



June 29th | U-V-W-X-Y-Z for a SHEnergized Life Lesson Recap & Discussion Questions

1. Opening Atmosphere & Spiritual Tone

- **Warm welcome & energy check:**

Roxy opens by inviting sisters to share *one word* about how they're feeling (e.g., "awesome," "blessed," "excited") to set a joyful, connected tone [0:01:12–0:02:22].

- **Identity + location intros:**

She has everyone share their *name + adjective (same first letter as their name) + location* (e.g., "Ready Roxy from Jacksonville," "Believing Bunny from Ohio," "Valuable Valerie in Kissimmee") [0:03:49–0:05:18]. This reinforced identity, positivity, and community.

- **Opening prayer (Courtney):**

Courtney sets a powerful spiritual foundation with a prayer of **gratitude, steadfastness, and expectation** [0:06:21–0:09:41]. Key emphases:

- Thanking God for being **"Daddy... Abba Father... all that we need and more"**
- Asking that *"the way we entered this call will not be the way we exit"*
- Praying that every woman would be **edified, excited, reminded of who she is in God and the work He has for her**
- Asking God to **"move us from faith to faith and glory to glory"** and align them with His perfect will

This framed the entire session as **spiritual nourishment, healing, and equipping**.

2. Sisterhood Affirmation & Identity in Christ

Roxy moves into the **SHEnergized affirmation** with a "superhero pose," reminding them of earlier weeks [0:12:34–0:16:18]:

Core lines (spoken in call-and-response style):

"I am a daughter of the King" [0:13:47]

"Because I am a daughter of the King, I am beautifully and wonderfully made."

"My Daddy loves me... and because my Daddy loves Roxy, I love Roxy." [0:15:14]

She stresses:

- **Self-love as evidence of God's love:**

"When we love ourselves, we have to *act like it*." [0:15:14–0:16:01]

- **Sisterhood as an outflow of that love:**

"I'm free to love you. You are my sister, and I'm here for you." [0:16:01–0:16:18]

This section anchors the lesson in **identity, self-worth, and sisterhood** as the spiritual foundation for everything that follows.



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3. Review of the Alphabet Series (A–T & More)

Before diving into the new letters, Roxy quickly **reviews the prior weeks’ alphabet of action** [0:16:18–0:18:52]. Highlights:

- **A** – *Accept the challenge*
- **B** – *Be your best*
- **C** – *Combine your words into actions*
- **D** – *Dedicate your life to your dreams*
- **E** – *Expect little if you give little*
- **F** – *Feel good about yourself*
- **G** – *Get going*
- **H** – *Have a helping hand*
- **I** – *Inspire somebody*
- **J** – *Join the team*
- **K** – *Keep on keeping on*
- **L** – *Let your light shine every day*
- **M** – *Make every moment count*
- **N** – *Never say I can’t*
- **O** – *Overcome your obstacles*
- **P** – *Put your best foot forward*
- **Q** – *Quit quitting*
- **R** – *Run this race with patience*
- **S** – *Stand strong*
- **T** – *Trust your sister*

She then asks which letters have resonated most. For example:

- **K. Michelle** shares that **“Keep on keeping on”** and overcoming obstacles hit her because when she gets frustrated, she tends to stop everything [0:19:56–0:20:22].

This transitions naturally into the **final letters of the series (U–Z)** for this closeout session.

4. U – Use Your Talents

Core principle:

“Discover the gifts God has placed within you, develop them, and then use them to bless others and build His kingdom.” [0:20:22–0:23:55]

Key points:

- **Discover:**



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- Take time to *X-ray yourself* and sit with God to see what He's placed in you.
- Your gifts are **intentional**, not random.
- **Develop:**
 - Gifts are not meant to sit dormant: *"We're either growing or slowing."*
 - She uses the **"sharpen the saw"** metaphor—one person chops a tree with a dull axe; another invests time sharpening, then the work becomes easier and more effective.
- **Deploy (Use):**
 - "Nothing is just always just about me... what we have is about making an impact on others."
 - Your talents are **for impact and kingdom building**, not just personal satisfaction.

Reflection questions she raises:

- *"What has God given you that you need to develop?"*
- *"What is something that you know God has given you that you need to spend some developmental time in?"*

Examples from sisters:

- **Courtney:** Writing
- Others: seeking, writing, etc.

