

The SHEnergized SisStarhood

Sunday, April 12, 2026 | Lesson Recap

✿ OPENING SUMMARY

this morning's lesson was a powerful, Spirit-led moment where everything we have been learning over these past several weeks came together in one clear and convicting truth: we all fall, but falling is not failure—it is part of the process of becoming. Through the leading of the Holy Spirit, we were reminded that our falls are not meant to define us, but to develop us, whether they come from our own choices or simply the unexpected challenges of life. This lesson called us to release shame, stop judging ourselves, and fully embrace the grace of God that lifts us, while also leaning into the strength of our SisStarhood, because we were never meant to rise alone. At its core, this message anchored us in the reality that we are imperfect women, perfectly connected, and no matter what we face, we have both God's grace and each other to help us get back up.

👑 TRANSITION INTO THE LESSON (SPEAKER VOICE)

“Now SisStars... y'all know over these past few weeks...”

We've been walking through:

- Identity
- Transformation (NOT modification)
- Coming out of the shadows
- Vertical vs. horizontal relationship
- Grace + growth + process = purpose

“And the Holy Spirit said... Roxy... bring it ALL together.”

🔥 THE LESSON (FULL FLOW — SPEAKER VOICE)

🎤 “We Fall Down... But We Get Up TOGETHER”

“See SisStars... this thing been in my spirit ALL week...”

Every night...

Every morning...

🎵 *We fall down... but we get up...*

“And I said... okay God... this ain't just for me... this is for somebody in this room...”

Because somebody: is falling right now, just fell, OR trying to get back up

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⚡ FALLING IS NOT FAILURE

“Let me tell y’all something right now...”

👉 Falling is NOT failure.

You not failing...

You forming.

“Say that to yourself... I’m not failing... I’m forming...”

Because:

- You are a **WHIP** (Work In Progress)
- You are **STILL** valuable
- You are **STILL** in process

✨ “Falling is not failure... it is part of your formation.”

⚡ SOME FALLS ARE NOT YOUR FAULT. Some falls look like:

- Circumstances based on a decision you made
- Life hitting you out of nowhere
- A diagnosis you didn’t expect
- A relationship that didn’t work
- A door that closed
- A loss you didn’t see coming

“Life just be life-ing...” ✨ “Stop blaming yourself for a fall God allowed for your growth.”

⚡ WHY DOES GOD ALLOW FALLING?

“Because God don’t waste NOTHING.”

He uses it to: humble you, teach you dependence, grow you, shape you

✨ “Your fall is not punishment... your fall is POSITIONING.”

⚡ THE REAL DIFFERENCE — IS THE RISE

“We all fall... every last one of us...” But the difference? 👉 Who gets back up.

✨ “It’s not about the fall... it’s about the RISE.”

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⚡ GRACE IS WHAT PICKS YOU UP

“You didn’t get up on your own...” Grace picked you up.

✨ “Falling is human... but getting up? That’s divine.”

And somebody needed to hear:

👉 Grace still works 👉 Grace still covers 👉 Grace still lifts

⚡ STOP JUDGING YOURSELF

“Now let’s deal with this...” Some of y’all beating yourself UP. For: your past, your mistakes, your choices

“STOP IT.” ✨ “You are not your fall.” ✨ “You are not your mistake.” ✨ “You are not your circumstance.”

You are:

👉 God’s daughter

⚡ STOP JUDGING YOUR SISTER

Because: Your gossip is no better than her sin, Your struggle is no cleaner than hers

✨ “If God gave you grace... you gotta give your sister grace.”

⚡ WE DON’T GET UP ALONE

“This is where SisStarhood comes in...” Because sometimes: 👉 You CAN’T get up by yourself

You need: a hand, a word, a sister ✨ “If I fall... I might need my sister to pull me up.”

⚡ REAL MOMENT — “ME TOO”

“What’s your challenge?”

And SisStars started saying: Consistency, Trust, Self-worth, Temper, Doubt, Forgiveness

And all over the chat?

👉 “ME TOO”

✨ “You are NOT the only one.”

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⚡ ACCOUNTABILITY IN LOVE

“We don’t just check each other...” 🖐️ We check ON each other.

And real love says: I’m gonna correct you, AND I’m gonna cover you ✨ “Ain’t nobody playing in here.”

“**✨ “Grace don’t care WHY you fell... it just helps you get up.”**

Whether it was: your choice, life, a challenge

🖐️ SAME grace 🖐️ SAME God 🖐️ SAME lifting power

🗨️ DECLARATIONS “Say it out loud...”

- I may fall... but I WILL rise
 - My fall does NOT define me
 - My circumstance will NOT break me
 - I am covered by grace
 - I am NOT alone
 - I rise with my sisters
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💖 SISTERHOOD CULTURE MOMENT

“This space is: love, accountability, covering, connection

“We don’t leave each other down...”

🌟 CLOSING SUMMARY

SisStars... hear this and HOLD this: You WILL fall sometimes. That is life.

But you will NOT: stay down, stay ashamed, stay stuck

Because: 🖐️ You have grace 🖐️ You have God 🖐️ And you have THIS sisterhood

And in this space... ✨ We don’t rise alone ✨ We don’t heal alone ✨ We don’t fight alone

We do it: 🖐️ TOGETHER

And the truth that sealed this entire morning: **“We fall down... but we get up TOGETHER.”**

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CLOSING SUMMARY

As this lesson came to a close, what remained in the atmosphere was a deep sense of freedom, accountability, and sisterhood. We were reminded that while falling is inevitable, staying down is not our portion, because God's grace is always available to restore, rebuild, and reposition us. We were challenged to let go of self-condemnation, to extend the same grace to our sisters that God has given to us, and to walk boldly in the understanding that our circumstances, mistakes, and struggles do not define who we are. Instead, we rise—again and again—stronger, wiser, and more connected. In this SisStarhood, we don't isolate, we don't judge, and we don't quit; we cover, we love, and we lift one another. And the truth that carries us forward, the truth we now walk in, is this: we may fall, but by the grace of God and the power of sisterhood, we will always get back up—together.