



Word of God
Fellowship

TIGHTEN *Up*

Hebrews 12:1 (KJV)

Let us lay aside every
weight, and the sin
which doth so easily
beset us, and let us
run with patience the
race that is set before us.

STAY FOCUSED.

STAY DISCIPLINED.

FINISH STRONG.



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SUNDAY, AUGUST 23, 2026

1



MIND – *Protect It.*

Your mind is the gateway to your soul; if the enemy can get your mind he can get your life. So you have to keep it protected. That means being careful of what you allow yourself to hear and see.

Philippians 2:5 (KJV)

Let this mind be in you, which was also in Christ Jesus.

Isaiah 26:3 (KJV)

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

ASK YOURSELF:

- Do I allow what I hear and see to control my thoughts?
- Am I keeping my mind focused on God and His truth?



KEY TRUTH:

You can't cancel what God revealed.

What God reveals,
He confirms.

What He confirms,
you can't cancel.

What you can't cancel,
will come to pass.

2



EMOTIONS – *Control Them.*

If not controlled, your emotions will have you making decisions God never intended for you to make; the enemy would love to keep you trapped with depression, anxiety, low self-esteem, loneliness, worthlessness, fear; cause if he can control your emotions, he knows he can paralyze you and make you too afraid to continue this race. Don't let fear cause you to miss your purpose; DO IT SCARED.

Philippians 4:6-7 (KJV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalms 56:3-4 (KJV)

Whenever I am afraid, I will trust in You. In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?

ASK YOURSELF:

- Am I letting fear, anxiety, or other emotions make my decisions?
- What has God shown me that I need to release and trust Him with?

Notes



WEEKLY CHALLENGE

Read Hebrews 12:1 each day this week. Be intentional about protecting your mind, controlling your emotions, and pursuing God with a committed heart.

Write down one area where you need to tighten up and take a step toward obedience. Don't just hear it—live it!

3



SPIRITUALITY – *Pursue Him.*

Your walk with God isn't a "situationship" this is a real relationship; and just like any relationship, YOU have to do the work; no one wants a relationship, where one person is doing all the giving and all the other person does is receive; God wants your time; he wants you to talk to him; he wants your heart; being in a committed relationship with God is the only way you will ever know your true purpose; no book, Instagram reel or conference can help you find your purpose. Only God can.

ASK YOURSELF:

- 2 Timothy 1:6-7 (KJV) with God daily?
- Am I allowing Him to transform my thoughts, my heart, and my actions?



PRAYER FOCUS

Lord, help me to guard my mind, settle my emotions, and pursue You with a whole heart. Give me discernment, strength, and courage to stay focused, disciplined, and faithful. In Jesus' name, Amen.



TAKEAWAY

You are called to be focused, not distracted. Disciplined, not defeated. And strong, not shaken.

Because what God has revealed is for you!



BIG REMINDER

Stay in the Word. Stay in prayer. Stay connected. Don't let the enemy distract you from your purpose.

TIGHTEN UP!

FOCUS. DISCIPLINE. FAITH.
FINISH STRONG.