



2026 VICTORY FAMILY CONFERENCE • DAY 4 • WOMEN'S SESSION

Live Long, Live Strong, Live Well

God Wants to Reintroduce You to Yourself

Pastor Shun Strickland

Friday, August 21, 2026 • 7:00 PM Session • At Sea

*"My workout is worship. My diet is worship. Prayer is a part, but prayer is not enough. **You can't pray sugar out of dessert.**" Caleb measured his strength because he expected a promise. Are you training for where you're going?*

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Opening and Introduction

- ◆ "We are family," whatever the size of the campus. An awesome trip: no glitches, no issues, prayers answered, the favor of God. **"This is our grand finale tonight. Buckle your seatbelt. I don't want anybody to leave here the same."**
- ◆ It is the Year of Discovery, grace for beyond: "We're discovering graces that we didn't know we had."
- ◆ Honored **Christine Davis** as "the captain of it all" who put the conference together, the service planning team (**Antoinette and Brittany**), the spirit of **Pastor Portia** that helped in all areas, and **Pastor Demond** for taping the sessions.
- ◆ Introduced Pastor Shun Strickland: part of the TCP sons and daughters, a daughter of Pastor Tony and Apostle Cynthia "for I don't even know how long."

Pastor Shun Strickland

- ◆ Opening prayer, with a warning: "You can blame Pastor Portia, because she taught what I was going to teach. So we're going to pray that you're not going to be mad, and that you receive this as a message from the Father." Prayer: "You are introducing us to the woman You created us to be. We take authority over every lie, every stronghold that has kept us out of this place. **There is grace for new places.**"
- ◆ She and Pastor Edwin came on the cruise on their anniversary: "We don't usually talk to people on our anniversary."
- ◆ Pastor Portia's book is called *I'm Not That Woman*. "She told you who you aren't. Now I'm going to talk about who you actually are."
- ◆ Years ago, God gave her a prophetic word: **"I want to reintroduce you to yourself. I want you to remember who I created you to be before life convinced you that you were something else."**

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I want to reintroduce you to yourself. Remember who I created you to be before life convinced you that you were something else.

PASTOR SHUN STRICKLAND, THE PROPHETIC WORD

You Were Knit Together in Secret

PSALM 139:13-18 • AMPC, AS READ

"For You did form my inward parts; You did knit me together in my mother's womb. I will confess and praise You for You are fearful and wonderful and for the awful wonder of my birth! Wonderful are Your works, and that my inner self knows right well. My frame was not hidden from You when I was being formed in secret and intricately and curiously wrought as if embroidered with various colors in the depths of the earth... Your eyes saw my unformed substance, and in Your book all the days of my life were written before ever they took shape... How precious and weighty also are Your thoughts to me, O God! How vast is the sum of them! If I could count them, they would be more in number than the sand."

- ◆ "Nobody knows you better than God. Not even you." Some of what you believe about yourself you learned from life, and it is not true. **When I believe something about myself that is not true, it becomes a stronghold that prevents truth from coming in.**
- ◆ Example: "If I believe I'm mean because the women in my family are mean, that becomes a stronghold that tries to prevent the fruit of the Spirit from operating in my life, because I've already decided who I am."
- ◆ **If you want to know the purpose of a thing, go back to the Creator.** "I wove you together in the secret dark places when nobody else was there. Now it's time to remember who I called you to be."
- ◆ Tonight is specifically about **physical wellness**, because there are strongholds we have been taught to believe are the will of God for our lives, and they are not.

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Nobody knows you better than God. Not even you.

PART TWO

Are You Training for Where You're Going?

- ◆ "How many of you would love to live to be 100? I was going to say 120. We'll work our way up."

DEUTERONOMY 34:7 • NLT, AS READ

"Moses was 120 years old when he died, yet his eyesight was clear, and he was as strong as ever."

