

Sunday T2 Chat: The Spirit of Self Control and Peace

Host: Mama Ana

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LOVE

In the mornings, ask the Most High “please I am going out there in the world, please keep me calm Most High”. Make sure you read your scriptures. Renew your mind every day. Examine yourself daily and reflect on yourself daily.

Proverbs 4:26

²⁶ Ponder the path of thy feet, and let all thy ways be established.

The Most High ways will be established. Again, reflect daily and study. Be careful of what you are thinking. Be steadfast and take heed in the scriptures and this will establish your path. TMH will give you understanding. Reading is imperative to understand.

Some sisters get doubleminded, they get confused and do not know what to do.

James 1:8 ⁸ A double minded man is unstable in all his ways

If you are confused and do not know what to do, you will be unstable. You may even be a hypocrite. You have got to be in it to win it. How are you going to be in it? You must read the scriptures and surround yourself with people that will support you and encourage you.

We must take advantage of the avenues we have.

For example:

- Zoom
- Classes

Remember to read your scriptures and pray.

John 14: 11 ¹¹ Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake

TMH is our Father and we need to believe in Him. Believe in the scriptures, obey the Most High Laws, Statues and Commandments. He will give us what we need, whatever it is. Just ask. This must be done in trust and belief in The Heavenly Father. Without them, I do not know what to tell you. Belief will protect you of everything.

When you have these trials, moods and are into your feelings, you need to examine.

2 Peters 1:6 And to knowledge temperance; and to temperance patience; and to patience godliness;

You must use wisdom to gain knowledge from the scriptures. We must read.

This is necessary to control your temper. We must also have discipline. Having self-control comes with being patient. Patience is pure and good. Therefore, it is important to meditate in the scriptures.

1 Thessalonians 3:7-8 “Therefore, brethren, we were comforted over you in all our affliction and distress by your faith:” ⁸ For now we live, if ye stand fast in the Lord

We must be steadfast, focus and meditate. God will give us comfort and restore you from pain, suffering, worries, tribulations, troubles, and distress. If you do not have faith in yourself and Faith in the Most High nothing is going to work for you. First thing we need in this truth is to fear the Most High and Faith. Also, we should always obey the laws and commandments.

We must repent. When that dreadful day of the Lord comes, we cannot hold your hands. If you have not repented. We will each be on our own. We are not here for our lords, friends, or family. We must seek our own salvation. Most of us are going to die. We need to get it together.

1 Timothy 4:15-16

¹⁵ Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. ¹⁶ Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.

The Most High says I am giving you my word. Follow my laws and keep my commandments. He means *all* the Bible, not half of it, or a few pages here and there. He is referring to the whole bible. Reading and studying the scriptures will profit and benefit you in life. Pay attention, be aware and listen. He is trying to save us. All we must do is repent and follow His word. He says if we follow Him, he will rescue us from evil, just ask Him for what we need.

Two things we need to have

- Have some **self-preservation**
 1. Are you willing to change?
 2. Are you willing to take some responsibility for yourself?
- Have some **determination**
 1. Are you firm about this truth?
 2. Do you have a purpose?
 3. Did you come just to fool around or take this as a game?

Hebrew 10:36 ³⁶For ye have need of patience, that, after ye have done the will of God, ye might receive the promise

Faith and patience go together. We need to have some sort of both. Patience to do the will. What is His Will? Keeping the Laws, Statues and Commandments. Be patient, calm and humble yourself. When He sees these things within you, He will give you His promise. What is His promise? Our salvation and we get the Kingdom. We all want to get out of Babylon. I know I want to get out. I am tired of being here, tired of working and tired of being frustrated. I just want to relax and enjoy my brothers and sisters.

1 Corinthians 13:7

⁷ Beareth all things, believeth all things, hopeth all things, endureth all things.

The Most High tells us with patience, we need to bare all things. Not some things, but all things no matter what situation we are going through. Of course, married life is difficult, tribulation issues, worldly family members, working with Esau, people getting on your nerves, sisters getting on your nerves, etc. but we must endure. The Most High will give us hope. Life is going to be rough, but we must endure everything.