She reminds them:

"God has given you unique talents on purpose. He is intentional. God don't waste a thing." [0:23:55–0:24:59]

5. V – Value Your Time

Theme: **Time is a holy stewardship.**

Roxy emphasizes that **time is a gift** [0:25:00–0:28:47]:

- Many people we love are **no longer here**—some younger than us, some died suddenly or lost capacity.
- Because of that, we **"don't have time to waste time."**

Key principles:

- **Protect your peace:**

"Spend time with those things that are protecting my peace and protecting my sanity. I don't have time to waste with things that don't bring positivity to my life."

- **Align time with purpose:**

- "If you look at your schedule and what you do, does it align with your values and your purpose? That's an aha moment."



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- **Learn to say no:**

“Learn to say no to distractions and good things that take you away from best things... Sometimes we get caught up on things that look shiny and we think, ‘Whoa, that’s good,’ but God has something more and better.”

She asks:

- “How do you currently spend your time?”
- “What can you do to better align your time with God’s purpose for your life?”

Example:

- **Antoinette** shares she needs to spend more time **reading the Bible** to stay in His word and align with what He wants [0:28:47–0:28:51].

6. W – Work Until Your Work Is Done

Core statement:

“Excellence is not an option, it is an assignment.” [0:28:51–0:30:45]

Main ideas:

- We serve an **excellent God**, so **whatever we do is worth doing our best**.
- “Hard stuff is hard.” Difficult things will be difficult, but we still **work, stay committed, and finish strong**.
- God honors **faithfulness, not perfection**.

Mama Allen adds:

“Your work is never done... your work is done when He says it’s done and you’re dead... and working on me is my biggest [project].” [0:30:41–0:30:59]

Roxy ties this to testimony:

- **Faithfulness brings fruit.** Many sisters (like Teresa downstairs) have seen that *when they do the work God gave them, He does the rest* [0:30:41–0:32:30].
- “It’s not a testimony unless you testify.”

Application:

- **Commit** to doing your best in everything.
- **Follow through; don’t quit** right before the victory.
- “Faithfulness in the finish brings the fruit.”

7. X – X-ray Your Own Lifestyle

Theme: **Radical, honest self-assessment for transformation.**

Roxy says [0:34:59–0:37:31]:



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“If you can’t be transparent with nobody else, be transparent with yourself... You know what you look like butt naked.”

Key points:

- **Awareness before growth:**
 - “I can’t move forward if I don’t know where I am.”
 - Honesty brings **healing and transformation**.
- **Real examples from her life:**
 - She’s been taking her blood pressure all day and doesn’t like the numbers, but:
 - She acknowledges she’s been busy, stressed, and her body is responding.
 - She realizes she must *sit down, breathe, drink water, and change habits* rather than pretend the machine is wrong.
 - Nuts example: Kiana advises her that nuts may not be good for her current health issue; Roxy wants them but chooses to listen, puts the bag down, and gives them away [0:35:28–0:36:49].
- **Not over-analyzing:**
 - K. Michelle mentions she can analyze too much and become stuck [0:37:09–0:37:16].
 - Roxy agrees: be honest and informed, but don’t become paralyzed.

Relational X-ray:

- She shares deeply about her **adult son with bipolar disorder and psychotic disorder who also uses substances** [0:36:49–0:41:16].
 - She loves him fiercely and would give her life for him.
 - But she names **codependency** as something that “doesn’t serve my purpose.”
 - She’s trying to set a boundary (not answering every call), and as she’s teaching, his call literally comes through on screen—illustrating the struggle in real time.

Core truths:

- **Evaluate habits, choices, and priorities.**
- **Release what no longer serves your purpose.**
- **Align your lifestyle with God’s plan.**
- “When you live with purpose, you walk in freedom... your mind, your body, your blood pressure—everything.” [0:41:16–0:46:25]

She invites the women to identify areas needing an “X-ray”:

- Health, relationships, emotional patterns, co-dependency, seeking love in the wrong places, etc.

8. Y – Yearn to Achieve Your Goals & Ambitions



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Focus: **Holy desire + vision + alignment.**

Roxy teaches [0:41:20–0:46:25]:

- When you want something **“real bad,”** you become focused, “thirsty,” and intentional (LaShonna calls it *thirsty*).
- She ties this to the verse:

“As the deer pants for the water, so should your soul yearn for God.”