JOSHUA 14:10–12 • AMPC, AS READ

"And now, behold, the Lord has kept me alive, as He said, these forty-five years... and now, behold, I am this day eighty-five years old. Yet I am as strong today as I was the day Moses sent me; as my strength was then, so is my strength now, for war and to go out and to come in. So now give me this hill country of which the Lord spoke that day... If the Lord will be with me, I shall drive them out just as the Lord said."

- ◆ Caleb made an assessment of his own life: "I am as strong today as I was then." To know that, he had to be measuring. "Turn to your friend and say, 'What's your measurement?' Because what gets measured gets results."
- ◆ Why did he measure? He had an expectation of a promise. His expectation dictated his measurement. He believed they would take the promised land, so he knew he needed to be strong, and he trained for where he was going.
- ◆ "You told me you wanted to live to be 120. Are you training for where you're going?" If my goal is 120, then at 45, 55, and 65 I ought to be training like somebody who wants to live to be 120.

3 JOHN 2 • AMPC, AS READ

"Beloved, I pray that you may prosper in every way and that your body may keep well, even as I know your soul keeps well and prospers."

- ◆ **"You're never going to live above your soul."** So the question is what your soul believes about your health. And 3 John 4 is even better: "I have no greater joy than to hear that my spiritual children are living their lives in the truth."
- ◆ **Joshua and Caleb were preparing while everybody else was complaining.** "Are you preparing to be 120, or are you just confessing and hoping magic is going to get you there? I say magic because **faith requires works.**"
- ◆ "Are you hoping the inflammation leaves your body without doing anything different? Are you hoping the reflux goes away because somebody laid hands on you, while you keep eating food that makes you sick? I don't want you to be disappointed when you get there and you're not prepared to be strong **because you couldn't get your hair messed up.**"

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Caleb's expectation dictated his measurement. He trained for where he was going. Are you training for where you're going?

PASTOR SHUN STRICKLAND

Your Workout Is Worship

ROMANS 12:1 • AS READ IN THE SESSION

"And so, dear brothers, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice, the kind He will find acceptable."

- ◆ "One of the biggest mistakes we have made is that we have made presenting our bodies simply about sex." "If I present my body, I don't fornicate." But **my workout is worship. My diet is worship.** It is how I present my body as a living sacrifice so I can fulfill my purpose. Selah.
- ◆ "I'm over here feeling like I'm better than street-walking Mary, but I'm mismanaging my body too, just in a different way. I'm not laying up with men I don't know, but our shows have a lot of Ho Hos and hotcakes."
- ◆ People are starting to drop dead from things they don't have to drop dead from. **"Prayer is a part, but prayer is not enough."** Prayer is where I get expectation and instruction from the Lord, and then I walk out what He said.
- ◆ **"You can't pray sugar out of dessert."** If you were in the desert and it was all you had, God could supernaturally remove the sugar. But you had a choice.

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My workout is worship. My diet is worship. Prayer is a part, but prayer is not enough.

PASTOR SHUN STRICKLAND

How I Got Here: Jimmy

- ◆ **"Women have been taught to set themselves on fire to keep other people warm."**
She was the classic example: taking the kids to sporting events and drinking a Route 44 Dr Pepper while they exercised, feeling like a good parent for doing everything for them and nothing for herself; normalizing managing everybody, including the people she pastors; **"and then rewarding myself with food like I'm a dog."** After a tough day: **"I deserve a Chocolate Thunder from Down Under."**
- ◆ **This is not a skinny message.** "You can be skinny and still have a lot of things in your body. This is live long, live strong, live well."
- ◆ She had been working to lose weight and nothing was happening. Talking to the Lord about why: **"I want you to work out with Jimmy."** **"Anybody but Jimmy."** "No. Jimmy." She texted him. Jimmy: "It's about time. But before we work out, meet me for lunch."
- ◆ At lunch: "When I come to church, I don't tell you how to preach. When you come to this gym, you don't tell me how you're going to work out. You have to trust that God has shown me what your body should actually look like."
- ◆ Then: **"Why don't you love yourself enough to take better care of your body?"** "I do love myself." **"Your body does not reflect that."** "If I hear your voice, it doesn't match your body." She was so mad she was crying; a man came over to ask if she was okay. Jimmy: "She is fine. She is in the middle of training."
- ◆ **"The only reason I have to talk to you like this is because you ignored everything else God tried to tell you."** And: **"People look at you being this overweight and keep asking you for stuff. Where are the people who see you're not okay? How have you created a world where everybody would let you run yourself to death and never notice how out of balance you are?"**
- ◆ "I didn't like Jimmy for about a year." But Jimmy didn't push her physically; **he pushed her mentally.**

