



Lesson 3 Recap: Sunday, March 8, 2026 | “Walk Like You Know Who Sent You.”

In the final installment of the “**Suit Up**” series, Tiffany challenged the SisStars to move beyond preparation and begin walking in authority. Drawing from **Ephesians 6:15–18**, she reminded us that once our minds are renewed and our hearts are guarded, the next step is movement. The armor of God is not meant to sit unused — it is meant to be activated. Through the **shoes of the Gospel of Peace, the sword of the Spirit, and a consistent prayer life**, Tiffany taught that believers must stand firm, remain planted in the Word, and walk with confidence in the One who sent them. The central message was clear: **stop hesitating, stop doubting, and start walking like you know who sent you.**

Series Recap: Preparing for the Battle

Week 1 – Fix Your Thinking

The first step was renewing the mind.

The enemy tries to plant lies in our thinking — lies about who we are, what we can do, and what God has promised us.

That’s why we had to:

- Take off the **belt of lies**
 - Put on the **belt of truth**
 - Align our thinking with what **God says about us**
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Week 2 – Guard Your Heart

Next, we learned that everything begins and ends with:

how you think • how you believe • how you process what happens to you

If our hearts are not guarded, the enemy can manipulate our emotions and responses.

But if we are going to face spiritual battles, Tiffany reminded us:

“We’ve got to be ready... we’ve got to be suited and booted.”

Week 3 – Movement

Now that the mind is renewed and the heart is guarded

Tiffany said the next step is **movement**.

When your heart changes and your mind changes, you cannot keep moving the same way you used to.

- Your posture changes.
- Your decisions change.
- Your confidence changes.



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But many believers hesitate. Tiffany addressed something powerful:

“What we sometimes call waiting on God... is really our fear and hesitation to do what God has already told us to do.”

And that hesitation keeps us stuck.

Armor Piece: Shoes of the Gospel of Peace

Ephesians 6:15

“Having your feet fitted with the readiness that comes from the gospel of peace.”

Tiffany explained that Roman soldiers’ shoes were not ordinary sandals. Their shoes had **spikes underneath them**.

Those spikes allowed them to:

- Dig into the ground
- Plant themselves firmly
- Hold their position during battle

The shoes helped them stay **stable before they moved forward**.

Spiritually, peace does the same thing for us.

- Peace stabilizes us.
- Fear destabilizes us.

When we are grounded in the peace of God, we can remain firm **no matter what we face**.

Fear vs Faith: The Example of the Spies

Tiffany took us to **Numbers 13**, when Moses sent twelve spies to scout the Promised Land. All twelve saw the same land.

But they came back with two different mindsets.

Ten spies said:

- The people are giants
- The land is too strong
- We can’t win

They allowed **fear and perception** to control their thinking.

But two spies — Joshua and Caleb — saw the same giants and said something different.



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They said:

“Yes, there are giants... but the God we serve is greater.”

They had peace because they knew **who their God was**.

And because of that peace, they were ready to move forward.

The Sword of the Spirit

Next Tiffany moved to another piece of armor.

Ephesians 6

Paul tells us to take up:

The Sword of the Spirit — which is the Word of God.

Tiffany challenged the SisStars with honesty.

Many believers:

- go to church
- know popular scriptures
- repeat spiritual sayings

But we don't actually **use the Word**.

She pointed to **Matthew 4**, when Jesus was tempted by the enemy.

Every time Satan tried to deceive Him, Jesus responded with: **“It is written.”**

- He didn't debate.
- He didn't entertain the lies.
- He answered with the Word.

Your Weapon Is the Word

Tiffany reminded us:

If you want to fight the enemy, you must **get in your Word**.

Your Bible is your:

Basic Instructions Before Leaving Earth.

When you feel:

- Fear
- Temptation
- Discouragement
- Confusion

Pick up your Word. ***The Word: Cuts through lies, Speaks life into situations, Reminds you who god is***



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Standing Firm in the Foundation

Tiffany used a powerful illustration. She talked about those old punching toys that always bounced back up. You could hit them again and again — but they always rose back up. Why? Because they had **weight and foundation at the bottom**. The same is true spiritually.

When your feet are planted in:

- God’s peace
- God’s truth
- God’s Word

Then even when the enemy hits you... You bounce back.

Prayer Activates the Armor

Finally, Tiffany moved to **Ephesians 6:18**.

 *“Pray in the Spirit on all occasions.”*

Not just sometimes.

Not just when life is hard.

On all occasions.

Tiffany said something powerful: **“Without prayer, the armor becomes decorative.”**

- Prayer activates the armor.
 - Prayer keeps us connected to God.
 - Prayer shifts the atmosphere.
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When we pray: Our words rise to heaven, The holy spirit interprets them, Jesus intercedes on our behalf

And even when we feel like God is silent, He is still working. God moves **in His time**, not ours. But while we are waiting, grace and mercy cover us.

And when the right moment comes, blessings begin to flow.



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The A.R.M.O.R. Reminder

Tiffany closed by revisiting the **A.R.M.O.R. framework**.

A – Acknowledge

Be honest about what you’ve been carrying.

R – Remove

Let go of fear, shame, anxiety, and anger.

M – Mind Renewal

Stay in the Word daily.

O – Obey

Trust what God says about you.

R – Rise

Keep getting back up and walking in victory.

Tiffany’s Final Charge

Tiffany closed with passion and authority. She reminded the SisStars that we already have the tools. We already have the power. We simply have to **put the armor on and activate it**.

She asked one powerful question: **“Will you wear your armor today?”**

Because when you remember:

Who your God is, what He has promised, and whose daughter you are

- You stop walking in fear.
 - You start walking in authority.
 - And you begin to move through life with confidence.
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Closing Declaration

- Put on your armor.
- Stand firm.
- Activate your prayer life.
- Stay planted in the Word.

And above all...

Walk like you know who sent you.  



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Closing Lesson Summary

Tiffany closed the lesson with a powerful reminder that God has already equipped us with everything we need to stand against the enemy. When we acknowledge what we’ve been carrying, remove what does not belong to us, renew our minds through the Word, obey what God says, and rise in faith, we begin to walk in the authority of daughters of the King. The armor of God is not just symbolic — it is our spiritual protection and our source of strength. When we stay planted in peace, stand firm on the Word, and activate our prayer life, we can face every challenge with confidence. The charge for this week is simple yet powerful: **put on your armor, stand firm, and walk like you know who sent you.** 🛡️ 🔥