Key points:

- **Dream with purpose:**
 - Set goals that **align with God’s plan**, not just random desires.
 - Keep your vision in front of you; it shapes your decisions and daily behaviors.
- **Stay spiritually connected:**
 - Vertical connection to God, then He helps with the horizontal issues (cross metaphor).
- **Let your dreams be bigger than your excuses:**
 - “Let your dreams be bigger than your excuses.”
- She announces the upcoming series on **Optimal Wellness**, exploring all **seven dimensions of wellness** (spiritual, mental, physical, financial, social, environmental, occupational) and notes that true wellness requires health in each area [0:46:25–0:48:42].

Reflection question:

- “What is one goal or vision that God has placed on your heart? What step this week will you take to move closer to it?”

Testimony: **Sister Bunny** [0:52:34–0:54:18]

- She has a goal she’s been struggling with for **about five years**.
- In this meeting, she decides to **set a daily 3:00 pm prayer alarm** to talk with God specifically about that struggle.
- She recalls that focused, specific prayer helped her **overcome a previous issue**—long enough to testify to her children and friends.
- At nearly **79 years old** (birthday October 15), she’s still choosing growth, discipline, and spiritual strategy.

Roxy and the group celebrate her zeal and decision, honoring both her age and her determination.

9. Z – Zealously Be the Very Best SHEnergized Woman of Excellence You Can Be

Theme: **Live full-out in your God-given excellence, without limits.**

Key calls from Roxy [0:56:50–1:01:26]:

- **Bring passion to everything you do:**



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- Parenting, marriage, job, church ministry, sorority/organization work—do it with passion and purpose.
- If you can't bring God-aligned passion to it, X-ray whether you should still be doing it.
- **Don't limit your excellence:**
 - "Don't limit how amazing you can be, because that can limit what God has for you."
- **Influence your sphere:**
 - Every woman has a **sphere of influence** (family, church, work, siblings, even this call).
 - She invites them to name theirs—Chariss lists **her mom and siblings**; K. Michelle acknowledges her sphere has shifted but is still present [1:01:26–1:01:44].

Powerful prayer moment for K. Michelle and *all the sisters* [1:01:43–1:06:18]:

- K. Michelle confesses she has allowed life to suppress her passion over **16 years**.
- Roxy prays over her by name and then calls out nearly every sister on the call (Teresa, Pam, Angela, Antoinette, April, Courtney, Sydney, Joyce, LaShonna, Lauren, Mama Madeleine, Novella, Patrice, Qiana, Larry, etc.)—asking God to:
 - Rekindle zeal
 - Realign them vertically with Him
 - Empower them to live purposefully and bring black excellence and godly excellence back to homes, churches, schools, and communities

She closes that section with:

"We are not perfect, but God has been perfecting us so we might *perfectly fit* the purpose He has for us."

10. Closing Reflections & Action Steps (The Slide)

Roxy ends by summarizing each letter with **specific reflection questions and weekly action steps** [around 1:08:32–1:13:09]:

U – Use Your Talents

- *Reflection:*
 - What gifts and talents has God given me?
 - How am I using them to make a difference?
 - Am I hiding my talents instead of using them to fulfill my purpose?
- *Action:* Identify one gift and **take a step to develop or use it** this week.

V – Value Your Time

- *Action:*
 - **Audit your time** this week.
 - Eliminate **one time waster**.



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- Reinvest that time into something aligned with your God-given purpose.

W – Work Until Your Work Is Done

- *Action:*
 - Finish **one task you’ve been avoiding**.
 - Create a plan, stay focused, and **complete it this week**.
 - Remember: *“Excellence is found in the follow through.”*

X – X-ray Your Own Lifestyle

- *Action:*
 - Evaluate **one area** of your life.
 - Make **one necessary change** this week to align more closely with God’s plan.

Y – Yearn to Achieve Your Goals & Ambitions

- *Action:*
 - Write down **one goal**.
 - Write **one specific action** you will take this week toward that goal.

Z – Zealously Be the Very Best SHEnergized Woman of Excellence You Can Be

- *Action:*
 - Choose **one area** of your life and **commit to excellence** in it this week.
 - Be an intentional reflection of God’s greatness.

