

The SHEnergized
SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

JOIN US SUNDAYS
8:00 AM EASTERN

DECEMBER 14, 2025
AN EAGLE IN THE CHICKEN YARD
Isa 40:41 - Exo 19:4

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

Register, Login or Learn More at www.SHEnergizedSisStarhood.com

DECEMBER 14, 2025 – LESSON RECAP

“An Eagle in the chicken yard”

December 14, 2025

On this second Lord’s Day of December, as we prepare to close out 2025 and step into 2026, we were reminded of God’s faithfulness, His promises, and—most importantly—**who we are and to whom we belong.**

We began with gratitude and praise, declaring that:

- God knows our name and never confuses us with anyone else
- We are held in His care and loved with an everlasting love
- We can trust the Lord with all our heart and lean not on our own understanding (Proverbs 3:5–6)

As we reflected on the year behind us, we were encouraged to examine our **vertical relationship with God** and how it has shaped the way we handle **horizontal challenges** in life.

Key Scriptures

- **Isaiah 40:31** – Those who wait on the Lord shall renew their strength and mount up with wings as eagles
 - **Exodus 19:4** – God carries His people on eagle’s wings
 - **Romans 12:1–2** – We are living sacrifices, transformed by renewed minds
 - **2 Corinthians 4:18** – We look not at what is seen, but what is unseen and eternal
 - **2 Corinthians 5:17** – In Christ, we are new creatures
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Main Lesson Theme: An Eagle in the Chicken Yard

1. The Eagle vs. the Chicken

Though both are birds, their nature and behavior are completely different:

- **The chicken** lives with its head down, scratching in the dirt, driven by fear and panic
- **The eagle** lives high, sees far, faces storms head-on, and uses strong winds to soar higher

The eagle represents **strength, courage, vision, and power**, while the chicken represents fear, limitation, and living beneath one's potential.

2. The Danger of the Wrong Environment

We heard the story of an eagle raised among chickens—trained to believe she was something she was not. Though born to soar, she lived scratching in the dirt because of her environment and mindset.

Key truth:

Reality is often shaped by what we believe—but truth is determined by God.

When the eagle's environment changed and she was lifted toward the sun, she remembered who she was and began to fly.

"As a man thinks in his heart, so is he" (Proverbs 23:7)

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3. Will You Fly or Will You Scratch?

Sisters, we were challenged with a powerful question:

- Will we continue living like chickens—fearful, earthbound, and limited?
- Or will we rise like eagles—trusting God, praising through storms, and soaring above circumstances?

We were reminded:

- Praise is part of “waiting on the Lord”
- Storms don’t destroy eagles—they lift them higher
- God gives **fresh grace daily**, never leftovers

Our Identity in Christ

We closed by declaring what our father says about us—not what circumstances, fear, or others say:

We are:

- Daughters of the King
- Heirs and joint-heirs with Christ
- Forgiven, sanctified, and filled with the Holy Spirit
- Victors, not victims
- Above and not beneath
- Fearfully and wonderfully made
- More than conquerors

Like dough filled with yeast, even when life presses us down, **what’s inside us causes us to rise again.**

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Final Encouragement

As we step into **2026—the year of hope**, we are called to:

- Leave the chicken coop mentality behind
- Fix our eyes upward on the Son (not circumstances)
- Trust God fully, even when we can't see the way
- Remember that we are seated at the King's table—our place is reserved

“They that wait on the Lord shall renew their strength...” (Isaiah 40:31)

Sisters, you are not a chicken. You are an eagle. Fly.

