

Psalms 90:8 Thou hast set our iniquities before thee, our secret sins in the light of thy countenance.

The Ardell wellness Stress Test:

<https://www.yumpu.com/en/document/read/27723732/stress-assessments-nysut/5>

What do you do to manage your stress?

- Workout
- Cooking
- Cleaning

We much manage our stress; it is a must for repentance; godly sorrow.
Feeling guilty, guilt people don't want to feel.

2 Corinthians 7:10 For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.

Learned helplessness

Book: Post Traumatic Slave Syndrome – by Dr. Joy Degruy Pg. 164 - 165

Thinking whatever they do they can do no better; feeling hopeless.

People make up reasons not to go forth; make the next move.

Rather than taking the next step so that they will have an escape plan. They do not believe in themselves.

Movie: 'Panther'

<https://youtu.be/b1PmnZ9hejw?t=420>

Timestamp: 7:00 - 8:48

They are afraid and thinking if they do something it will not matter because it will not make a difference.

Timestamp: 1:39:00-1:41:02

Esau: They flooded the town with drugs. This is an example of crafty counsel.

Book: Incidents in The Life of a Slave Girl – by Harriet Jacobs

Deuteronomy 28:32 Thy sons and thy daughters shall be given unto another people, and thine eyes shall look, and fail with longing for them all the day long; and there shall be no might in thine hand.

We had no power to get back our children. Part of the curses was that our children shall be given to another people. The other nations took crafty counsel to split us.

Psalms 83:1-5 Keep not thou silence, O God: hold not thy peace, and be not still, O God.

2 For, lo, thine enemies make a tumult: and they that hate thee have lifted up the head.

3 They have taken crafty counsel against thy people and consulted against thy hidden ones.

4 They have said, Come, and let us cut them off from being a nation; that the name of Israel may be no more in remembrance.

5 For they have consulted together with one consent: they are confederate against thee:

Article

Drugs are just as accessible in prison. Just another example of secret plots that they (Esau) have put in place.

Deuteronomy 28:15 But it shall come to pass, if thou wilt not hearken unto the voice of the Lord thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee: It's our fault TMH is using Esau to have us into subjection under the curses.

Deuteronomy 28:37 And thou shalt become an astonishment, a proverb, and a byword, among all nations whither the Lord shall lead thee.

They look at us like, "Why they can get their selves together, pull your own self up by your bootstraps"

Deuteronomy 28:66 And thy life shall hang in doubt before thee; and thou shalt fear day and night, and shalt have none assurance of thy life:

Anxieties that stem from everyday struggles:

- How am I going pay this?
- Having health insurance
- Car breaking down at any moment.
- Having no assurance of thy life.

Mental disorders:

- Anxiety, Bipolar

One way people cope is they go shopping. Shopping for them means getting that high and never been satisfied. This is all to distract themselves from whatever their feeling at that time. Others may resort to cleaning to show a way of having control.

The way you cope can be pass down to future generations when you're addicted to something. It controls you.

What is addiction?

Addiction means when someone is hooked on medication. Your brain becomes addicted to it. This comes from 50% Genes and 50% Coping.

Book

Euphoria – by Richard Preston

Crack - a form of a drug, gets its name from the sound it makes and is cheaper than Cocaine. Addicts are known to try and chase the high by using crack instead of Cocaine.

Dopamine – Anything that is pleasurable to you that leaves you wanting more and more. For example: Sugar.

The ability to make poor or good choices is also passed down through the genes.

Video: How addiction changes your brain - <https://youtu.be/5f1nmqiHIII>

Brain is "rewired" to tolerate more at dopamine

1 Peter 5:8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Being sober: is when you are thinking clear

Ephesians 5:18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;

Being drunk is when you behave in a way you normally wouldn't.

Isaiah 28:7 But they also have erred through wine, and through strong drink are out of the way; the priest and the prophet have erred through strong drink, they are swallowed up of wine, they are out of the way through strong drink; they err in vision, they stumble in judgment.

When you're drunk, you will stumble over your judgement.

Ecclesiastes 10:19 A feast is made for laughter, and wine maketh merry: but money answereth all things.

Wine maketh merry. (happy)

Proverbs 31:6 Give strong drink unto him that is ready to perish, and wine unto those that be of heavy hearts.

We should always drink in moderation because drinking put spirits on us.

For example:

- Someone who is drunk often has anger.
- Being overly emotional when drunk
- Alcohol can alter and kill your brain cells.