- ◆ **The Jimmy exercise (done in the room):** close your eyes and ask the Lord, since He is the one who made you, what your body should look like right now. When you've seen it, raise your hand. **"Now let's close the gap."**
- ◆ **"My grandma's knees."** Jimmy: **"You think that's genetics? You got your grandma's diet. That's why you got your grandma's knees."**
- ◆ **"Jimmy is the reason I didn't get diabetes. Jimmy is the reason I didn't get high blood pressure, because Jimmy cared enough to have the conversation other people would not have. And nobody has it because we have normalized the lie of being unhealthy in church. So no one says anything, even though everyone can see."**
- ◆ Jimmy's other line: **"Pastor, I don't understand why the saints believe in first class for everything. Fly first class, drive first class, dress first class. Your body is the temple of the Holy Ghost. Does He not deserve a first-class sweat?"**

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Why don't you love yourself enough to take better care of your body? Your body does not reflect that.

JIMMY, QUOTED BY PASTOR SHUN STRICKLAND

Three Questions for the Holy Spirit

QUESTION ONE

"What is my body supposed to look like?"

If You formed me in the secret place, You know what my body is capable of better than I do.

QUESTION TWO

"What is the lie I believe that has kept me trapped here?"

Romans 12:2: be transformed by the renewing of your mind.

QUESTION THREE

"Where is my plan?"

The six R's below are the plan.

- ◆ "What you believe about your body is built on a lie. **You are stronger than you think you are. You are more capable than you think you are.** You could do things that would blow your mind, so that at 80 you could say, like Caleb, I'm stronger than I was at 45." Right now, what you believe about yourself is competing with what God has said about you.
- ◆ "I've always struggled with my weight." Yes, because you tried to fix it with willpower instead of revelation, without understanding what was going on in your body.
- ◆ "Some of you already heard answers. You can hear God quick about what other people are doing, and it gets slow when He's talking to you. You know everything your kids are doing wrong, the Lord gave you a dream about her at the club, but you can't hear Him about your own body." **"You don't have to pray about it. He's already speaking. If most of us are honest, there are things He has been trying to tell us."**

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The Promise Requires Participation

- ◆ God "renews your youth" (Psalm 103:5, as referenced). A **promise that requires participation**. If He is going to renew my youth so I can be like Caleb, I have to prepare and measure my life like somebody who wants to live strong, well, and long.
- ◆ "What's the point in living long if you're sick and miserable? What's the point in running up the clock and you can't go anywhere or do anything?"
- ◆ How we take care of our bodies determines our kids' destiny. If I don't take care of my body and my kids love me, they will have to modify their lives because I can no longer take care of myself.
- ◆ "I'm not working out for 54-year-old Shun. I'm working out for 80-year-old Shun, so 80-year-old Shun can get off the toilet by herself." Also: "My kids are not going to tell me what to do. You're not going to hold my hand while I walk because you're scared I'm going to fall."
- ◆ If you're in your 50s, the jump from 50 to 70 is fast, and what you're doing in your 50s shows up in your 70s. If you're 70: there are women who started working out in their 70s and are putting their bodies back together. **Your body is designed to heal itself; give it the right things and the right time.**

PSALM 91:15–16 • AS READ

"He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honor him. With long life will I satisfy him, and show him my salvation."

JEREMIAH 30:17 • AS READ (CITED IN THE SESSION AS 30:12)

"I will give you back your health."