Final encouragement:

“You’ve come so far this month. Keep building, keep believing, and keep becoming the woman God created you to be.”

She then transitions to logistical notes about the **SHEnergized Sisterhood**, the **January retreat**, staying connected, and gives out her contact information, closing with love, gratitude, and an open mic for final remarks [1:13:09–end].

11. Essence of Roxy’s Lesson in One Line

You are a **daughter of the King**, gifted on purpose, called to steward your **time, work, lifestyle, and vision** with **zealous excellence**, so you can bless others, build God’s kingdom, and walk in the freedom of your true purpose.



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SisStars, prayerfully work through the reflection and discussion questions for each letter (U–Z), writing down your honest answers and being prepared to share insights, challenges, and next steps with the group as you feel led.

U – Use Your Talents

1. Discovery:

- What is **one talent or gift** you know God has placed in you (spiritual, relational, creative, professional, etc.)?
- How did you first recognize it?

2. Development:

- In what ways do you need to “**sharpen the saw**” with this gift (training, practice, mentorship, prayer, Bible study)?
- What has kept you from developing it more fully?

3. Deployment / Impact:

- How are you currently using your gifts to **bless others and build God’s kingdom**?
- Who might be missing out if you keep that gift dormant?

V – Value Your Time

1. Time Audit:

- If someone followed you with a camera for a week, what would your **schedule say you value most**?
- Where do you see **time leaks** (phone, TV, scrolling, unhealthy relationships, overcommitting)?

2. Alignment with Purpose:

- Which parts of your weekly routine clearly **align with God’s purpose** for your life?
- Which parts clearly don’t—and need to change?

3. Boundaries & Peace:

- What is **one thing you need to say “no” to** in this season to protect your peace?
- What is **one thing you need to say “yes” to** that better reflects your God-given assignment?



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W – Work Until Your Work Is Done

1. Excellence vs. Perfection:

- Where do you feel God calling you to **excellence**, and where have you been waiting on **perfection** before you move?
- How has perfectionism or procrastination shown up in your life?

2. Unfinished Assignments:

- What is **one assignment or task** God gave you that you started but never finished (project, ministry, class, book, health goal)?
- What emotions come up when you think about finishing it?

3. Faithfulness in the Finish:

- Can you recall a time when you **worked faithfully** and saw God **reward your consistency**?
 - What would “finishing strong” look like in one specific area *this week*?
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X – X-ray Your Own Lifestyle

1. Honest Assessment:

- If you did a spiritual X-ray today, what is **one area** (health, emotions, finances, relationships, habits) that would clearly **need attention**?
- What have you been **avoiding seeing** about yourself?

2. Release & Alignment:

- What is **one thing or person** you may need to **release or set boundaries with** because it no longer serves your God-given purpose?
- How might your life look different if you truly aligned this area with God’s plan?

3. Over-Analyzing vs. Acting:

- Are you more likely to **over-analyze** or to **avoid thinking** about hard truths?
 - What is one **simple, concrete step** you can take this week to move from awareness to action?
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Y – Yearn to Achieve Your Goals & Ambitions

1. Holy Desire:

- What is **one God-given dream or goal** that keeps coming back to your heart, no matter how much time passes?
- How strongly do you *really* yearn for it—enough to change habits?

2. Vision & Excuses:

- If you removed **every excuse**, what would you be pursuing right now?
- What has been your biggest excuse, and what truth from God’s Word can replace it?

3. Practical Pursuit:

- Like Bunny setting a 3 pm prayer alarm, what **one daily or weekly practice** could you start that would move you closer to that God-given goal?
- Who could be your **accountability partner** in this area?

Z – Zealously Be the Very Best SHEnergized Woman of Excellence You Can Be

1. Passion Check:

- In which area of your life do you currently feel the **most zeal** (family, ministry, career, health, learning, service)?
- In which area has your **passion grown cold**, and why?

2. Sphere of Influence:

- Who is in your **current sphere of influence** (family, church, coworkers, friends, online community)?
- What do they **learn about God and excellence** by watching how you live?

3. Unlimited Excellence:

- Where have you been **playing small** or shrinking back, even though you sense God calling you higher?
- What is **one bold, “zealous” step** you can take this week to show up as the woman of excellence God designed you to be?