**Event:Titus 2**

**Topic:Obesity Among Keepers at Home**

**Host:Sister Yoela H.O Deacon Isaac**

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# Intro video-Atlanta woman shares how she lost 150 pounds | FOX Medical Team:

<https://www.youtube.com/watch?v=1WkNax0WjVg>

**Reader: Sis Tirzah**

**Deuteronomy 6:7 KJV**

“And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.”

Sis Yoela:

**This class will be about teaching the children, and helping your lord when it comes to health in the home; and why it’s our job.**

* Teach our children the benefits and detriments to the things we eat.
* “If WE aren’t teaching them, they are still learning” as bishop Kani would say
* When we cook, we can teach them the components/benefits of a particular food. (ex: When making Tomatoes, you could teach them that the enzymes in tomatoes help with the prostate for men, then that may spark them to question what a prostate is. Even if they don’t fully comprehend, you are still teaching them these things as a child)
* When we go to the grocery store (‘walketh by the way’- Duet 6:7) show them that the fresh foods are pushed to the back and the older food is moved to the front, so they can see these things.
* Health is Mind, Body and Spirit
* (When thou liest down-Deut 6:7) Teach them the importance of proper sleep and how it benefits the body.
* (When they rise up-Duet 6:7) Health deals with mental health as well, give your children positive affirmations in the morning. “You're chosen…”etc

**Ecclesiasticus 30:15 KJVA**

“Health and good estate of body are above all gold, and a strong body above infinite wealth.”

* Health is wealth
* Do we teach health to our children just as much as we teach the commandments?

**Definition of Estate-** Assured reliance on a character, ability, strength, or truth of someone or something. Dependence on something future or contingent: Hope.

* We need to instill this knowledge in our children so as they grow older in age they understand the investment it takes to have a good strong body for when they become elderly.
* This class is not about body shaming, it’s just a target topic that we can all learn from.

**Femenist Movement! Obesity?**

* A pattern is an example for other people to follow.
* We have to break these generational curses.
* We are going to dive into the beginning of the “My body is beautiful just the way it is” mentality, and how/when it started.

**Video: Body positivity movement: “Why is my body not important?”**

<https://youtu.be/7JaFNYGwKbE>

* In the video we see how they compared the “Fat experience…with the Black experience”.
* We can’t have the mindset of, “Accept me for who I am, I’m big and beautiful”. It is apart of the feminist mentality.
* The health industry capitalized off of this movement and people’s emotions, and made billions in fat burning products, etc.
* So in reference to the curses, it shows how Esau inserts a curse into our generation; to be fat.
* We went from being ‘I’m Black and I’m proud’, to being ‘I’m Fat and I’m proud’”. Which totally goes against the laws of the bible.

**Video: Piers Clashes With Model Angelina Duplisea on Whether Obesity Is Glorified | Good Morning Britain**

<https://youtu.be/hxGEJqLEk2c>

**Definition of Accountability**: the quality or state of being accountable especially: an obligation or willingness to accept responsibility or to account for one's actions.

* We as Israelite women have to apply this, the prophets have been saying for a while now to ‘Burn the Fat’.
* We still have sister’s proving with the mindset of “it’s not fair for me to work out now, when the brother should accept me as I am.” That’s not fair, you then become a liability, you should want to burn the fat.

**Isaiah 32:9 KJV**

“Rise up, ye women that are at ease; hear my voice, ye careless daughters; give ear unto my speech.”

* At the end of the day, it’s an excuse to be lazy.
* Even if you're not fond of exercising, you owe it to yourself and your family to be in the best health, remembering the Most High lent you this body.
* In the world we heard “Big, Bold and Beautiful”, our heads had been filled up, but now coming into the truth, sisters get offended by the men telling us to ‘burn the fat’.
* Let’s take accountability for our actions. If you want to prove, take a year or two to get yourself together for one of the prophets before going on stage at Passover.

**Lamentations 4:3 KJV**

“Even the sea monsters draw out the breast, they give suck to their young ones: the daughter of my people is become cruel, like the ostriches in the wilderness.”

* Another form of being an ostrich as it relates to this topic is allowing our children to overeat, and watching our lords to continue to make poor eating choices.
* You can say “My lord I’m concerned about your eating habits” etc.
* We can’t force our lords, but we can push and try to get them on the right track, have options, suggestions and be proactive.
* Don't stick your head in the sand when it comes to health.
* We are a travelling ppl, traveling to places three times a year. which isn’t always easy to stay on track with the lack of options while traveling. However, if you commit to staying on top of your health, by building a good estate and exercising on a regular basis, and drinking your water. When these situations occur, your body will be in a better state to remove those toxins.

**To be keepers at home**

**Titus 2:5 KJV**

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

**Keepers at home House Management 101:**

In the King James Version, it specifically uses the term, “Keepers at home”. The translation comes from two words, meaning “dwelling” and “to guard”. So, the woman is to guard her dwelling. In today’s practical translation it means that women are to be fully aware of all the activities that go on in her home.

* We are the help
* The protectors
* Guards
* ’Watchmen’ of our homes

**1 Timothy 5:14 KJV**

“I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully.”

* We should know about everything going on in our homes, especially when comes down to the children. The day to day activities.

