



K-L-M-N-O for a SHEnergized Life Lesson Recap & Summary

K – Keep on Keeping On

Core idea: We're either **growing or slowing**, but forward is forward—whether you're **sprinting, walking, crawling, or slithering**.

Key points:

- Stay **consistent, faithful**, and **moving forward**, even when you feel tired or discouraged.
- **Setbacks are not stop signs**; they're part of the journey.
- Even a tiny step counts as **progress**.

REFLECTION QUESTIONS

- *Where is God asking you to keep going, even though progress feels slow?*
- *What's one area this week where you will refuse to quit?*

L – Let Your Light Shine Every Day

Core idea: Your light is **unique and intentional**—no one else shines like you. Your light is meant to **inspire and impact**.

Key points:

- Your light still shines **even in struggle**; God can use your process to encourage another sister.
- Many things try to **dull your glow**: negativity, haters, jealousy, illness, stress, lies of the enemy, spiritual attacks.
- So you must “**shine on purpose**” and **protect your light on purpose**.

Simple practices:

- A **smile**, an encouraging word, a text, a call—small things with big impact.
- Shine not only **for others**, but also **for yourself** this week.

REFLECTION QUESTIONS

- *What's one way you can intentionally let your light shine to encourage someone else this week?*
- *What's one way you will let your light shine for you?*



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M – Make Every Moment Count

Core idea: Every day is a gift. Every moment is an opportunity. We don't have time to waste.

Key points:

- Be **fully present** where you are—heart, mind, and attention.
- Focus your time and energy on:
 - What **matters most**, Who **lifts you up**, What aligns with your **purpose**.
- Say *no* to distractions and yes to what counts:
 - Relationships, Health, Your Calling, Ministry and meaningful work.

REFLECTION QUESTIONS

- *What is one change you can make to be more intentional with your time and energy?*
- *What is one moment today you will make count toward your purpose?*

N – Never Say “I Can’t”

Core idea: Your **mindset** determines your possibilities. “I can’t” blocks what God is trying to do through you.

Roxy led the sisters to declare: “I am strong. I am capable. I am unstoppable.”

Key points:

- God often has a **bigger vision** (the whole galaxy) while we're just reaching for a **single star**.
- Growth happens outside your **comfort zone**.
- “I can't” must be replaced with “**I can**” and **faith-fueled action**.

Examples shared By SisStars in Chat: Going back to school, taking hard classes. Changing careers after decades. Dancing and competing after heart surgery. Starting new chapters in retirement.

REFLECTION QUESTIONS

- *What limiting belief do you need to let go of?*
- *What will you replace it with—faith, confidence, and a concrete action?*
- *In this season, what is your “I can”?*



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O – Overcome Your Obstacles

Core idea: Obstacles are temporary. Your God-given strength is permanent.

The group repeated together: “Obstacles are temporary. My strength is permanent. Every obstacle is shaping me for something greater.”

Key points:

- Your **vertical connection** to God gives you strength to handle **horizontal issues** (the problems in front of you).
- Many obstacles are real:
 - People, finances, health, fear, disrespect, grief, systems.
- But: You must face them with **honesty** (no denial), **Courage** (not running from them), And a **plan** (one step at a time).

Roxy modeled this with her own story:

- Navigating her son’s mental health journey and your own health issues is only possible by:
 - Staying **connected to God**, Being honest about the pain, Continuing to move forward.

REFLECTION QUESTIONS

- ***What is one obstacle you are committed to addressing and overcoming—starting this week?***
- ***How will your vertical connection to God help you handle that horizontal problem?***

Weekly Power Challenge (Tied to the Lesson)

- **Pick ONE letter (or more) —K, L, M, N, or O—that speaks most to your current season.**
- This week:
 1. **Pray** about that letter.
 2. **Reflect** on its question.
 3. Take at least **one action** that lives it out.

“You got this, sis.” – because God’s power, your mindset, and your sisterhood are working together.