First step in healing

James 5:16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Confess your faults

Sirach 4:20 Observe the opportunity, and beware of evil; and be not ashamed when it concerneth thy soul.

Don't be ashamed, ask for help. To manage an addiction, go to your Titus 2 sister/counselor.

Titus 2:3 The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things;

4 That they may teach the young women to be sober, to love their husbands, to love their children,

5 To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

Sirach 6:6 Be in peace with many: nevertheless have but one counsellor of a thousand.
Titus 2 counselor

James 5:14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

Addiction is a disease. Ask for help. Pray & Fast

Proverbs 20:5-8 Counsel in the heart of man is like deep water; but a man of understanding will draw it out.

6 Most men will proclaim every one his own goodness: but a faithful man who can find?

7 The just man walketh in his integrity: his children are blessed after him.

8 A king that sitteth in the throne of judgment scattereth away all evil with his eyes.

Addiction starts with emotions. We must remove triggers that will increase giving way to whatever the addiction is. Remember to remove triggers to include people. Consider who and what is among you.

Sirach 7:36 Whatsoever thou takest in hand, remember the end, and thou shalt never do amiss.

Consider the consequence, let the commandments govern you.

Seek Professional Help

Sirach 38:1-15 Honour a physician with the honour due unto him for the uses which ye may have of him: for the Lord hath created him.

2 For of the Most High cometh healing, and he shall receive honour of the king.

3 The skill of the physician shall lift up his head: and in the sight of great men he shall be in admiration.

4 The Lord hath created medicines out of the earth; and he that is wise will not abhor them.

5 Was not the water made sweet with wood, that the virtue thereof might be known?

6 And he hath given men skill, that he might be honoured in his marvellous works.

7 With such doth he heal men, and taketh away their pains.

8 Of such doth the apothecary, make a confession; and of his works there is no end; and from him is peace over all the earth,

9 My son, in thy sickness be not negligent: but pray unto the Lord, and he will make thee whole.

10 Leave off from sin, and order thine hands aright, and cleanse thy heart from all wickedness.

11 Give a sweet savour, and a memorial of fine flour; and make a fat offering, as not being.

12 Then give place to the physician, for the Lord hath created him: let him not go from thee, for thou hast need of him.

13 There is a time when in their hands there is good success.

14 For they shall also pray unto the Lord, that he would prosper that, which they give for ease and remedy to prolong life.

15 He that sinneth before his Maker, let him fall into the hand of the physician.

Some people must take medicine. TMH created these things. TMH has also given us physicians with a gift to help.

Apothecary: Someone that makes medicine

Leave off from sin. We are in this place because of sin.

Stand up for yourself, know yourself/ your body when you're dealing with doctors. You only get one body, take care of it.

Sirach 4:26 Be not ashamed to confess thy sins; and force not the course of the river. They don't want to help, Don't Force it

Movie - Flight' – In this movie the main character was a functioning alcoholic.

The 5 Stages of Change: Geared toward addiction

1. **Pre-Contemplation:** Does not recognize the need for a change
2. **Contemplation:** recognizes problem and is considering change
3. **Preparation:** has initiated change
4. **Maintenance:** is adjusting to change is practicing new skills and behaviors to sustain change
5. **Relapse:** has relapse to drug use

Movie - "Panther": Esau came in to put us to sleep concerning truth. This movie illustrates us bouncing back from this sleep and waking up.

A multipath model of mental disorder

Sirach 30:8-13 An horse not broken becometh headstrong: and a child left to himself will be wilful.

9 Cocker thy child, and he shall make thee afraid: play with him, and he will bring thee to heaviness.

10 Laugh not with him, lest thou have sorrow with him, and lest thou gnash thy teeth in the end.

11 Give him no liberty in his youth, and wink not at his follies.

12 Bow down his neck while he is young, and beat him on the sides while he is a child, lest he wax stubborn, and be disobedient unto thee, and so bring sorrow to thine heart.

13 Chastise thy son, and hold him to labour, lest his lewd behaviour be an offence unto thee.

Being militant with your children, you must instill fear in them, but also spend time with them. Give your children workbooks and/or chores for the summer.

You must know what your children are doing all the time and be mindful of what they are listening to such as, worldly music. This is a form of crafty counsel. There is no such thing as privacy with your children. Let them use flip phones and do not give them too much liberty. You must use discernment when talking to them about sex. If you don't teach them the world will.