

**The SHEnergized SisStarhood**  
Spirit | Mind | Body

*Spiritual Empowerment Experience*

**SEPTEMBER 22, 2024**

**DON'T DROWN IN THE SHALLOW**

**Acts 27:10-19**

**JOIN US SUNDAYS**  
**8:30 AM EASTERN**

**zoom** JOIN ONLINE OR CALL: 646-558-8656  
MEETING ID: 530 441 1689 | PASSCODE: 057058

Register, Login or Learn More at [www.SHEnergizedSisStarhood.com](http://www.SHEnergizedSisStarhood.com)

Lesson Re-Cap| 09/22/24| Don't drown in the Shadows

The following is a lesson recap of Sis. Katrina Brown-Graham's

"Don't drown in the Shallow"

Acts 27:10-19

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*SisStar the sisterhood clears your vision!*  
*Sometimes you don't know that you need clearing until a SisStar reaches out to help you!*  
*SisStar understand that SisStarhood needs you!*

**I. Getting Pushed over!**

- SisStar sometimes life will push you over unexpectedly in a storm.
- SisStar sometimes God must push us over in order to gain our attention.
- Sometimes SisStar the fatalities of life occur close to home (your heart) because you have gotten comfortable to God.
- Sometimes SisStars God must shake things up to get your attention.
- Sometimes God will give you favor even in your captivity!
- SisStar sometimes you think that time belongs to you...but it does not.
- SisStar sometimes when you are in the middle of the storm you must throw over things that you deem valuable.
- Sometimes for your spiritual ship to stay afloat, God will make you throw over the things that are taking the place of God.

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- Sometimes as God's daughters we have come so far from who we use to be but when the storms of life arise, we begin to panic.
- SisStar stop being in the emotional storms of life and surrender over to God.
- SisStar there are moments when you will grow tired but don't drown in the shallows.
- God is not sending storms to drown you!
- Stop crying and screaming and listen to God as he tells you to stand up!
- SisStar you might be in the waters of life, but God is still with you!
- SisStar for you to conquer the waters of life sometimes you need to stop screaming and shut up!
- Shut up and listen to God's instruction for your life!
- SisStar don't give up when you're so close to the master of your ship!

**To Be Continued on 9-29-24**