama Madeline, Maya, Meredith, Michelle Harmon, Michelle Byrd, Novella, Olivia, Qiana, Auntie Renee, Mama Rosie, Charita,



Sunday, May 24, 2026 | **“Stretch Marks and Miracles”**

Cheryl, Shirley, Stephanie C., another Stephanie, Auntie Terry Miller, Auntie Terry D, Tracy, Tiffany, Odette, Ayanna, Vivian, Yvonne, and Theresa.

The prayer carried the heart of the SisStarhood:

“We say her name because she matters.”

“We say her name because she is worthy.”

“We say her name because she is loved.”

“We say her name because she is purpose.”

Roxy prayed that if no one else says her name in love this week, the SisStarhood said her name. If no one else reminds her that she is worthy, the SisStarhood did. If she feels alone, this space covers her.

Olivia’s Testimony: God Saved Her Life

A major praise and testimony moment centered around Olivia.

Roxy reminded the SisStars that Olivia survived a horrific fire after a car exploded into a gas tank. The gas tank exploded. The car caught fire. Olivia was inside the car, and Olivia herself was on fire.

But God.

Olivia was not in a casket.

She was not fully bandaged in a burn unit.

She was in her grandmother’s house, being cared for by her grandmother and mother.

The SisStars were reminded that while Olivia still has a long healing journey, God saved her life.

“God saved her life, and that is an inspiration for us.”

Roxy reminded the women that when God brings us through something, it is not only for us. Our stories become ministry. Our challenges become testimony. Our survival becomes light for somebody else.

“When things happen in your life, they don’t just happen for you.”

There is no embarrassment in making a mistake.

There is no embarrassment in falling.

The issue is not that you fell.

“The issue is if you don’t get back up.”

The SHEnergized SisStarhood

Sunday, May 24, 2026 | “Stretch Marks and Miracles”

Growing, Sowing & Glowing

Roxy reminded the SisStars of one of the long-standing truths of this ministry:

“We are either growing or slowing.”

There is no standing still. If we are not moving forward, we are going backward.

Then the phrase came alive again:

“We are growing and glowing through what we are going through.”

That means we do not have to look like what we are going through. We may be navigating pain, pressure, grief, health issues, family challenges, or uncertainty, but because we have joy on the inside, we can still smile on the outside.

“I might be going through some stuff, but I can still smile because I got joy on the inside.”

SisStarhood Affirmation Moment

The SisStars then moved into the affirmation, but this time with the **SHEro / superhero pose**.

Roxy encouraged the women to stand tall, shoulders back, looking upward, embodying strength and identity.

The affirmation reminded every SisStar who she is:

I am a daughter of the King.

And because I am a daughter of the King, I am beautifully and wonderfully made.

And because I am a daughter of the King, my Daddy loves me.

And because my Daddy loves me, I love me.

And because I love me, I am free to love you.

You are my sister, and I am here for you.

The affirmation was not just words. It was identity work. It was spiritual posture. It was emotional reset. It was SisStarhood activation.

“Everything God gave us in this sisterhood matters.”

The SHEnergized SisStarhood

Sunday, May 24, 2026 | “Stretch Marks and Miracles”

✿ The Holy Spirit Connected the Lessons

Roxy then began to show how the Holy Spirit had been divinely weaving the lessons together over the past several weeks.

Tiffany challenged the SisStars to unlock the hidden rooms where they compartmentalize God. She taught that surrender is not emotional talk, but daily obedience. She reminded the SisStars that they cannot keep calling Him Lord while still trying to control the furniture in the room.

Mama D taught the difference between **modification and transformation**.

Modification changes behavior.
Transformation changes the heart.

Modification is external.
Transformation is internal.

Modification teaches us how to function differently.
Transformation teaches us how to become different.

Roxy reflected on her own transformation, saying that the Roxy from six years ago and the Roxy today are not the same.

“When you transform, you are not the same.”

A caterpillar never becomes a caterpillar again once it has become a butterfly.

Then Katrina came in and shook the whole building with **Stretch Marks**.

Katrina reminded the SisStars that growth leaves evidence. Stretching changes you. Once God expands your capacity, you cannot fully return to the old version of yourself.

Some things stretch us beyond what we thought we could survive. But even in the stretching, God is still developing us.

🔥 The Core Message: Growth Requires Stretching, Surrender & Sisterhood

As Roxy reflected on all the lessons, the Holy Spirit kept bringing one truth forward:

Growth requires stretching, surrender, and sisterhood.

You cannot grow without being stretched.



Sunday, May 24, 2026 | **“Stretch Marks and Miracles”**

You cannot be transformed without surrendering.
And you cannot fully heal isolated from community.

The SisStars were reminded that we need each other. We need covering. We need connection. We need safe spaces where we can be seen, strengthened, and held.

