

2023 Spark Women's Conference  
Fireside Chat: Getting Your Spark Back  
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Broadcast Date: 2/1/24  
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Summary:

*The emotions of guilt, shame, and condemnation dim our light and put out our spark; the enemy knows that if we're in a place of condemnation and shame, we won't approach God. We avoid situations that put our spark out by being aware of self-deception, which is the worst kind of deception. As women, we have some friendship circles we're transitioning out of; we "vet out" the circle of friends as we grow in the grace life by deciding that if they can't grow with us, they can't go with us. When beginning again is enough to discourage us, we get the courage to begin again by remembering that we qualify, and remembering who called and endorsed us.*

Notes:

1. We don't have to stay stuck. Our spark is on the inside of us; it's not lost. God has graced us to start anew; a lot of things that He's doing in this season are new to us but not new to Him.
2. Different things in life cause us to feel like we're not able to begin again, or continue, or do the last thing that God told us to do when it comes to our purpose.
3. As far as pursuing our purpose outside of our family, if we don't become better for ourselves, we can't be better for anybody around us.
4. One practical way to get our spark back when life tries to put out our fire is to recognize what's hindering our confidence. If our light isn't flaming and sparking and we don't have anyone around that notices we're sinking, the first thing we need to do is say, "God, help!"
5. If we're still alive and among the living, there's still a purpose and a destiny to be fulfilled. We should not be afraid to be an individual.

Category: spiritual growth

Keywords: light, dim, spark, transitioning, grow, beginning, courage, qualify