



Sunday, March 29, 2026 | Palm Sunday | Lesson Recap “Come Out of the Shadows”

♥ Opening Summary

On this final Sunday in March, Mama D brought a powerful, piercing, and deeply compassionate lesson that tied together **Habakkuk, Palm Sunday, transformation, and the vertical relationship we must maintain with God**. She reminded the SisStars that Jesus did not die for us to merely modify our behavior for a moment — He died so that we might be **truly transformed**. Using **Romans 12:1–2** and **Luke 4:18**, and walking us through the woman at the well in **John 4**, Mama D showed us that Jesus specializes in going straight into our Samaria — straight into the shadowed places of our lives — to bring light, healing, truth, and transformation. The message was clear: **Jesus knows your shadows, meets you at your point of need, and calls you out of darkness into His marvelous light**.

“Come Out of the Shadows” – Mama D

Mama D opened with gratitude and worship, honoring the devotion, prayers, and songs that had already set the atmosphere. She named the songs as being **right on time and right in line with the lesson**:

- *I Surrender*
- *I Give Myself Away*
- *Change Me*
- *Change Has Come Over Me*
- *Standing on the Promises*

And she said something that framed the whole morning:

“No matter what you’re going through, know that it is a part of your transformational experience.”

Right away, Mama D connected this lesson back to Habakkuk. She said she was **putting a pin in the study of Habakkuk**, but continuing with the same overarching theme:

Transformation

She reminded us that in Habakkuk, the people **modified** their behavior, but there was never true transformation. Then she tied that truth into **Palm Sunday**.

🌿 Palm Sunday: Hosanna One Day, Crucify Him the Next

Mama D took us to the Easter season and showed us something powerful.

On Palm Sunday, the people cried:

“Hosanna! Glory to God in the highest!”

But by Thursday, many of those same voices were crying:

“Crucify Him!”

And Mama D’s point was piercing:

They were **modified on Sunday**, but **never transformed**.

They praised Him one day and turned on Him the next.

Jesus, however, still did it for us.

He still sacrificed His life so that we might have a **transformational experience** and become a part of His kingdom.

And Mama D kept bringing us back to this central truth:

It’s all about your vertical relationship with God.

📖 The Transformation Scripture

Mama D anchored the lesson in **Romans 12:1–2**, reading it with emphasis:



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- present your body a living sacrifice
- holy and acceptable unto God
- be not conformed to this world
- but be transformed by the renewing of your mind

She highlighted the vertical first:

“Acceptable unto God — there’s your vertical.”

This lesson, she told us, was about **how you can come out of the shadows and be transformed.**

Point 1: A Woman in the Shadow

Mama D then took us into **John 4**, introducing the woman at the well as a woman who was **in for a transformation**, though she didn’t know it yet.

She used a beautiful image:

Children have toys called **transformers**. A transformer is something that changes form, character, or condition. And Mama D said the woman at the well was about to meet **the Transformer** — Jesus Himself.

This would not be a lesson in behavior management.

This would be a **transformational encounter**.

✦ Laying the Foundation: Jesus the Light, the Transformer

Before going deeper into John 4, Mama D carefully laid the foundation by walking us through the beginning of Jesus’ ministry:

- **John 1:1** – In the beginning was the Word
- **John 1:14** – The Word was made flesh
- John the Baptist as the forerunner
- prophecy from **Malachi** and **Isaiah**
- Jesus proclaimed as **the Lamb of God who takes away the sin of the world**

She took time to remind us that John was not the light — he was a witness of the light.

The law was giving way to **grace and truth through Jesus Christ**.

Mama D also walked us through:

- Jesus’ first miracle in Cana
- cleansing the temple
- His message about death and resurrection
- His encounter with Nicodemus

And from John 3, she highlighted the divine imperative:

“He must increase, but I must decrease.”

Then she pointed out that another **must** was coming.

Point 2: A Divine Must

When Mama D moved into **John 4**, she focused on one phrase:

“He must needs go through Samaria.”

