



Lesson One

"GETTING THROUGH WHAT YOU ARE GOING THROUGH"

Dr. Dye started her lesson portion with definitions of our theme for the series. She gave us 2 focus points:

Point # 1- "Getting through what you are going through" and

Point # 2 - "What to do with your minute in your moment"

The following is an overview of the audio lesson- Please review and stay encouraged 😊

I. DEFINITIONS

1. Getting: The process of going from beginning to end
2. Through: Continuing toward completion of a process; moving from here to there.
3. What: The thing or things that you are experiencing.
4. You: Represents you and only you
5. Are: Present tense of verb "to be"; what is happening presently.
6. Going: The act of leaving a place.
7. Through: The length of time; a certain period; the finality.



II. Overview- "Getting through what you're going through"

Dr. Dye started the class with a powerful charge: *"shake it off and step it up; continue to move no matter how dire the situation may look.*

Dr. Dye Quote: *Sisters we are not dead! Do not let the enemy bury you!*

****Only by the Holy power of God can we get through everything we go through. ****

God is going to send a comforter to you; the comforter is the one who will strengthen you. Remember that Jesus and the Holy Spirit are one!

****We have the promise to be led in every situation. ****

III. A TIME FOR EVERYTHING (Using Your Minute in the Midst of Your Moment)

*What you're going through is your time; there is a season for everything.

*Understand that you are always surrounded by God's Grace

*You must make a choice to use your time wisely

*A lot can happen in a minute- What will you do with your minute (min=your quality)

*Take your minute in the midst of your moment to define who you can become

*What are you doing when your moment/minute arises?

*In the midst of your moment learn to wait on God

*Sometimes we must be still- Cut out the noises that surround you

*Be intentional about your minute and moment.

*Learn to step into the word of God!

*Take your minute to step away from the circumstance and learn to trust God

*You can question God but know that God does not have to answer you



*Use your minute to conquer your moment: we face issues because they are apart of life. As women of God we have the covering of God. That covering allows us to continue to have joy amid all that we are going through!

Dr. Dye charged us with 3 powerful things to do with your minutes and moment

Take your minute to lift a praise to the Lord!

Take your minute to submit yourself to God!

You can't change the moment, but you can take the minute to examine all that you're going through!

Questions for reflection & Breakout room discussions

What will you do with your minute in the midst of your moment?

How do you see this helping you to get through what you are going through?

Tools in the upcoming lesson that we will learn:

- 1) We will learn about what is our vehicle
- 2) What is our gas
- 3) What is our engine
- 4) What is our key

Keep coming each Sunday to learn more from Dr. Dye