We are not perfect people yet, we make mistakes, we mess up. We have emotions, attitudes, devil spirits, but we need to control ourselves. Sometimes we do not know how to do that. This is a problem we must solve that takes place often in Israel. We as sisters, do not know how to act. We need to find out what is the problem and where it is coming from then practice. What do we need to practice? We need to practice S.P.A. (Study, Pray and Apply) Apply; application is the most important part. Find a scripture with what you are dealing with, write it, meditate, and apply it and move on. Often sisters just forget about S.P.A.

Example situation for S.P.A.

Sisters sometimes call me at home. They are overwhelmed, they have children and are complaining. They are complaining about their lords are never home and he is always traveling, etc. The first question I ask them is: Have you applied any of the scriptures to your life or to the situation? Have you had a conversation with your lord? They have been in the truth for a while, but it is like they do not know what to do. I tell them there is not a magic scripture. You can see all the videos you want, you can read all you want, but if you do not apply what you hear, read and learn to your life it will not mean anything and is worthless.

Therefore, we need to meditate, apply, apply, and apply. Like TMH says, “I will put you through a storm, but I will not kill you”. He will put us in situations. He will squeeze us so much, but not to kill us. He is just trying us to see what we are going to do. We will have moments that we feel like we cannot take it anymore, I want to walk out, or I want to get a divorce, but it is not that easy. We are married and we need to endure all things, bare all things until the end. You can stick your lip out, go into that closet or whatever you need to do, but pray and ask the Most High to bring out that spirit and when you come out of the closet, be you. Renew your mind because if you’re acting that way, things will get worse. There is no sense in fighting. Two wrongs do not make a right? No. Does oil and vinegar mix? No. We need to change our spirits, change our mindsets.

Proverbs 25:28

²⁸ He that hath no rule over his own spirit is like a city that is broken down, and without walls.

We need to take care of our own spirit. Not your lord’s spirit, or your friend’s spirit, but your own because when you have no self-control, you are helpless. It is like a city with no walls.

Example:

Having the armor of God, which is the commandments – and you go outside not having that mindset (fringes, border of blue, armor of God) Babylon is going to eat you alive. The armor is our protection. It is like a grounded building. We are building the bricks of protection and security. The same is true with our unity without sisters. When we are united and being our

sister's keeper, that is like the wall. Without unity and the wall, we will fall. United we are together, divided we fall. We are a unit. We are like a chain. If you have a chain and one of the links breaks, do you think the chain will work anymore? No, it does not work anymore. So, we need to be together, like-minded, on one accord.

When you get into these situations where you are angry, mad, and/or out of the spirit, we need to talk to each other. Communicate with each other, confess faults with each other. The only way to heal yourself from these kinds of situations is to talk about it. If you need the help, talk about it.

Ma Ana: I find that sometimes when I call sisters up and ask, "hey sis, how you are doing?" and they respond, "I'm fine." Knowing that behind the scenes, she just had a fight with her lord, or she is mad about something. Again, you call them, and she says she is fine and, she is not. After 3 or 4 months you find out sister so and so is no longer at the school, she fornicated, she got mad and slapped her lord, she stabbed her lord, she called the cops on her lord, etc. Why? When we were asking if she was alright and she kept saying yes, when she was not.

We always stress to confess your faults. You might be ashamed or maybe you do not know the sisters, but there are elder sisters, senior sisters who you can talk to. There is no excuse to behave this way, there are people to talk to. To say that there is not, is a damn lie. We all have sisters we can talk to. There are leadership wives that you can call or email. You have the help.

I hate it when sisters say, "I could not get any help". **Ma Ana:** I do not have that reputation, because I will help you. I tell sisters, I wish I had a car and knew how to drive. I would come to pick you up and take you here and there every day. To say we are not here to help anyone is not true. We are all here to help so there is no excuse.

Psalms 147:3 "He healeth the broken in heart, and bindeth up their wounds."

This verse is about healing. The Most High says if you are broken and need healing, just follow my laws and commandments; read my scriptures. He will strengthen us; he will cure us and protect us and put your wounds together. What is the medicine? The medicine is the scriptures. That is the only way we are going to get help.

Like my lords always says, "if you're sick, you are going to the hospital, right?" The *hospital* is the congregation, the *medicine* that we are going to give you is the scriptures. This is how Study, Pray and Apply comes into play. That is if you want help. Some sisters do not want our help. That is on them and it is their responsibility.

Matthew 22:37-38

³⁷ Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. ³⁸ This is the first and great commandment.

