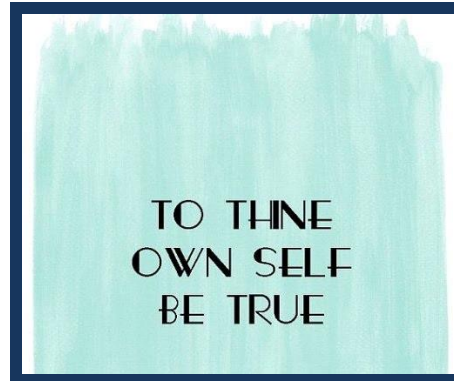


**Class: Titus 2**  
**Teacher: Mama Mehidah**  
**Date: Jul 7, 2020**  
**Start: 6:30pm EST**



## Loving Thine Own Soul

What does that mean?

Like it says in Sirach 30:23

**Ecclesiasticus 30:23** Love thine own soul, and comfort thy heart, remove sorrow far from thee: for sorrow hath killed many, and there is no profit therein.

Being positive, optimistic, having care of the body and taking care spiritual and examining yourself

This is commanded by God

Love yourself that's another level  
Our body is a temple

155 years from Chattel Slavery. That's not a long time at all. We passed it down, passed it, and passed down from generation after generation. We must teach our children thus saith the Lord.

It's hard to always believe your royalty when your environment is otherwise

First step be mindful of how you care for your diet. Bad relationship with food

**Ecclesiasticus 30:23** Love thine own soul, and comfort thy heart, remove sorrow far from thee: for sorrow hath killed many, and there is no profit therein.

**Ecclesiasticus 30:24** Envy and wrath shorten the life, and carefulness bringeth age before the time.

**Ecclesiasticus 30:25** A cheerful and good heart will have a care of his meat and diet.

If your mind is cheerful your mind will have a care for your diet

You can educate someone in anything they have to come to that point when MH put that spirit on them

First sign of loving self is changing how you eat.

You must find your Why?

- You want energy
- You want to lose weight, gain weight

It's your reason of why you are doing it.

Why have a care of my mental state when we were taught to eat what we want? Bible teaches us to have peace. We conditioned to be out of order

We do emotional eating

Diet is a part of Repentance especially as the one who brings food in house as a woman. We must not continue that terrible cycle to our children

Exaggerate the fruits and children will normalize eating good

A sister that eat well find a sister that eats well

You must start somewhere. Everyone is different

You must know your body is a temple especially when you are bringing forth children

Be around sisters who will build you up.

What are things you do to love self and build yourself up?

**Examples:**

- Massaging your hair
- Getting massages
- Exercise
- Face mask
- Fixing your hair
- Medi and Pedi
- Hot Baths
- Journaling

**Example-** Weight loss- you want to lose 100 pounds and you put it in the journal and once you get there you can get back and see the progress

We have that right to love self and it comes with time and truly believe you are worthy

Find ways to keep in mind the MH said love my own soul

**Susanna 1:15** And it fell out, as they watched a fit time, she went in as before with two maids only, and she was desirous to wash herself in the garden: for it was hot.

**Susanna 1:16** And there was nobody there save the two elders, that had hidden themselves, and watched her.

**Susanna 1:17** Then she said to her maids, Bring me oil and washing balls, and shut the garden doors, that I may wash me.

Susanna went out in the garden and took the time to wash herself. She didn't have a regular garden. It was very huge with a maze to it. Like a botanical garden. She was in princess mode.

If you can't afford it look up recipes to make your own

Find what makes you happy not what makes others happy

## Deuteronomy Chapter 8

Seeing that what's happening with our people the other nations still don't have to go through what we are going through. TMH is telling us what will save us and that's him.

**Sirach 8:18** – “Do no secret thing before a stranger; for thou knows not what he will bring forth.”

Nothing in the sight of the Lord to make a man rich or poor. TMH knows us.

When we go through God got me and then when you get taxes you like whose God we forget him. When the money start to be gone will turn back to the Lord. TMH knows our spirit. He is letting us know our power

## Deuteronomy Chapter 9

Moses is going back in history. Y'all remember when y'all did this. Dislike how Israel treated Moses he still treated us good and prayed for us. The wrong he allowed Israel to drag him into. Moses' prayer for his own brother. Aaron knew better

## Deuteronomy Chapter 10

TMH giving Moses instruction to do the 10 commandments this time you are going to put it in this ark. If Israel acts up again at least the 10 commandments are safe.

**Sirach 10:6**- “Bear not hatred to thy neighbour for every wrong; and do nothing at all by injurious practices.”

Father dies but it's like he's not dead because his son is like him

**Ecclesiasticus 30:4** Though his father die, yet he is as though he were not dead: for he hath left one behind him that is like himself.

**Ecclesiasticus 30:8** -They ministered as Priest. The priesthood of the Lord was Levi inheritance. Now we can go to the Father through the Son

**Ecclesiasticus 30:17** – “Death is better than a bitter life or continual sickness.”

TMH letting us know he’s not a respect of person

Example- Jill Scott shared IUIC video and we are excited about it and in the eyes of TMH he’s like who’s she?

**Sirach 30:21**- “Give not over thy mind to heaviness, and afflict not thyself in thine own counsel.”

What does God mean – power?

He is thy praise and thy power. That’s the only power Israel and the best power

MH is the one who we should celebrate. He is our power.

Verse 9- All other tribes were given inheritance and for Levi they were not given any.

Example- like you have a house Levi was not given a specific spot in the house. Judah has a room, Benji has a room.

### **Deuteronomy Chapter 11**

MH is telling us to recite the history of what had happened to our children because we didn’t directly see what happened at that time. That’s why they made sure we were disconnected from our history.

**Deuteronomy 11:2-4** - <sup>2</sup> And know ye this day: for I speak not with your children which have not known, and which have not seen the chastisement of the LORD your God, his greatness, his mighty hand, and his stretched out arm, <sup>3</sup> And his miracles, and his acts, which he did in the midst of Egypt unto Pharaoh the king of Egypt, and unto all his land; <sup>4</sup> And what he did unto the army of Egypt, unto their horses, and to their chariots; how he made the water of the Red sea to overflow them as they pursued after you, and how the LORD hath destroyed them unto this day;



**Deuteronomy 11:19** <sup>19</sup> And ye shall teach them your children, speaking of them when thou sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up.

Not just the commandments. That's how it's supposed to go. Too continue over the history and we were disconnected. We must teach our children how to keep these commandments

**Deuteronomy 11:21-25** <sup>21</sup> That your days may be multiplied, and the days of your children, in the land which the LORD swore unto your fathers to give them, as the days of heaven upon the earth. <sup>22</sup> For if ye shall diligently keep all these commandments which I command you, to do them, to love the LORD your God, to walk in all his ways, and to cleave unto him; <sup>23</sup> Then will the LORD drive out all these nations from before you, and ye shall possess greater nations and mightier than yourselves. <sup>24</sup> Every place whereon the soles of your feet shall tread shall be yours: from the wilderness and Lebanon, from the river, the river Euphrates, even unto the uttermost sea shall your coast be. <sup>25</sup> There shall no man be able to stand before you: for the LORD your God shall lay the fear of you and the dread of you upon all the land that ye shall tread upon, as he hath said unto you.

We are and living in hell right now. Hell is someone constantly over us

All the towns will be ours. No more dividing the bridge or highways.

We are not respected as a people in this captivity

**Deuteronomy 11:26**- Behold, I set before you this day a blessing and a curse.

A warning to us curses what will happen to us. A breakdown is in Deuteronomy 28:1-19. Blessings and curses

Notes taken by: Sister Zaylia  
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