And she sat right there.

That word **must** mattered.

She explained that “must” is not casual language — it indicates something:

- inevitable
- necessary

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- required
- certain

Jesus did not say He *might* go through Samaria.

He said:

“I must needs go through Samaria.”

Mama D emphasized the preposition:

Not around Samaria.

Not near Samaria.

But **through Samaria.**

Why Samaria Mattered

Mama D gave us the historical context in rich detail.

The Jews hated the Samaritans. They did not deal with them. Good Jews took the long route just to avoid setting foot there.

She explained that the Samaritans were despised because of:

- mixed heritage
- idol worship mixed with worship of God
- generations of compromise and corrupted worship

She traced it all the way back to **2 Kings 17**, when Israel was taken captive and Samaria was repopulated with idol-worshipping men who married the Jewish women left behind.

That created a people who feared the Lord **and** served idols.

So by Jesus’ day, Samaria was a place of **spiritual mixture, cultural rejection, and deep division.**

And yet Jesus said:

“I must needs go through Samaria.”

Because He had **business in Samaria.**

He had an appointment.

🔥 John Before and After Transformation

Mama D made one of the lesson’s most powerful contrasts by bringing up John.

Before transformation, John wanted to **call fire down** on the Samaritans because they rejected Jesus.

But later, in Acts, those same Samaritans heard the gospel and were saved — and John was there rejoicing.

Mama D’s point was so strong:

Don’t give up on people.

The very ones John wanted destroyed became the very ones transformed by the gospel.

That is the difference between **modification** and **transformation.**

Point 3: Jesus Meets a Woman in the Shadows

Then Mama D moved into the encounter itself.

Jesus arrived at **Jacob’s well** at the **sixth hour — noon.**

And Mama D made this detail matter.

The other women would come in the cool of the morning.

But this woman came at noon because she was living in the shadows.

She was:

- rejected, isolated, not accepted in respectable company, despised even among the despised

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And Mama D said plainly: Jesus knew exactly where she would be. He sent the disciples away. He wanted to meet her **without interruption**. Because He was on a mission: **To bring light into her darkness.**

💧 **The Well, the Water, and the Need**

Mama D explained that Jacob’s well represented man’s sufficiency — something you have to keep coming back to over and over again.

But Jesus came offering **living water**.

Physical water satisfies temporarily.

Living water satisfies the soul.

When the woman said:

“Sir, give me this water”

Mama D pointed out that she was expressing a deeper thirst — a thirst for:

- soul satisfaction, inner peace, real acceptance, lasting change
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The Truth Had to Come Out

Then came a pivotal moment.

Jesus said:

“Go call your husband.”

Mama D made it plain: before true transformation can happen, the wrong thing in your life has to be addressed.

The woman told the truth: **“I have no husband.”** And Jesus revealed that He already knew.

She had: five husbands and was living with a sixth man who was not her husband

Mama D’s teaching here was powerful:

This woman had tried to change her life by changing partners.

But when you keep doing the same thing over and over again, you keep getting the same results.

That is **modification**. Not transformation.

🌟 **The Seventh Man**

This was one of Mama D’s biggest power moments.

She said this woman had known six men who could not satisfy, fulfill, or transform her.

But now she was in the presence of:

Number Seven The perfect man. The complete man. The holy man. The One who could finally bring transformation. Mama D tied the number seven to: completion, perfection, fullness And she said:

“We are in the presence of the seventh man.”

That was the moment the room could feel the shift.

The woman had been searching for in men what only **the perfect Savior** could provide.

Worship in Spirit and Truth

When the woman tried to redirect the conversation into a debate about where to worship, Jesus brought more light. Mama D said Jesus showed her that the real issue was not **where** to worship, but **who** to worship.



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And again came the divine imperative: **“They that worship Him must worship Him in spirit and in truth.”** Before this woman could truly worship, she had to confront her truth. The light had to shine on her shadow.