The Most High said #1, pick me first; I will love you and give you all that you want, but you need to keep me first through the scriptures. He is the creator; He is number 1. He is our Father, so any help that we need, He will give. I know for some sisters, it may take too long, and some do not have any patience, they want things so fast, but this is not how to operate. Be humble, the Most High has plans for us and He may not give it to us right away, it takes time. He may be working with others whose needs are more important. Or maybe we are proud and have a vain glory spirit. Maybe we have jealousy or hating each other. These actions are getting written in the book and the Most High is saying “this one is not going”. He is going to kill a lot of us. We need to reflect and examine ourselves daily.

Recite to yourself – looking in the mirror:

“It is time to clean my mind, it is time to clean up my act, it is time to purify myself inside and out. It is time to remove the undesirable thoughts and actions”

You can use this or choose whatever you like but do this whenever you are angry. Recite things in your mind and speak to the Most High. He hears you. We need to talk to Him.

Emotions

Ephesians 4:26

²⁶ Be ye angry, and sin not: let not the sun go down upon your wrath:

Do not lose your application of following the commandments when your angry. Yes, we can be angry, but do not break the commandments. Some sisters get angry and break things and now some will blame COVID-19. Cast down your imaginations; your thoughts. Do not let your anger or your thoughts be carnal. You’re so angry and thinking about what you should do. This is carnal thinking. We should not be doing that.

True Story:

When I first got married to my lord, I was bitter and angry. It was early in my marriage. My problem was I had jealousy issues when I was younger. It became a problem in my marriage. I became angry, bitter and was fighting with my lord all the time. I was spying on him. He was working a lot of overtime because we had so many bills. I know the devil was working on me. My lord was barely home, he was working overtime, he kept getting mandated. We were all working in the same hospital. It was Deacon Asaph, myself, and my lord. We were working in

the emergency room. They were both security officers and I was the technician. I was thinking for a minute that he was working so much overtime, I thought he was seeing another woman.

I used to go to the area where he was working just to spy on him. He was so angry about it, he said “why are you so jealous all the time, can’t you see I am working overtime so that we can pay some bills?” I know I was out of order, but I did not care or realize what I was doing, because I was sinning with my anger. I was a crazy mess and knew I needed to change. I was miserable, with the fighting and cursing.

James 3:14 ¹⁴ But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth

I was doing this in my marriage because I was creating confusion and strife all the time and I was thinking evil about my lord. I just could not get it together because I was so angry. There was one time that I moved out of the house because the pressure was too much. I was gone for a year, but I came back to reconcile with my lord. It was kind of hard, but I repented of what I was doing. I started all over again.

That is why I say if you fall, rise up again and move on. Keep the scripts in your mind, meditate.

Psalms 37:8 Cease from anger, and forsake wrath: fret not thyself in any wise to do evil

We need to remove ourselves from anger, stay away. How do we do that? Read scriptures and study them. Do not give up. Examine yourself every day and express your feelings. Things may not be so loveable and peachy all the time, but you need to restrain yourself from out of those evil spirits and control yourself. We need to be disciplined. Change and renew your mind, but do not ever give up on yourself or the Most High

When I came into those types of situations, I knew that I had to give up my old ways, repent and become a new woman. You must put away the old woman and put on the new woman. I was so self-centered and selfish, I only thought about myself. That is not what we want to be. Anger and bitterness will lead you to think only of yourself. Everything is I, I, I, and it is not about us, it is about the family, it’s about the Most High, it’s about your lord. Gain wisdom and snap out of it; the bad attitude.

Proverbs 4:7 Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding

How are we going to get wisdom if we do not study, pray and fast? The only way to get the wisdom is through the scriptures. Wisdom and knowledge go together. We need to be wise and have some sort of good judgement. Before you act, think about what you are doing. We must follow the Most High commands and we must have understanding to do that. Practice and seek the Lord, study, and focus. We need Faith and to be able to endure. All these things we need to do daily, with Faith.

Get with your sisters. Maybe there are sisters who are lacking in Faith. Maybe they are lacking in love. Have that charity with your sisters.

For example: In the beginning, my Faith was not that strong. Of course, we learn every day, but we need to surround ourselves with those who have Faith. I thank God for my lord because he encouraged me. We are leadership wives and we have all been through stuff. We talk amongst each other and we build each other up with different skills, with love and charity.

