



NOVEMBER 16, 2025 – LESSON RECAP

Summary Paragraph

SisStars, we’ve been walking through this idea of *your now* for a few weeks, and God has been speaking deeply through it.

SisStars Katrina wants you to know this lesson wasn’t just a message — it was something God was pressing on her personally.

Because sometimes we’re begging God for the next, when He’s whispering:

“Daughter, I am in your NOW. Pay attention to Me here.”

1. The Childhood Story — More Than a Laugh

SisStars Katrina shared that story about her sister confidently praying the *Pledge of Allegiance* at the Easter program — and everybody clapping like it was straight from heaven. 😊

But the deeper message was this:

When her sister got nervous, she fell back on what was familiar.

Not what she rehearsed.

Not what she performed.

But what was *already in her heart*.

And sisters, SisStars Katrina wants you to hear this:

When life hits you hard...

When the storm shakes your world...

When fear rises...

When pain shows up without warning...



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You will fall back on whatever you’ve been storing.

Not the performance.

Not the church voice.

Not the “perfect” version of faith.

Whatever you’ve truly planted in your spirit — *that’s what will come out.*

2. Martha & Mary — And Why It Matters

In Luke 10, we weren’t just reading about Martha and Mary — we were reading about ourselves.

Martha was busy *for* Jesus.

Mary was present *with* Jesus.

SisStars Katrina felt that in her spirit, because she knows how easy it is to get caught up in the *busy* — in doing, serving, preparing, organizing.

But Jesus said Mary chose what was *better*.

And sometimes God is calling us to step away from the performance and simply sit.

God doesn’t want your perfect.

God wants your presence.



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3. Worship Isn't Performance — It's Presence

“Even your practice is worship.”

The tired you.

The overwhelmed you.

The grieving you.

The confused you.

The quiet you.

Worship isn't always loud.

It isn't always polished.

It isn't always pretty.

Sometimes worship is just you showing up — broken, exhausted, unsure — and still choosing God.

Your now, even in its messiness, is still worship to God.

4. Isaiah 52 — Making It Personal to Our Pain

The picture Isaiah paints is raw and real.

Not a neat, gentle, pretty Jesus.

But a Jesus beaten so severely He was unrecognizable...

A Jesus people were sick to look at...

A Jesus who suffered willingly — for you



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When you think about:

- sickness
- trauma
- broken relationships
- depression
- children's struggles
- fear
- uncertainty

You may not have all the answers for *why*.

But know this:

Because Jesus endured THAT,

He will meet each of us in whatever we are enduring now.

We are part of His promise.

We are not forgotten.

5. Sisters- Don't rush so fast toward tomorrow that you miss God in your now.

He's in your chemo.

He's in your counseling sessions.

He's in your financial struggle.

He's in your motherhood journey.

He's in your heartbreak.

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He's in your healing.
He's in your stillness.

Your now is not wasted.
Your now is not overlooked.
Your now is not too small for God.

Your now is worship.

And God will not let anyone take that from you.

🌸 Final Word of encouragement to the SisStarhood — From SisStars Katrina's Heart

Sisters...
Stop performing.
Stop striving.
Stop rushing.
Stop apologizing for where you are.

Just sit.
Just breathe.
Just rest in God.

Because He is already right here — in your now.

