

# ***RISING FROM FEAR***

TABITHA'S TEA PARTY  
BIBLE STUDY



## ***What's Holding You Back?***

BY JAMESE WILLIS

Over the weekend I had the pleasure of attending a bible study produced by Tabitha's Tea Party. I've written about how much I enjoy Tabitha's Tea Party events and this bible study was no different. What I love about the interactive bible study is the mission to Teach, Empower and cause the audience to Apply what they learn to their lives. The theme of the bible study was "Rising From Fear."

Let me just get the carnal stuff out of the way. As I was driving to the event I remember thinking how I had a taste for Chick-fil-A chicken strips because I hadn't eaten yet and as soon as I walked into the bible study there were Chick-fil-A chicken strips, salad, mini bundt cakes and Fanchion's tea. Lawd, I was so happy!!

Ok, now down to the spiritual aspect. Upon entering The Blush Bar I could hear women in praise and worship telling God they were withholding nothing from Him in this season.

Before our first speaker we had instructions; not only were we to get up but we were to stay up! It's not enough to rise from a dead places, we must stay up, fully functioning in our risen state.

The first speaker was Mrs. Princess McMillian. She is the owner of Princess Touch Event Styling Co. Her delivery was real and down to Earth. She talked of how she had a job in corporate prior to starting her company, yet she wasn't satisfied. There were days when getting out of the bed to start the day was a struggle. There was no care given to how she outwardly presented herself. In other words, the corporate environment had become her "dead place." After prayer, the Lord showed her that He called her to become an entrepreneur. This shouldn't have been a shock to her as she had created an event planning company in 2014. This allowed her to see that fear is a choice and she posed the question to us: "Will you allow fear to hold you?"

# Girl, stay up!

As soon as she surrendered to God, she was laid off from her corporate position. From the outside looking in, her situation looked bleak: husband, new infant and now no job, but Princess chose to trust God. She set business goals for herself, stayed consistent in achieving those goals, and confidently asked companies to partner with her.

One big take away from her presentation was the idea that because you overcome fear, there will be a test to see how far you've actually come. She passed the test and as a result she spoke over the audience and exclaimed: "Don't miss out on the blessings God has for you because of fear!"

Next, Ebony King, the founder of Tabitha's Tea Party taught us from Isaiah 8:11-18. This passage of scripture gives believers to know that the only thing they should worry about is what is holy. Meaning, we should be concerned about what is on the mind of the Holy Spirit. We must be careful not to align ourselves with those who are not submitted to God because there will be a tug of war in our spirit over submission. She used the example of a saved woman trying to date an unsaved man. The woman will try to pull him into the church, pull him into having a godly mentor, pull him into a new way of thinking whereas the man will pull her saying, "It doesn't take all of that to make it in this world."

Also, she highlighted the fact that fear is a question of obedience. Who are you willing to be obedient to: God or man? If you're operating in life worried about what "They" think or say versus what God thinks or says then you are walking in



Princess McMillian discussing how she rose from the fear of starting a business.

*"God created us to be relational beings for a reason."*

obedience to man. In order to "stay up" we must not only believe in God but we must obey Him. When we submit to God we are in a position of power because we are walking by faith. The definition given for faith was the belief in a positive outcome even if there are negative attributes attached.

Lastly, Ebony wanted us to know that people will support you and partner with you because of the spirit you carry. You don't have to be an expert you just have to carry a humble spirit.

The closer was, The Fit Pastor, Mr. Carrington Brown. He was high energy, relate-able and ready to make us confident about taking our right to achieve. He started off by saying that we shouldn't isolate ourselves as God created us to be relational beings for a reason. During his empowerment presentation he gave us four solid points.

The first, was the principal that we must have a clear definition of our identity. He expressed that through counseling others oftentimes we take on various unhealthy behaviors because we don't have a clear definition of who we are.

Secondly, he said that we must spend time



Carrington Brown admonishing the audience to stand firm in their identity.

# Choose to trust God!

affirming ourselves, daily. He asked us to write phrases like: I am phenomenal, I am beautiful, I am forgiven, I am limitless.

Next he emphasized the fact that trusting God puts us in position to "stay up." We have to believe that when the Bible says 'we are fearfully and wonderfully made' this scripture is talking about us!

In his last point, Carrington said that we must change our relationship with fear. When we feel fear, 99% of the time there is a blessing attached to what we are fearful of. He said fear is our potential expressing excitement for the opportunity to show us who we are.

I'd like you to ask yourself; "What is holding me back from walking in my purpose?" If it is in fact fear please use the following principals mentioned and apply them to your life. It's as easy as that! just know that you must take it one day at a time.

To say that I enjoyed myself would be an understatement. During the bible study the question was asked what can you expect at a Tabitha's Tea Party Bible Study. I emphatically answered, "You can expect to leave changed, You can expect the Holy Spirit to show up and you'll have principals to apply to to your life."

To view the upcoming bible study dates by Tabitha's Tea Party head over to their website: [www.tabithasteaparty.org](http://www.tabithasteaparty.org)



Ebony King expressing how we can't fail in Him.

*"Fear is our potential expressing excitement for the opportunity to show us who we are."*

