






*Lesson 1 Recap: Sunday, March 22, 2026 | “The Just shall live by FAITH”*

## Opening Summary

This powerful Women’s History Month Session was a **divine compilation and check-up moment** — bringing together Katrina’s reminder that **God was intentional**, Tiffany’s call to **suit up**, and Mama D’s grounding that we must **walk by faith**.

Roxy led SisStars into a space of reflection, activation, and accountability — reminding us that these lessons were not just to hear, but to **live out loud**. The charge was clear:

-  *You were designed on purpose*
-  *You must be properly equipped*
-  *And now... you must **WALK IT OUT***

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## Speaker-Voice Recap | Roxy

Roxy opened with love and connection:

“Because I love Roxy, I’m free to love you... you are my sister, and I’m here for you.”

And immediately set the atmosphere:

 *“That’s a praise God moment right there!”*

She acknowledged stepping in and anchored the moment in **gratitude, sisterhood, and purpose** — all while celebrating **Women’s History Month**.


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## “Have We Had an Extraordinary Opening?”

Roxy didn’t let SisStars stay silent:

“Have we had an extraordinarily powerful opening to this year? Y’all better say so!”

And she affirmed:

-  *Yes — we have.*



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This wasn't just hype — it was **recognition of what God has been doing through the series.**

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## ◆ **Katrina: God Was Intentional**

Roxy walked us back to the foundation:

- God does NOTHING by happenstance
- Our lives are NOT random
- We were **designed on purpose, for a purpose**

✦ *Horizontal bullets:*  
*intentional • not random • designed • perfected for purpose*

She emphasized:

“It’s not by accident... it’s by intent.”

And reminded us:

👉 God is **perfecting us** so we can *perfectly fit* our purpose

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## 🛡️ **Tiffany: Suit Up**

Then came the SHIFT:

“You got a purpose... but Tiffany told us we gotta SUIT UP!”

Roxy brought the energy:

🔥 “Can anybody get excited about being suited?!”

She reminded us:

- You can't walk in purpose wearing the wrong identity
- You **MUST** take OFF what's not from God
- You **MUST** PUT ON what God has given you




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### **Interactive Check-In (Powerful Moment)**

Roxy paused and pressed the room:


 *“What are you taking off?”*

SisStars responded with REAL transformation:

- Fear
- Shame
- Guilt
- Procrastination
- Insecurity
- People-pleasing
- Inconsistency
- Pettiness

 *Horizontal bullets:*  
*fear • shame • guilt • procrastination • insecurity*

Then she pushed deeper:

 *“What are you putting on?”*

Responses included:

- Faith
- Confidence
- Self-worth
- Peace
- Trust in God
- Obedience
- Self-care

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### **ARMOR Breakdown (Tiffany’s Teaching Activated)**

Roxy POWERFULLY walked through the acronym:



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- **A – Acknowledge** → What have you been wearing?
- **R – Remove** → What is NOT from God?
- **M – Mind Renewal** → Daily discipline, daily Word
- **O – Obey** → Trust God’s direction
- **R – Rise** → Walk in authority

✦ *Horizontal bullets:*

*acknowledge • remove • renew • obey • rise*

And she made it plain:

“We cannot wear the armor of God if we are unwilling to address what we’ve been wearing.”

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## **Mama D (Mama D): Walk By Faith → TRANSFORMATION**

Then came the **DROP THE MIC MOMENT**:

“That butterfly will NEVER be a caterpillar again.”

Roxy tied it together:

- Not behavior modification...
- But FULL transformation

🔥 This hit DEEP.

She made it personal:

“I’m not perfect... but I’ve been transformed.”

And acknowledged:

- The teachings
- The correction
- The encouragement
- The accountability of the SisStarhood

✦ *Horizontal bullets:*

*not modification • full transformation • never going back*

## Powerful Moments

- “That’s a praise God moment right there!”
  - “You can’t walk in purpose wearing the wrong identity”
  - “Some of us got comfortable wearing what never belonged to us”
  - “We cannot wear the armor if we won’t address what we’ve been wearing”
  - “That butterfly will NEVER be a caterpillar again”
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## Overall Flow

This was not just a lesson...

This was a **SisStarhood CHECK-UP + ACTIVATION SESSION:**

- ✓ Reflection
- ✓ Accountability
- ✓ Participation
- ✓ Transformation

It moved from:

 *Knowing* → *Removing* → *Putting On* → *Becoming*

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## Closing Summary

This lesson reminded us that transformation is not accidental — it is intentional, just like God’s design for our lives. We have been taught, poured into, corrected, and equipped — and now the responsibility is ours. Katrina showed us that we were created with purpose, Tiffany taught us how to prepare, and Mama D grounded us in faith and transformation. Now it’s time to walk in it. The question is no longer “Do you know?” — it is “**What are you doing with what you know?**” SisStars, it’s time to fully suit up, stand in your identity, and walk boldly as the woman of faith, power, and purpose God has already called you to be.