

JOIN US SUNDAYS 8:30 AM EASTERN

The SHEnergized SisStarhood Bible Class Series

# JUST A LITTLE

*Talk with Jesus*

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)

FACILITATED BY  
Dr. Dorothy Dye

Dr. Dye's Lesson Re-Cap| 02/04/24| What is the cause?

The following is a lesson recap of Dr. Dye's

“What is the cause?” (Point #3)

Matthew 5:22

*“But I say unto you, that whosoever is angry with his brother (her sister) WITHOUT A CAUSE shall be in danger of the judgement.”*

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*Sistars 2024 is the year of new beginnings and release.*

*The world will know you are controlled by the spirit of love and not anger!*

*Anger is a real emotion but don't allow it to control you and your actions!*

*Don't allow anger to put you in a downward spiral that leads you to the P.I.T. (Personally Induced Turmoil)*

*Sistar remember this trip on Earth is too short to carry anger around with you!*

*Sistar you can praise in spite of the circumstances!*

*Sistar don't allow your plans to affect your future!*

*Sistar remember to not allow yourself to be caught up in holding on to your anger.*

*Don't be so caught up in the past that you miss the present. In yourself Sistar you can do nothing but in Christ you can do all things!*

*Put off anger and learn to walk in love! Sistar your soul depends on you letting go!*

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## **I. Plan Ahead!**

- Sistar you must put off your old self and embrace your new mindset through Christ Jesus!
- You have to exercise your spirit so that you can build yourself up in God.
- Even in divers' times you can still praise! God has a plan; prepare ahead of time.
- How do you prepare Sistar? By having the mind of Christ in you!
- Sistar submit yourself to God; don't try to retaliate against those who have wronged you!
- The next time you get angry; stop and ask yourself is my anger justified?
- Don't go on a journey with anger in your heart!
- Anger is Anger the outcome will forever remain the same!
- Think of your anger in your heart like a block of ice; if you allow the word of the son to warm your heart; the anger will met. The more it melts the more it will fill up your empty pan.
- Sistar empty those water pans and allow yourself to be renewed by the word of God!
- When you allow the word to warm your heart you grow to become quick in letting anger go.
- Be slow to speak and swift to hear!
- What triggers your anger sistar? (Most likely it's your past) do as Paul says and forget about your past!
- Step into praise to combat your anger!
- Let the father's words make you whole!
- Be a kind woman; and allow God to transform you!
- Allow God's fruit of righteousness to come from you; you are his tree designed to bear fruit!
- Don't allow your fruit to grow around the worm of anger!

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- Sistar do you keep a record of those who have wronged you?
- All of those records are worms of anger designed to spoil your fruit!
- Whether an enemy or friend; they have a right to pick fruit from your tree!
- Let go of the anger that is holding you and don't allow the iceman to come and drop off the block of anger in your water pan!
- Sistar release the anger that is holding you back from being the woman God has called you to be!