

The SHEnergized SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

JOIN US SUNDAYS
8:30 AM EASTERN

APRIL 27, 2025
**Deconstructing Your Home Walls:
Rebuilding Faith & Self-Love**

Psa 139:23-24 – 2Cor 10:4-5 – Heb 3:4-1 – 1Cor 13:1-7

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

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April 27, 2025 – Lesson Recap by Roxy Hall

The lesson explored the spiritual process of deconstructing the walls we've built in our lives due to fear, guilt, and trauma. Using the metaphor of home repair, we discussed how identifying and dismantling these walls is essential for rebuilding our faith and self-love. By reflecting on God's Word, we can allow Him to restore and strengthen our spiritual foundation, filling our hearts with His love and truth. This journey of deconstruction, rebuilding, and decorating our spiritual lives leads to transformation, renewal, and a deeper connection with God's purpose for us.

I. Introduction: Setting the Stage

- **A. Personal Gratitude and Context**
 - Acknowledging the challenges faced and expressing gratitude for God's provision.
 - Brief personal update on health and life circumstances.
 - Statement of purpose: Today's focus on deconstructing spiritual walls to rebuild faith and self-love.
- **B. Overview of the Topic**
 - Title: "Deconstructing Your Home Walls, Rebuilding Your Faith and Self-Love."
 - The metaphor of home repair as a spiritual journey.

II. Personal Story of Home Damage and Repair

- **A. Incident with Water Damage**
 - How the issue started: noticing a brown spot on the ceiling while cleaning.
 - Growing concern as spots increased, leading to the discovery of a water leak.

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- **B. The Plumber's Diagnosis**
 - Good news: The issue was caught early.
 - Bad news: A slow, undetected water leak from a faulty valve, affecting the second floor and walls downstairs.
 - Required repair: Fixing the faulty valve and addressing the water damage, leading to the need for extensive deconstruction.
- **C. The Process of Deconstruction**
 - Removal of belongings and preparation for repairs.
 - The contractor's advice: assessing the damage in layers, including the walls and foundation.

III. Spiritual Parallel: Deconstruction of Our Spiritual Walls

- **A. Identifying Corrupt Spiritual Walls**
 - Just as the walls of the house were damaged, we too have spiritual walls built up over time, impacted by guilt, shame, fear, and trauma.
 - **Scriptural Reference:** Psalms 39:23-24 – David's prayer for God to search his heart and remove anything offensive.
 - The need to recognize and confront the spiritual walls that no longer serve us.

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- **B. The Importance of Self-Reflection**

- Prayerful self-assessment: What in my spiritual walls is damaged or corrupt?
- Understanding that God is invited into this process to cleanse and heal.

IV. Dismantling the Lies and Negative Influences

- **A. Dismantling the Lies of the Enemy**

- Walls of fear, insecurity, and trauma are often built by the lies of the enemy.
- The power of God's Word to break down strongholds.
- **Scriptural Reference:** 2 Corinthians 10:4-5 – The weapons of our warfare are divine and can demolish strongholds.
- Emphasizing the importance of being rooted in God's Word for spiritual warfare.

- **B. Overcoming Negative Thought Patterns**

- The power to take captive every thought and make it obedient to Christ.
- The need to actively choose God's truth over the lies and accusations of the enemy.

V. Rebuilding: Allowing God to Reconstruct Our Lives

- **A. The Rebuilding Process: Spiritual Reconstruction**

- The spiritual rebuilding process is akin to rebuilding a house after it has been deconstructed.

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- **Scriptural Reference:** Hebrews 3:4 – “For every house is built by someone, but God is the builder of everything.”
- Trusting God to rebuild our spiritual foundation.
- **B. Examining Our Spiritual Foundation**
 - What does your spiritual blueprint look like?
 - Are we building on the solid rock of Christ or on unstable ground?
 - **Scriptural Reference:** Matthew 7:24-25 – The wise man builds his house on the rock, ensuring it stands through life's storms.

VI. Decorating Our Spiritual Lives: Filling Our Homes with God’s Love

- **A. Spiritual Decoration with Love**
 - Decorating isn’t just about outward appearance; it’s about filling our hearts and lives with the love of God.
 - **Scriptural Reference:** 1 Corinthians 13:1-7 – Love is the foundation of all that we do. Without love, we are nothing.
- **B. God’s Love as the Cornerstone**
 - God’s love is unconditional and enduring.
 - The importance of filling ourselves with God’s love rather than external validation or superficial achievements.

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VII. Call to Action: Steps for Personal Reflection and Growth

- **A. Self-Reflection Exercise: Identifying Spiritual Walls**
 - Take time to identify spiritual walls that may be holding you back.
 - Write down specific truths from God’s Word to counter negative thoughts and beliefs.
- **B. Prayer and Surrender**
 - Surrendering our fears, insecurities, and struggles to God.
 - Practicing the prayer of David: “Search me, O God, and know my heart.”

VIII. Conclusion: Empowering the Sisters for Transformation

- **A. Embrace the Deconstruction Process**
 - Remind the group that the deconstruction of spiritual walls is a necessary part of growth and healing.
- **B. Encouragement for the Rebuilding Journey**
 - Trusting that God’s plan for us is greater than anything we can imagine.
 - Emphasizing the importance of rebuilding with God as our architect and guide.
- **C. Final Prayer**
 - A prayer for spiritual growth, strength, and the courage to allow God to dismantle and rebuild as necessary.

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IX. Group Breakout Session

- **A. Short Group Discussion**
 - Reflection questions: What walls in your spiritual life need to be deconstructed? How can you actively start rebuilding with God’s Word as your foundation?
- **B. Closing Remarks and Encouragement**
 - Reminder that God is doing a new thing, and each sister is capable of transformation and renewal through faith.