The Popsicle Stick Lesson: Stronger Together

Roxy shared one of her training object lessons using popsicle sticks.

One popsicle stick can break easily.
Two can still break.
But when 40, 50, or more sticks are placed together, they become almost impossible to break.

That is SisStarhood.

One woman by herself may break under pressure.
Two women may still struggle.
But when 69 women come together in prayer, love, covering, and purpose, they become unbreakable.

“When they are together, they are unbreakable.”

This is the power of SHEnergy.

This is the power of SisStarhood.

This is the power of women of God connected in purpose.

The Foundation of SHEnergy

Roxy shared that God gave her **SHEnergy** in 2012 as a nonprofit vehicle and umbrella for women.

The mission of SHEnergy is to:

Energize, educate, emotionally engage, and empower women to take their lives to higher levels of excellence through mutually beneficial alliances with like-minded women of excellence.

That mission is exactly what is happening in the SisStarhood.

The women are connecting.
They are growing.

The SHEnergized Sis Starhood

Sunday, May 24, 2026 | “Stretch Marks and Miracles”

They are encouraging one another.
They are becoming better together.

Roxy explained that the foundation God gave her years ago was:

The ABCs of a SHEnergized Life

The ABCs are not cute sayings.
They are not just motivational phrases.
They are spiritual principles for living a SHEnergized life.

A life where:

Faith is active

Surrender is real

Healing is intentional

Obedience is growing

Stretch marks are no longer hidden

Life becomes evidence that God can transform any woman who gives Him her yes

“You can be transformed as long as you give Him your yes.”

✦ **The ABCs of a SHEnergized Life**

A — Accept the Challenge

Isaiah 43:19

A SHEnergized woman accepts that growth requires change.

God said He is doing a new thing. If we want new, we have to accept that growth will require change.

B — Be Your Best

Colossians 3:23

Excellence honors God.

Whatever we do, we should do it heartily as unto the Lord. God is not mediocre, so we should not live mediocre lives.



Sunday, May 24, 2026 | “Stretch Marks and Miracles”

C — Combine Your Words Into Actions

James 1:22

Faith must move beyond conversation.

We cannot just talk about it. We have to live it. We must be doers of the Word and not hearers only.

D — Dedicate Your Life to Your Dreams

Proverbs 16:3

Surrender your vision to God.

It cannot just be our vision. We have to see as God sees and commit our work to Him.

E — Expect Little If You Give Little

Luke 6:38

Overflow comes through obedience and sowing.

If we want to reap a harvest, we have to plant seeds. We cannot expect much while giving little.

F — Feel Good About Yourself

Psalms 139:14

God created you intentionally.

The affirmation matters because we have to know who we are. We are fearfully, wonderfully, beautifully, and intentionally made.

G — Get Going

Habakkuk 2:2

Faith requires movement.

Write the vision. Make it plain. You cannot go anywhere sitting still.



Sunday, May 24, 2026 | “Stretch Marks and Miracles”

H — Have a Helping Hand

Galatians 6:2

SisStarhood means we carry each other.

We bear one another’s burdens. We do not live selfishly. We help, cover, and carry.

I — Inspire Somebody

Matthew 5:16

Your testimony gives others hope.

It is not a testimony unless you testify. God brought you through so someone else can see His glory through your story.

J — Join the Team

Ecclesiastes 4:9

Isolation weakens, but community strengthens.

The enemy can attack isolation more easily. Community offers covering, protection, and strength.

K — Keep on Keeping On

Galatians 6:9

Do not quit in the stretching season.

Do not grow weary in well doing. Keep going. Keep growing. Keep trusting.

L — Let Your Light Shine Every Day

Philippians 2:15

Darkness cannot overcome God’s light in you.

There are women sitting in darkness who need the light this space carries.



Sunday, May 24, 2026 | “Stretch Marks and Miracles”

M — Make Every Moment Count

Ephesians 5:16

Every season has purpose.

Redeem the time. Do not waste the moments God gives you.

N — Never Say I Can't

Philippians 4:13

God expands your capacity.

We can do all things through Christ who strengthens us — not through ourselves, but through Christ.

O — Overcome Your Obstacles

Romans 8:37

The obstacle is not greater than God.

In all things, we are more than conquerors.

P — Put Your Best Foot Forward

2 Corinthians 5:7

Keep walking even when unsure.

We walk by faith and not by sight. Even if you are unsteady, keep walking.

Q — Quit Quitting

Hebrews 10:35

Stay planted during pressure.

Do not cast away your confidence. Stop quitting on what God has called you to.

R — Run This Race With Patience

Hebrews 12:1

Stretching seasons build endurance.

Run with patience the race set before you. And the first person you need patience with is yourself.



Sunday, May 24, 2026 | “Stretch Marks and Miracles”

“Give yourself a break.”

S — Stand Strong

Ephesians 6:13

Strength is staying anchored in God.