In keeping the Faith surround yourself with like-minded people. If you are going to be hanging with Susie and Paul, that does not work. You need to be united with your sisters in the congregation. Call them up, communicate.

We need to dedicate ourselves into the laws and commandments of the Most High consistently. It is not a one-day thing, it is not I will do it next week, or I will do it tomorrow or I will do it next year. No! Life will be a little smoother and easy if you can master, watch, manage and change your ways. That is the only way. We need to follow the scriptures.

We must stop tripping and going crazy and bugging out! We need to grow up and be an example to the flock. Everyone is watching you and you do not want to be acting crazy. The sisters watching will be like hey she is a leadership wife, or she is an elder/senior sister and she is acting this way; oh, my goodness! Of course, there is a time to laugh and play, but there is a time to be serious. Be useful and worthy. Be the salt of the earth. You must change you first.

Bad actions bring great consequences. You must be responsible for your own actions. We all need to do it.

Romans 14:12

¹² So then every one of us shall give account of himself to God.

The way we give account to God is the Most High will judge us. We are responsible for ourselves. If you mess up, you are the one the Most High will look for to give account for. So, check yourself, focus and change you.

Matthew 12:36

³⁶ But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment

When judgement day comes, the Most High will point the finger at you to give account for your foolish acts and foolish talk. Your words come out equal to what is in your heart. We do careless things. Our speech is also sometimes careless. Just be mindful that TMH is watching you. Only you will be judged for you. We will have to give an answer to the Most High. If you do not have a reason, you will be judged.

My grandmother used to say, “A women is prettier when her mouth is closed.” There are times when we just need to shut up! You must make the effort. Believe me I have been there. Now, my lord may tell me to shut up or I hear my grandmother’s voice saying that. Silent woman is humble and calm. In my house you can sometimes hear an echo.

In my earlier days I use to tell Mama Shamarah, “I can’t do it. I can’t do it!” Mama would say “your betta keep quiet. Don’t say nothing”. Yes, that is what we need to do, but you know we all do not know how to do that.

Tips on self-control

- Exercise Godly wisdom
- Fellowship and laugh
- Smile
- Go outside and look at nature
- Stop staying inside all the time
- Promote peace, have peace with your sisters
- Support each other
- Be grateful, be genuine
- Do not compare yourself to other sisters, this causes problems
- Use wise words
- Renew your mind in the scriptures
- Have structure in your life. We need structure

- Make a schedule to maintain stability in your life
- Be humble, stay away from conflict
- Respect one another and love yourself

PEACE

When you have the inner part of your mind controlled, then your mind says I have peace. Therefore, we need to have some kind of discipline. If we are going all crazy, what kind of peace are we going to have?

Challenge yourself on how to control yourself and how to respond to what is happening to you. Realize what is happening when you are having outburst of bitterness and anger; yelling and having a bad attitude. Self-control is our best power. Ask yourself today, what is your superpower? Is self-control your superpower? Is love your superpower? Is Faithfulness your superpower? Is joy your superpower?

Having peace is especially important in the fruit of the spirit. Why? Having peace is building you up, strengthen you and will restore your heart. Having peace is everything especially when we feel or get out of control. If you are out of control, who is going to calm you? Is your lord going to calm you down? Is Babylon, the world going to calm you down? Is your boss going to calm you down? No. So, before you get into those consequences for other people to control you, make sure you obtain peace within yourself first.

Jeremiah 4:11 ¹¹At that time shall it be said to this people and to Jerusalem, A dry wind of the high places in the wilderness toward the daughter of my people, not to fan, nor to cleanse,

The Most High has plans for us and wants us to have peace and to fill our hearts with joy. We must strive to be stronger, to keep the faith, and keep the laws and commandments. Without these things we will perish. If we do not listen to The Most High, we will die. Without inner peace, discipline we will die. When we act out of control, who do you think people will call? They will call the police and we will be strapped down, jailed, beaten, and/or killed. The scriptures are how we control ourselves.

What is peace? Calm and stress free. Staying out of trouble and being in harmony with yourself and others and be content. We need to pray, fast, and read to have peace. Always smile and laugh around the problems. The number one way to have peace is to follow The Most High laws and commandments.

2 Thessalonians 3:8 “Neither did we eat any man's bread for nought; but wrought with labour and travail night and day, that we might not be chargeable to any of you:”

TMH says “I am the master of peace”. He is the only one who can give us peace through keeping the commandments and keep The Most High first and He will give us whatever we want according to His will. Love and obey Him. The devil will test us daily.