- ◆ What does that mean? "I will get you off insulin. I will get you off high blood pressure. I will get you out of inflammation, migraines, aching. But you must participate in what I am telling you. You cannot use prayer as an excuse to continue abusing your body."

PSALM 118:17 · AS READ

"I shall not die, but live, and declare the works of the LORD."

- ◆ "Your body is about to become a testimony that God restores." People will say, "What you mean you're going walking? You're lifting weights?" "Girl, I'm working on something. I'm going to get on the floor with my great-grandkids and get up off the floor. When we go to Disney, I'm going to walk them until they're tired."

CONFESSION

"I will take better care of myself."

The Six R's: Continuous Improvement, Not Arrival

- ◆ Think of it as faith to faith, level to level, glory to glory. **"There is no arrival. You're going to work on your body until you go home to be with the Lord. We're just going to step out of this suit into our next suit."**

- 1 Revelation.** The insight that God has something different for me: I am going to live long and live strong, and I have to do live-long, live-strong activities. **"I have to participate in my own rescue."** Begin to see yourself as strong: you can walk the miles, you can move the weight.
- 2 Reality.** What is actually happening in my body right now? **"I'm not looking at reality to agree with it. I'm looking at reality to know where I'm going."** Her daughter Jordan was diagnosed with autism and told she would never talk. "We needed all of that information. We don't use it as a limit. We use it to know what to work on." Autism involves a gut issue, so to help the brain she had to fix the gut, and every time she fed Jordan the wrong food she was working against the healing she was believing for. **"The promise of her healing was in the Bible, which is why I started looking in the books."**
- 3 Research.** Confession: **"I love to learn."** She is studying mitochondria and reading a book written for doctors on the cruise: **"I've got the Holy Ghost and a dictionary. There is no knowledge they can keep from me."** "I cannot expect my doctor or anyone else to care more about my health than I do." Ask: what do I need to understand, and who knows more than I do? She has fired a doctor in the last year: "If I can find it out and you don't know it, you can't be my doctor." Don't let big words overwhelm you; use AI: "Explain this the way a sixth grader would understand it. Is there a video for third graders? I'll take that."
- 4 Responsibility.** What part belongs to God (the supernatural)? What part belongs to me (the natural)? What part belongs to the experts? Go find out who

has my information.

5

Rhythm. How do I turn what I learn into something sustainable I can use in my own body? Learning the information is not enough; implement it.

6

Results. Track them.

- ◆ "I said seven R's. It's six. My bad."
- ◆ **Become a hacker.** Start with some pieces; they won't all stick; move them around like Legos. "You may need more sleep Lego than I need. You're going to have to test."

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PASTOR SHUN STRICKLAND

Two Stories: Don't Let Pain Make the Decision

The gallbladder

- ◆ Three months after her oldest son Chase (now 26) was born, stomach pains that put her on the floor. First ER: "We need to take your gallbladder out." The Lord: **"Do not let them take your gallbladder out."** Second ER, same. Everyone who loved her said let them do it.
- ◆ Third time, the Lord said: go to this ER and don't tell them you've been seen for this before. That doctor said take it out right now. "Lord, I've done everything You asked. If I'm not supposed to have it out, You have to tell him something." He walked out, came back: "Did you have a baby recently? Did you have an epidural? You don't always know how hard you push, and you can twist your intestines." Treatment: Metamucil. "If we had taken your gallbladder, Mrs. Strickland, you would still be in pain."
- ◆ **"Don't let pain make you make a bad decision trying to get out of the pain."**

The B1 deficiency

- ◆ She stopped eating meat for about two years because she could not digest it. Last September, after a vacation, her vision went blurry, then she couldn't walk straight and lost her peripheral vision. PCP, chiropractor, PT, a string of doctors, then ENT. The Lord: **"Whatever you do, don't let them give you a disease."**
- ◆ ENT: "I believe you have MS." "Thank you for the information. I do not have MS, but now I know that whatever this is, it looks like MS, so I need to research what can look like MS." Ophthalmologist agreed. The Lord said go to the ER: stroke protocol, heart attack protocol, three MRIs, and the working theories were "alcoholic or MS." She was ready, because years with Jordan had taught her to take information and use it: "I don't even know what to pray about until you give me something."

