

JOIN US SUNDAYS 8:30 AM EASTERN

The SHEnergized SisStarhood Bible Class Series

JUST A LITTLE

Talk with Jesus

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

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Sistar Tiffany Lesson Re-cap | 05/28/2023 | "Let's Get F.I.T!"

The following is the lesson recap for 5-28-2023

Living on 10 is a mindset! Sistar you must choose to live in the 10 and not allow life's circumstances to overtake you!

I. The Fit Test

- **To be fit-** *"Of a thing; someone or something that is fit for consumption. Someone who has qualities that others can benefit from."*
- In the military soldiers must stay in top physical condition in order to face the conditions of life
- You must remember that you are light! You are a light purposer!
- Sistar you are purposed to be the thermostat in life; you be the one who changes the temperature.
- In order to be effective we must stay spiritually fit!
- You are not elated nor are you deflated by life's circumstances!
- Remember you are anchored in Christ because he is our hope!
- Sistar don't worry about your trials, tribulations, or anything that the enemy tries to work up against you
- Just as we know we are in a spiritual warfare; the enemy knows it as well and he is trying to destroy us!
- Don't give away your power to the tricks of the enemy!

During war time; soldiers had regular maintenance of their shields. If they did not fortify their shields on a regular basis they risked their shields falling apart when they would engage in battle!

Sistar you have to fortify your shield(faith& mind) daily!

- Remember there is a great cloud of witnesses spurring you on so that you can keep fighting!

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II. Push your boundaries!

- Pray. Until. Something. Happens
- Soldiers/Warriors of old would often have a battle pray cry when they were facing opposition from the enemy.
- Sistar are you being intentional about your prayer life?
- You must learn to pray in the small things so that when the big trials of life come you will “fit” for the fight!
- Don’t make prayer complicated just open your mouth and allow God to hear your cry
- You must keep P.U.S.H daily!
- In the days of Biblical warfare there were a set of soldiers who were assigned to watching the plunder, but they had an additional job of praying while the battle was going on.
- There was a stance the “watcher’s

III. Remember Decoration Day!

- Before Memorial Day was officially incorporated as the holiday it was called “Decoration” Day. This started when the slaves who had been emancipated decided they were going to recognize the fallen soldiers that had died in war. They decorated the fallen slaves’ gravesites, and the honoring took root and has morphed into what we now call Memorial Day and celebrate all fallen soldiers.
- The greatest soldier to ever walk the earth was none other than our Lord and savior Jesus Christ!
- Christ knew ahead of time that he was going to be the sacrifice for us all
- Everyday that you are alive; is a time for you Sistar to rise and remember your value and worth!

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- Don’t allow yourself to be worn by life’s trials; remember that Christ hung so that you could hang on.
- Sistar fight life’s battle’s by remaining spiritually fit!
- Work daily at fortifying your shield and remembering that God desires more for your life!
- He wants you to live and be successful by tapping into his power source!
- Sistar be intentional, come to the Lord in vulnerability and allow God to be your strength and keep

Keep Praying, Until Something, Happens!