



June 22nd | P-Q-R-S-T for a SHenergized Life Lesson Recap & Discussion Questions

Core idea: Theme Letters: P – Q – R – S – T

1. Setting the Atmosphere: Identity & Affirmation

We opened by:

- Creating **fun, affirming identities** (Ready Roxy, Marvelous Mama Nette, Joyful Jolisha, Lovable Lisa, etc.) using adjectives that matched each woman's first initial.
- Grounding everyone in **who they are in God** with the affirmation in superhero pose:

"I am a daughter of the King. Because I am a daughter of the King, I am beautifully and wonderfully made. Because I am a daughter of the King, my Daddy loves me. Because my Daddy loves me, I love me. Because I love me, I am free to love you. You are my sister, and I'm here for you."

Core message: *Identity first, then overflow to sisterhood.*

2. P – Put Your Best Foot Forward

- **Call:** Show up with **excellence, confidence, and intention**—not someone else's best, but *your* best.
- You emphasized:
 - Forward motion can look different for everyone: sprinting, jogging, slow-walking, scooting, even *slithering* forward—but **still forward**.
 - Excellence is doing *what you do* to the best of your ability, not perfectionism.
- Key idea: If you're still moving (at any pace), **you are not going backwards**.

Takeaway line:

"Anything worth doing is worth doing in excellence. I can't give Lauren's best or Stephanie's best. I have to give Roxy's best."

3. Q – Quit Quitting

- Many sisters admitted they were navigating **hard things** and had thought about giving up (dreams, assignments from God, healing journeys, depression, etc.).
- You named the truth: **"Hard stuff is hard."**
- Message:
 - Don't give up on **yourself, your dreams, or your purpose**.
 - What feels like delay may be God **developing your strength** and preparing your next level.
 - "Your breakthrough is on the other side of your perseverance."

The room became a **mutual encouragement circle**, with women speaking over each other:

"Keep going, sister. You got this, sister."



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4. R – Run This Race with Patience

- Focus: **Trust God's timing.**
- You shared about listening to a song on repeat about waiting on God even when you've "done everything right" and He still says "wait."
- Key shifts:
 - Be patient with **your process** and **your progress**.
 - Stop measuring your journey by someone else's timeline or capacity.
 - Give yourself the same patience and grace you give your children and others.

Powerful practices:

- Saying out loud:
 - "Be patient with **my** process."
 - "Give yourself a break."
 - Women named areas they needed to give themselves a break in: healing from injury, rest, insecurity, depression, aging, and not being who they "used to be."
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5. S – Stand Strong

- Call to **stand tall in faith and purpose**, not bent over by life or other people's expectations.
- You connected:
 - **Vertical connection** (to God) → strength to stand upright.
 - When we stay connected to God, we're **less easily shaken** by:
 - Health challenges
 - Difficult relationships
 - Work stress
 - Family strain
- Reframe of challenges:
 - Challenges are *not* only there to break us—often they **reveal how strong we really are**.
 - New mindset: "This challenge is here to show me how strong I am in God."

Affirmation:

"I will stand strong."



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6. T – Trust Your Sister

- You named **sisterhood as sacred**:

“We rise higher when we trust, support, and believe in one another.”

- Acknowledged real wounds:
 - Broken trust with women
 - “I don’t do women” attitudes
 - Hurt that bleeds into new relationships
- Key truths:
 - We need each other; we are **stronger together**.
 - Being trustworthy (in character, integrity, confidentiality) builds **unbreakable bonds**.
 - This SH Energized space is designed as a **safe, loving, trustworthy covering** where women can admit depression, anxiety, frustration, aging, and more—without shame.

Women responded by:

- Sharing vulnerably about depression and anxiety.
- Covering one another with “We got you, sis. God got you, and we got you too.”

7. Closing Covering & Call to Ongoing Connection

You:

- Had everyone “**reach out and touch 20 somebodies**” in the Spirit, symbolically covering each woman on the screen.
 - Prayed **by name** over as many women as possible, asking God to:
 - Help them put their best foot forward
 - Quit quitting
 - Run with patience
 - Stand strong
 - Trust and be trustworthy in sisterhood
 - Reaffirmed that if **no one else** tells them this week that they are beautiful, worthy, and worth it, they should **hold on to what was spoken in this space**.
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Week 4 Discussion Questions

P – Put Your Best Foot Forward

1. Personal check-in:

- Right now, what does “my best” actually look like in this season (emotionally, spiritually, physically)?
- Where have I been trying to offer someone else’s version of “best” instead of my own?

2. Practical application:

- Name *one* area this week where you will intentionally “put your best foot forward” (work, parenting, health, ministry, rest, etc.).
- What will that look like in daily actions?

3. Reflection:

- When you think about moving forward (sprinting, jogging, slow-walking, slithering), which one describes you right now—and why?

Q – Quit Quitting

1. Honest inventory:

- What dream, assignment, or goal have you been tempted to give up on lately?
- What does “quitting” usually look like for you (withdrawal, procrastination, silence, self-sabotage, etc.)?

2. Reframing:

- If you chose to **quit quitting** in that area, what is *one small next step* you could take this week?

3. Sister support:

- What do you need from your sisters (prayer, check-ins, accountability, resources) to help you keep going?

R – Run This Race with Patience

1. Process vs. comparison:

- Where have you been comparing your race to someone else’s? How has that affected your joy or peace?

2. Self-compassion:

- In what specific area do you need to “**give yourself a break**” right now?
- What would being patient with your own process *practically* look like over the next 7 days?



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S – Stand Strong

1. Identify the pressure:

- What is currently trying to shake your confidence—health, finances, relationships, work, grief, something else?

2. Faith posture:

- How does your “vertical connection” to God help you stand upright in this particular area?
- Is there a scripture, song, or affirmation that helps you stand strong?

3. Embodied practice:

- Have everyone do the **superhero pose** and share:
 - “In this season, I will stand strong by _____.”

T – Trust Your Sister

1. Healing & honesty:

- Have you ever been hurt by another woman in a way that made you say, “I don’t do women”?
- How has that shaped the way you show up in sisterhood spaces now?

2. Safe space:

- What makes a space feel *safe* and *trustworthy* for you?
- How can we, as a group, commit to being that kind of space for one another?

3. Being trustworthy:

- What is one way *you personally* can be more trustworthy this week (guarding confidentiality, following through, speaking life instead of gossip, etc.)?

4. Covering practice:

- Invite each woman to finish this sentence for another sister (by name, if appropriate):
 - “Sister _____, we got you. You don’t have to carry this alone because _____.”

Wrap-Up Question

To close a discussion or Power Hour, you might ask:

- “Which **one letter** (P, Q, R, S, or T) is your focus for this week—and what is **one concrete action** you will take to live it out?”