- ◆ Because they assumed she was an alcoholic, they gave her thiamine. She typed it in; a video showed every symptom she had: **a B1 deficiency**. The neurosurgeon the next morning: "Do you know what's wrong with you?" "Yes. I've been researching all night." "You do." And the meat she couldn't digest was the first sign.
- ◆ She combined the protocols of the top researchers in the nation and one in England: "Lord, what do You think? If You don't say no, I'm doing it." **Her next blood work showed she was no longer anemic**, which she had been since Jordan: a B1 deficiency can look like an iron deficiency, not because you lack iron but because you lack the energy to process the iron you have.
- ◆ "Get as curious about your health as you are about the junk in your family." "I don't care why anybody did what they did. What I want to know is what's going to keep me in this body long and strong until I'm ready to go home."
- ◆ Don't just say "that's probably me, I'll take some B1." That misses the point: **Research**. Ask your doctor for a vitamin panel; B1 is not in the standard protocol, so ask specifically.
- ◆ **Practical step one: get your blood work at least three times a year, even if you pay out of pocket.** You need to know what you're working with.

Two women respond

- ◆ One woman: the vision God showed her of her body shocked her. The lie: "I wasn't attractive enough," "I'll exercise later," "I need somebody to exercise with me." Pastor Shun had her stand, breathe, and say it three times until her voice got stronger: **"I am worthy of taking good care of my body."** "Now go and do."
- ◆ A second woman (turned 60 on July 14): God showed her she could have the body of a 30-year-old, and that **diabetes, which runs in her family, does not have to come through her**. She checks her A1C frequently and tells her doctor to stop saying it runs in the family. Pastor Shun added to her research: **go and understand how diabetes comes, and you will know how to stop it from running.**

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Get as curious about your health as you are about the junk in your family.

PASTOR SHUN STRICKLAND

Health Is Your Greatest Weapon

- ◆ "I believe health is the greatest weapon you have, and I believe there is a very intentional attack against the health of women from the pit, because women are carriers of wisdom, carriers of generational wisdom. If the enemy can get you sick and off the planet early, or so sick you cannot communicate, who carries the wisdom to the next generation? **Protect your body like it is your greatest weapon, because it is.**"
- ◆ On self-care: **self-care is more than manicures and pedicures. Self-care is lifting weights.** Strong thighs help prevent dementia and hip fracture. Women are more likely than men to lose their independence after a fall, because women are more likely to walk but not lift. **Lifting strengthens your bones. Learn to love to move heavy things.**
- ◆ To everyone under 40: "I wish to God somebody had said this to me. It isn't always going to be 'girl, you cute.' Girl, be strong."
- ◆ The room prayed for a woman headed to the hospital, and Pastor Shun prayed over everyone with hands on their own bodies: "We repent for the mistakes we made when we didn't know. Restore health to us and heal us. Activate the learner and the researcher in us. ADHD, chronic illness, autoimmune disease: don't just accept the label. Ask the Lord for strategies, research what your mitochondria do, and partner with Him for your healing."
- ◆ Announcement at the close: the 2027 Women's Conference will be back in Florida.

THE BLESSING

"You shall live and not die. You will live well, you will live strong, and you will live long, in Jesus' name."

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It isn't always going to be "girl, you cute." Girl, be strong.

PASTOR SHUN STRICKLAND

CAPTURE THIS

Key Quotes

"This is our grand finale tonight. Buckle your seatbelt. I don't want anybody to leave here the same."

APOSTLE CYNTHIA BRAZELTON

"Nobody knows you better than God. Not even you."

PASTOR SHUN STRICKLAND

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PASTOR SHUN STRICKLAND

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JIMMY, QUOTED BY PASTOR SHUN
STRICKLAND

"You got your grandma's diet. That's why you got your grandma's knees."