Having done all, stand.

T — Trust Your Sister

Proverbs 27:17

Healing happens in safe SisStarhood spaces.

Iron sharpens iron. We need one another.

U — Use Your Talents

1 Peter 4:10

Your gift is meant to serve others.

Every woman has received a gift, and that gift should be used to bless and serve.

V — Value Your Time

Psalms 90:12

Stop wasting time in fear and delay.

Teach us to number our days.

W — Work Until Your Work Is Done

John 9:4

Purpose requires persistence.

We must work the works of Him who sent us while it is day.



Sunday, May 24, 2026 | “Stretch Marks and Miracles”

X — X-Ray Your Own Lifestyle

2 Corinthians 13:5

Healing starts with honest reflection.

Examine yourself. Not your sister. Yourself.

Y — Yearn to Achieve Your Goals and Ambitions

Jeremiah 29:11

God’s vision for you is still alive.

God knows the plans He has for you.

Z — Zealously Be the Very Best You Can Be

Romans 12:11

Walk passionately in purpose.

Do not be slothful in business. Be fervent in spirit.

The SHEnergized Power Hour Series

Roxy then introduced the upcoming **SHEnergized Power Hour Series** happening every Monday in June.

The Power Hour series will help women connect to the SisStarhood and prepare for the 2027 retreat.

The weekly themes include:

Week 1: Accept the Challenge

Week 2: I Am Unlocked — Unlock It and Walk In It

Week 3: Stronger Together, Unstoppable Forever

Week 4: I Am Purpose — You Don’t Have to Do This Alone

Week 5: Zealously Becoming Her — This Is Your Season, This Is Your Moment

The goal is to bring women into the light, into connection, into healing, and into the retreat experience God is building.

The SHEnergized SisStarhood

Sunday, May 24, 2026 | “Stretch Marks and Miracles”

☀ SHEnergized 25

Roxy also introduced the **SHEnergized 25**, a group of 25 women who will help bring other women into the retreat and into this transformational space.

These women will help activate other women, support one another, and become part of what God is building through SHEnergy and the SisStarhood.

The goal is to have **50 women registered for the retreat by June 30**, either through deposit or paid-in-full registration.

Roxy reminded the SisStars that this retreat is not just an event.

It is part of what God is doing for the future of this ministry.

★ Powerful Moments

“We either believe Him or we don’t.”

“We can’t worry and give it to Him at the same time.”

“We are either growing or slowing.”

“We are growing and glowing through what we are going through.”

“I don’t have to look like what I’m going through.”

“We say her name because she matters.”

“God is perfecting her so she will perfectly fit the purpose He has for her.”

“Modification changes behavior, but transformation changes the heart.”

“Once a caterpillar becomes a butterfly, it can never go back.”

“Growth leaves evidence.”

“Growth requires stretching, surrender, and sisterhood.”

“One popsicle stick can break, but together we are unbreakable.”

“It is not a testimony unless you testify.”

“You can be transformed as long as you give Him your yes.”

“Some of us have opened the door, but we still haven’t surrendered the room.”

“Some of us want new wine while still trying to live in old wineskins.”

“Give yourself a break.”

🌀 Overall Flow

This gathering moved from worship and testimony into prayer, covering, affirmation, teaching, vision casting, and ministry activation. Roxy began with the call to truly believe God, then lifted the SisStars in prayer by name, reminding each woman that she matters and is covered. From there, she connected the recent lessons from Tiffany, Mama D, and Katrina into one powerful spiritual framework: stretching,

The SHEnergized SisStarhood

Sunday, May 24, 2026 | “Stretch Marks and Miracles”

surrender, transformation, and sisterhood. The teaching then moved into the ABCs of a SHEnergized Life, bringing the foundation of SHEnergy into the current SisStarhood movement and preparing the women for the upcoming Power Hour series, SHEnergized 25, and 2027 retreat. The entire gathering carried the message that God is building something intentional, and every woman has a purpose-filled place in it.

🌟 Closing Summary

This lesson was a powerful reminder that God has been building this ministry, this sisterhood, and each woman in it with divine intention. Through the lessons on locked doors, surrender, transformation, stretch marks, and new wineskins, the Holy Spirit has been preparing the SisStars to return to the foundation of a SHEnergized life. Roxy reminded the women that they are not called to live stagnant, isolated, hidden, or afraid. They are called to grow, surrender, testify, shine, serve, connect, and walk boldly in purpose. The ABCs of a SHEnergized Life became more than a list; they became a spiritual roadmap for becoming the women God has called us to be. As the Power Hour series and SHEnergized 25 movement begin, the charge is clear: bring the women, share the light, give God your yes, and keep growing together. Because in this SisStarhood, we are not breaking alone — we are rising, stretching, glowing, and becoming unbreakable together.

I Love Me Some YOU!

SisStar2SisStar



Roxy