

JOIN US SUNDAYS 8:30 AM EASTERN

# FROM ONE PIT to Another

(Study on the Book of Jonah)

**Zoom** JOIN ONLINE OR CALL: 646-558-8656  
MEETING ID: 530 441 1689 | PASSCODE: 057058  
Register, Login or Learn More at [www.SHEnergizedSisStarhood.com](http://www.SHEnergizedSisStarhood.com)

The SHEnergized  
SisStarhood  
Bible Class Series

FACILITATED BY  
**Dr. Dorthy Dye**

Sis. Tiffany Lesson overview |3/05/2023 “Seed, Soil, Popcorn!”

“Seed, Soil, Popcorn!”

**I. The Seed!**

Jeremiah 29:13

Psalm 34:5

**II. Soil!**

Matthew 13: 18-23

Mark 4:13-20

Luke 8:11-15

**III. Popcorn!**

The kernel – ( Your core) I Pet 3:4

The water – (Holy Spirit) John 7:37-39

The pericarp (Pop) – 2 Cor 4:8





Sis. Tiffany Lesson overview |3/05/2023 “ Seed, Soil, Popcorn!”

### SisStar Reflections

1. God always prepares for us what we need when we need it. (Philippians 4:19)
2. Learn to respond to circumstances based on the Word of God rather than to react based on your emotions.
3. Living in a place of obedience to the Word of God will cause you to have the peace of God that passes all understanding.
4. The Lord wants His children to be willing and obedient. Being obedient but not willingly so is not pleasing to God.
5. God does not want your obedience under duress. God wants you to trust Him and His Word enough that you obey with Joy.
6. We show just how much we love and trust God by how we treat His Word. 7. Even when we are disobedient to the Word, God still loves us and gives us chance after chance.

*Your "unwilling obedience" cannot separate you from the Love of God, which is in Christ Jesus - but willing obedience sure has better benefits!!!*

### RESPONSE OR REACTION

**(RESPONSE:** Based on the Word of God)

**(REACTION:** Based on emotions)

1. The **ACTION** or situation which happens.
2. The **EMOTION(s)** which are generated by the **ACTION**.
3. The **RESPONSE/REACTION** to the **EMOTION(s)**.
4. The **RESULT** of your choice.

### It is at this point that you must make a choice:

Choice: A) Focus Upward and allow yourself to be controlled by the Word of God, thereby receiving the Peace of Obedience (**POSITIVE RESPONSE**):

Choice: B) Focus Downward - and allow yourself to be controlled by your emotions thereby going into the PIT (**NEGATIVE REACTION**):

**WHICH WAY WILL YOU CHOOSE?**