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"We have normalized the lie of being unhealthy in church."

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"I'm not working out for 54-year-old Shun. I'm working out for 80-year-old Shun, so she can get off the toilet by herself."

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"You cannot use prayer as an excuse to continue abusing your body."

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"The promise of her healing was in the Bible, which is why I started looking in the books."

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"I've got the Holy Ghost and a dictionary. There is no knowledge they can keep from me."

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"Get as curious about your health as you are about the junk in your family."

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"Health is the greatest weapon you have. Protect your body like it is your greatest weapon, because it is."

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"It isn't always going to be 'girl, you cute.' Girl, be strong."

PASTOR SHUN STRICKLAND

Themes

Reintroduced to yourself: the Creator's design over life's lies

Strongholds start as beliefs about yourself that aren't true

Measure like Caleb: expectation of a promise drives preparation

Presenting your body is worship, and it is about more than sex

Faith requires works: prayer plus participation, never prayer as an excuse

Women set themselves on fire for others; God asks for first-class care of His temple

Ask the Holy Spirit what your body should look like, then close the gap

The six R's: Revelation, Reality, Research, Responsibility, Rhythm, Results

Research is spiritual: the promise is in the Bible, the protocol is in the books

Health is generational: women carry wisdom, so the enemy targets their bodies

Nuggets

- ◆ 120 is the goal. Train like it at 45.
- ◆ Hair or legs? Pick legs.
- ◆ Route 44 at the ballgame is not parenting. Walk the track.
- ◆ Don't reward yourself with food like a dog.
- ◆ Grandma's knees came from grandma's diet.
- ◆ A first-class sweat for the Holy Ghost.
- ◆ 50 to 70 is fast.
- ◆ Get off the toilet by yourself at 80.
- ◆ Holy Ghost and a dictionary.
- ◆ Three blood panels a year, out of pocket if you have to. Ask for B1.
- ◆ Strong thighs. Lift, don't just walk.
- ◆ Ask AI to explain it like you're in sixth grade.

Reflection Questions

1. What did I see when I asked the Lord what my body is supposed to look like? What shocked me?
2. What lie about my body have I been calling genetics, personality, or "just how I am"?
3. Who is my Jimmy, the person who loves me enough to say what nobody else will? Have I been avoiding them?
4. What am I praying about that God has already told me to do something about?
5. What is my measurement today, and what am I training for?
6. Which of the six R's am I skipping: Revelation, Reality, Research, Responsibility, Rhythm, or Results?

How This Applies to Us

- 1 Ask the three questions this week.** What should my body look like? What lie has kept me trapped? Where is my plan? Write the answers down.
- 2 Set the target and measure.** Decide the age you are training for, then get a baseline: weight, strength, A1C, blood pressure, how you get up off the floor.
- 3 Get the blood work.** Three panels a year, out of pocket if needed, and ask specifically for a vitamin panel including B1.
- 4 Treat the workout as worship.** Put it on the calendar with the same weight as church, and lift, not just walk.
- 5 Stop praying about what you already know.** Whatever God has already said about your plate, your sleep, or your movement, start today.
- 6 Find your Jimmy.** Give one person permission to tell you the truth about your body, and don't fire them for a year.
- 7 Research before you accept a label.** For any diagnosis in the family, learn how it comes and what stops it; use AI to make it plain.
- 8 Run the six R's monthly.** Revelation, Reality, Research, Responsibility, Rhythm, Results. Hack the pieces until they fit.
- 9 Work out for the 80-year-old you,** and for the grandkids on the floor at Disney.
- 10 Say it until your voice gets strong:** "I am worthy of taking good care of my body. I will take better care of myself."



VICTORY CHRISTIAN MINISTRIES INTERNATIONAL

2026 Victory Family Conference · Day 4 Women's Session · August 21, 2026 · At Sea

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Notes compiled from the live session by Rick Pina. Scripture quotations noted by translation as read in the session.