

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

*Spiritual Empowerment Experience*

**FEBRUARY 1, 2026**  
**THE KNOT**  
**Hebrews 11:6**

**JOIN US SUNDAYS**  
**8:00 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)

## FEBRUARY 1, 2026 – LESSON RECAP

### “KNOTS — Trust in the God Who Untangles” Taught by Tiffany Tunsil

This week, Tiffany stepped in with a timely, Spirit-led lesson birthed out of what she and her household have been facing. She reminded us that life can feel tangled—like you’re stuck in “knot moments” filled with disappointment, delay, grief, fear, confusion, and unanswered prayers. But Tiffany’s central message was this: faith is not just believing God exists—faith is trusting how He works, even when your life feels knotted up. God doesn’t always untangle quickly or on our timeline; instead, He often untangles slowly, intentionally, and purposefully—and Tiffany gave us the **KNOTS principle** to walk through those seasons:

**K — Keep coming to God,**

**N — None of me (release control),**

**O — Open heart posture,**

**T — Time is part of the process,**

**S — Seek Him diligently.** In every knot season, our call is to surrender, guard our heart, trust God’s timing, and stay close to the One who alone can untangle what life has tied up.

## Core Scripture

### Hebrews 11:6

“But without faith it is impossible to please Him... for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”

### Key takeaway in Tiffany’s words:

“Faith is not just believing that God exists... it’s trusting how He works, even when your life feels tangled.”



## FEBRUARY 1, 2026 – LESSON RECAP

### Core Theme

**KNOTS happen... but God is the Untangler.**

Tiffany taught that “knot moments” are not random. They are often the very place where God is developing our **trust**, shaping our **posture**, and teaching us how to **submit** control back to Him.

### ILLUSTRATION: Hair, Rubber Bands, and the “Fudge Pop” Knot Test

Tiffany shared how taking her hair down reminded her of how knots form—especially when you’re tired, hurting, and ready for relief.

Then she told the story of her mother giving her a tangled ball of rubber bands/thread and saying: “If you can untangle it in 30 minutes, you can get a fudge pop.”

But her mother *knew* it would take time... and Tiffany admitted she tried shortcuts—**pulling harder** and even **cutting** things to rush the reward.

### Lesson

Sometimes, in our knot seasons, we do the same:

- we pull harder
- we rush God
- we try shortcuts
- we “cut” through what God meant us to learn through

But Tiffany reminded us: **untangling requires trust in the hands of the One doing the work.**

**The SHEnergized SisStarhood**  
Spirit | Mind | Body  
*Spiritual Empowerment Experience*

**JOIN US SUNDAYS**  
**8:00 AM EASTERN**

**FEBRUARY 1, 2026**  
**THE KNOT**  
**Hebrews 11:6**

**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)

## FEBRUARY 1, 2026 – LESSON RECAP

### HEART POSTURE: The Real Issue Behind the Knot

Tiffany brought it back to what y'all teach often: **posture**.

**“What has been your posture when you have had your knot moments?”**

Meaning: Where is your faith? Are you approaching God with **expectancy** or **timidity**? Are you surrendering—or still trying to control?

She anchored this with:

- **Proverbs 3:5–7** (Trust God, lean not on your own understanding)
- **Proverbs 4:23** (Guard your heart—life flows from it)
- **Psalm 51:10** (“Create in me a clean heart...”)

And she made this point plain:

Cleaning a heart requires **scrubbing**. It means God has to work through what's tangled.

---

### JACOB: When God Touches What You Rely On

**Scripture Focus: Genesis 32:22–30**

Tiffany walked us through Jacob's life:

- deception, lies, broken relationships
- fear, anxiety, running away from what he created

But Jacob did something bold—he wrestled with God and declared:

**“I'm not letting go until you bless me.”**

**The SHEnergized SisStarhood**  
Spirit | Mind | Body  
*Spiritual Empowerment Experience*

**JOIN US SUNDAYS**  
**8:00 AM EASTERN**

**FEBRUARY 1, 2026**  
**THE KNOT**  
**Hebrews 11:6**

**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)

## FEBRUARY 1, 2026 – LESSON RECAP

### The key insight Tiffany highlighted:

Jacob didn't "win" because he was stronger than God.  
He "won" because **God touched him**—in the hip—and that touch:

- weakened him
- humbled him
- shifted him
- changed his identity

### Major Lesson:

Sometimes God has to touch the very area you depend on... so you stop depending on it more than Him.