From the Shadows to the Light

Mama D then showed how quickly transformation began to happen.

This woman:

- left her water pot, ran back to town, began proclaiming Jesus, brought the light to others

She had been lurking in the shadows, but now she was walking in the light. And Mama D said something so important: Jesus didn’t deal with the whole town first. He dealt with **the woman**.

And through the transformed woman, the town began to be impacted. That was the lesson:

You can’t help anybody else out of the pit if you’re still refusing to come out of your own shadows.

Jesus Meets Us at Our Point of Need

Mama D made this deeply personal. Jesus knows your shadows just as He knew the woman’s shadows.

He knows:

- what you’ve done, what you’re doing, what you plan to do, where you hurt, what you hide, what you regret. And still...

He comes. He goes through your Samaria. He breaks cultural taboos, social rejection, shame, and darkness just to get to you. She said it plainly:

Jesus doesn’t care about your mess. He wants to bring you out of your shadows.

Vertical First, Then Horizontal

Mama D kept threading this through the lesson. She said transformation starts at the cross:

Vertical first. Then horizontal.

She tied that to:

- **1 John 1:7** – walk in the light
- fellowship with one another
- **2 Corinthians 5:17** – if anyone is in Christ, she is a new creature
- **Philippians 3:13–14** – forgetting what is behind and pressing forward
- **Hebrews 12:1–2** – laying aside every weight and looking unto Jesus

She reminded us: Transformation is not instant perfection. It is an ongoing process of:

- renewing your mind, forgetting what is behind, laying aside weight, walking in light, and staying vertically connected to Christ
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Then Mama D turned the lesson inward and asked the question every SisStar had to answer:

What is your Samaria? She named the shadows many of us carry:

- fear, doubt, anger, bitterness, hurt, grief, sickness, unforgiveness, pride, lust, jealousy, envy, materialism, resentment, rejection, low self-worth, disappointment, regret, abuse, failed relationships, disappointment in children or self, frustration with where you are in life

And Mama D said: We all have some shadows.

But we also all have a **divine appointment with Jesus**.

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This was the lesson’s final, driving declaration. **Jesus is going through your Samaria.**

He is bringing light to your darkness.

He is bringing healing to your brokenness.

He is bringing transformation to your hidden places.

She closed by anchoring us in **Luke 4:18**:

- He came to preach the gospel to the poor
- heal the brokenhearted
- preach deliverance to the captives
- recover sight to the blind
- set at liberty those who are bruised

And she said this is exactly why Jesus went to the cross:

To bring light to your darkness, transform you, and make you a witness to others.

★ Powerful Moments

- “They were modified on Sunday, but never transformed.”
 - “It’s all about your vertical relationship with God.”
 - “He must needs go through Samaria.”
 - “The transformer was on His way to transform.”
 - “You’ve tried to change your life by changing partners.”
 - “Now she is confronted by number seven.”
 - “You can’t help anybody else out if you’re still in the pit yourself.”
 - “What is your Samaria?”
 - “Jesus is going through your Samaria.”
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✦ Overall Flow

This lesson moved with:

- worshipful gratitude, biblical foundation, historical context, deep personal reflection, direct conviction, and strong hope

It was rich, layered, and compassionate — not merely exposing shadows, but pointing every SisStar to the One who **dispels them**.

♥ Closing Summary

Mama D closed this lesson by reminding us that transformation is not about briefly acting better — it is about allowing Jesus, the perfect Savior, to shine His light into every hidden, painful, rejected, and broken place in our lives. The woman at the well was not just a Bible character; she was a picture of every woman who has ever tried to satisfy spiritual thirst with temporary solutions. But Jesus, the seventh man, met her in her shadows, exposed her truth, offered her living water, and transformed her into a witness. That same Jesus is still going through Samaria today. He is still going into the places we avoid, the places others reject, and the places we try to hide. The call is clear, SisStars: **step out of the shadows, do business at the cross, stay vertically connected, and let the light of Jesus transform you from the inside out.**