4 Minutes to start your day out right – Motivation and Positivity

<https://www.youtube.com/watch?v=tbnzAVRZ9Xc>

Start your day with intention.

Today I will be present

Today I will be kind

Today I will be the example I expect of others

Today I will give my all in every moment

If your focus is to the good, you will see better

If your focus is the stress and struggle, you will have more of the stress and struggle

If you want to be happy, give thanks. That is the secret.

Happy people are grateful people

Spend time in gratitude

Spend time in intention and expectation for what a great day today will be Feed your mind with something positive

Today is a fresh clean canvas and you can paint what you want on the canvas. You are the artist. Add some color, some joy, and some life to your canvas.

Proverbs 3:5-6

Trust in the LORD with all thine heart; and lean not unto thine own understanding. ⁶

In all thy ways acknowledge him, and he shall direct thy paths.

We need to trust the Lord with ALL our hearts. Not some of our heart or a little bit of our heart, but all of it. We must seek and lean on TMH. Ask for help and understanding. Who else is going to help us, if not The Most High? We must acknowledge Him and see Him as our Father; the Creator and He will direct us.

Philippians 4:13

¹³ I can do all things through Christ which strengtheneth me.

Matthew 21:22

²² And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

If we ask TMH, in prayer; out loud in our corner (or however you pray) and believe when we ask, He will give it to us. According to His will. If you do not ask, how are you going to get it?

Hebrews 11:1

Now Faith is the substance of things hoped for, the evidence of things not seen.

Keep faith and hope. Without Faith we have nothing. You may not see things come to pass but keep the faith and hope and believe the Father will give what you ask for. Endure. It is like a mustard seed. When you plant the little seed, water it, and it grows.

Pray to The Most High every day.

1 Corinthians 10:13

¹³ There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Being in this truth we are going to go through things. The Most High is testing us to see if we are truly about this truth or are we going to leave.

Being married in this truth and being married in the world are two different things. Sometimes sisters are enticed by things they will have in their wedding; it is like a dream. Until they get married and they go through situations and all hell breaks loose. In Israel we must endure all things and it is not easy. It is not easy being married to an Israelite man. We all have each other to communicate with and we are going to help each other.

Question

How can you choose peace and unity if there is a sister who holds grudges and does not want to forgive?

Answer

We must forgive each other. We cannot get the Kingdom if we do not forgive. It is a sin to hold a grudge. If it happens once, have the conversation, and talk to her. If it happens twice, get two or more witnesses. If the sister offends you, Matthew 18 her or she will Matthew 18 you. If you have not gained your sister, just bring it to leadership. It depends on the situation. Be patient. (Romans 17) Overcome evil with good.

Question

How do I have patience; regarding my children and people of the world? Is there a scripture that I can read daily to help with this?

Answer

Romans 12:12 Rejoicing in hope; patient in tribulation; continuing instant in prayer;

We must be happy in tribulations. Have discipline and ask The Most High to help you. Say a prayer and stay in the scriptures. Do not let the spirits overtake you, be calm and humble and take a deep breath.

1 Thessalonians 5:18 – In everything give thanks; for this is the will of God in Christ Jesus concerning you.

Question:

What is patience to you (Ma Anna) when you first came into the truth compared to now?

Answer:

It was hard in that I did not have the Faith that I have now. My Faith was not that strong in the beginning. I used to think that I made a mistake and came into the wrong thing. I thought I had come into a cult. However, as years went by, I started developing bonds with my sisters. I increased my knowledge and spoke with Leadership wives and was grateful for my lord.

I am calmer now and humble. I still get mad, but I acknowledge that whatever spirit I am in, and that anger is not good. I apologize to my lord if I offend him or do something wrong. I realize after all those years in Catholic school that those nuns did not teach me anything about what is in the bible.

Question:

How do you know what sisters to surround yourself with in the beginning?

Answer:

I cling to leadership sisters; Deacons wives. One mind on one accord. We were all Deacons wives and Ma Shamarah. She told me I had to go through the struggles and tribulations; study pray and apply and that is what I did. There are also some Captains wives that I cling to; we talked. Find sisters that have the same issues as you.

~~~Shalom Most High in Christ Blessed~~~