She applied this to real life:

- your job
- your finances
- your relationships
- your routines
- even your spiritual "arriving"

And she said: God may touch what you trust—so you return to full dependence on Him.

## THE K-N-O-T-S PRINCIPLE

Tiffany closed by giving the practical "how to" for knot seasons:

### **K — Keep Coming to God**

From Hebrews 11:6: "He who comes to God..."

Tiffany emphasized: we know who God is—but in knots, we often don't **come to Him first**.

### Lesson:

Don't run to opinions, people, or panic—**keep coming to God**.

**The SHEnergized SisStarhood**  
Spirit | Mind | Body  
*Spiritual Empowerment Experience*

**JOIN US SUNDAYS**  
**8:00 AM EASTERN**

**FEBRUARY 1, 2026**  
**THE KNOT**  
**Hebrews 11:6**

**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)

## FEBRUARY 1, 2026 – LESSON RECAP

---

### **N — None of Me, All of Him**

This is the surrender piece.

Tiffany reminded us:

“Trust in the Lord with all your heart...” means you don’t get to keep control.

And she said it strongly:

You keep trying to stay in the picture.

**Let go of you.**

**Lesson:**

Not “less of me”—because that still includes you.

In knot seasons: **NONE of me. ALL of Him.**

---

### **O — Open Heart Posture**

Tiffany tied this to **Psalm 139:23** (“Search me, O God...”)

An open posture says:

“Lord, whatever Your will is... I’m open. I’m receiving. Lead the way.”

**Lesson:**

Knot seasons reveal whether your heart is guarded... or open to God’s work.

---

### **T — Time Is Part of the Process**

She returned to the “30-minute knot” story and said:

God is not working on your timeline.

It may not be:

- a week
- a month
- a year
- and sometimes, like Jacob, it leaves a lasting mark

**Scripture Anchor: Ecclesiastes 3:11**

“He makes everything beautiful in His time.”

**The SHEnergized SisStarhood**  
Spirit | Mind | Body  
*Spiritual Empowerment Experience*

**JOIN US SUNDAYS**  
**8:00 AM EASTERN**

**FEBRUARY 1, 2026**  
**THE KNOT**  
**Hebrews 11:6**

**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)

## FEBRUARY 1, 2026 – LESSON RECAP

### Lesson:

Time doesn't mean God forgot you.  
Time means God is making it **beautiful**.

---

### S — Seek Him Diligently

This is the piece you told me to make sure I got exactly right   
From Hebrews 11:6: God rewards those who **diligently seek Him**.  
Tiffany's call was direct:  
Stop relying on only Sunday or Bible study.  
Get in the Word daily.  
Seek Him with intention—especially in knot seasons.  
**Scripture Anchor: James 4:8**  
“Draw near to God, and He will draw near to you.”

### Lesson:

Knot seasons don't loosen by luck.  
They loosen when you **seek Him**.

---

### Closing Charge

Tiffany asked the reflective question that lands the lesson:

**“What knot are you trying to pull out of that you should be surrendering to God?”**

Are you guarded—or open?

Have you truly surrendered—or are you still cutting corners?

She reminded us again: **God is intentional**—and even when it doesn't feel good, He is working it together for our good (Romans 8:28).

---

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

*Spiritual Empowerment Experience*

**FEBRUARY 1, 2026**  
**THE KNOT**  
**Hebrews 11:6**

**JOIN US SUNDAYS**  
**8:00 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)

## FEBRUARY 1, 2026 – LESSON RECAP

### Final Lesson Statement

Knot seasons are real.

But **God is the Untangler.**

Your role is to **Keep coming, surrender control, stay open, honor timing, and Seek Him diligently.**