**Proverbs 19:14 KJV**

“House and riches are the inheritance of fathers: and a prudent wife is from the LORD.

**Definition of Prudent**- acting with or showing care and thought for the future.

* -Showing care about the famine and what your family will eat.
* -Keeper of the home is more than just cooking and cleaning.

**Definition of sound-** Entire; unbroken; not shaky, split or defective; as sound timber.

* We can't pick and choose what we want to follow
* If the scriptures say, very little is sufficient then very little is sufficient.
* If the scriptures say exercise a little then we must
* If the scriptures say rise up ye daughters stop being lazy we need to stop being lazy
* We have a huge responsibility being keepers of the home
* We need to ask ourselves are we conserving or are we consuming?
* Are we actively learning how to survive the famine or are we sitting back in disbelief?

 **What are typical home management task?**

* Meal planning, grocery shopping, and food preparation laundry and clothes shopping
* Household chores (such as cleaning bathrooms and bedrooms, washing dishes, general maintenance, and upkeep)
* Teaching and delegating chores to other members of the household
* Childcare, educational support, and transportation to activities
* Running errands (shopping, school drop-off, etc.)
* Stocking household supplies and equipment
* Paying the bills and managing the budget

" We have a huge job but for the sake of this Titus 2 we will be focusing on the meals" - **Sis Yoela**

**Causes For Obesity:**

* Family History/Genes
* Sedentary Life Style
* Medications
* Lack of Sleep
* Emotional Factors
* Environment
* Type II Diabetes
* Lethargy
* Osteoarthritis
* Obesity
* Depression
* Stroke
* Reproductive Problems
* Coronary Heart Disease
* Our children are growing, we can prevent diabetes, obesity etc if we get them with a good foundation now.
* Get them acclimated to working out
* Get knowledgeable about our organs and their functions. Our Liver, kidney's etc and learning the foods and that help to make them function well.
* With our children being next in line, How will they run a nation with lethargy, diabetes, osteoarthritis etc. Or our girls having reproductive issues, how can we build a nation.

**1 Timothy 4:8 KJV**

8 For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come

* We want to make sure we aren't setting our children up for failure.
* Making sure we are preparing our bodies for aging, and building assurance Ex: once you get to 40's you lose muscle mass yearly, so with that knowledge start strength training in your 20's and 30's.

**Annette Larkin's Reference (How this older lady(73yrs old) went Raw vegan and took care of her health early on in life):**

<https://youtu.be/O6oJA_xhTa8>

* If you don't build now, and your child grows up to be obese, they will get older and question you on why you allowed them to be this way or why didn't you teach them better. You don't want to carry that burden.
* When an entire family is obese people tend to look at the mother. why? Because we are the keepers of the home.
* We are responsible for our family’s health

**"I remember being called up to the table to be asked what's going on with my lord and how he got that way…I remember saying I'm going to fix it Bishop"**

**Video Intro to the Circulatory System|Biology, Physiology | FuseSchool**

<https://youtu.be/73ei6YD0VnM>

**Video The Lymphatic System Health Biology FuseSchool**

<https://youtu.be/o0-1OknbO3M>

* Lymphatic system is a drainage system
* We need to understand how our systems work ( Liver, lymphatic, kidney's etc)
* We are are to be Titus 2 women then we need to be sound!
* A lot of times we focus on the external, but it we take care of the internal the beauty will shine through

**Obesity in Children**

***Complications:***

* **Psychosocial**
* Poor self esteem
* Depression
* Eating disorders
* **Pulmonary**
* Sleep apnoea
* Asthma
* Exercise intolerance
* **Gastrointestinal**
* Gallstones Steatohepatitis
* **Renal**
* Glomerulosclerosis
* **Musculoskeletal**
* Slipped capital femoral epiphysis Blount's disease
* Forearm fracture
* Flat feet
* **Neurological**
* Pseudotumor cerebri
* **Cardiovascular**
* Dyslipidemia
* Hypertension
* Coagulopathy
* Chronic inflammation
* Endothelial dysfunction
* **Endocrine**
* Precocious puberty
* Type 2 diabetes
* Polycystic ovary syndrome(girls) Hypogonadism (boys)
* PCOS Is an hormonal imbalance
* We need to stay away from junk food, you can end up with severe medical problems

**Let's start here:**

**Genesis 1:11 KJV**

And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so

**Genesis 1:29 KJV**

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

* This can be a basis in where we start, we can start with fruit and vegetables: including them in our daily lives.
* Slowly transition by changing things out for healthier alternatives.
* Make the vegetables taste good to appeal to your family
* It's great to use these things for prevention

 **Psalm 104:14-16 KJV**

14 He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth; 15 And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart. 16 The trees of the Lord are full of sap; the cedars of Lebanon, which he hath planted

* May need a good detox, and to cleanse the body

**Taking accountability**

**Sirach 26:25 KJV**

A shameless woman shall be counted as a dog; but she that is shamefaced will fear the Lord.”

* We don't need to all go and get extremely skinny. It's not about that, it's about being healthy for your body type.

 **1 Corinthians 3:16-17 KJV**

16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? 17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

* As a mature woman approaching 40 or over forty. We can't eat or do the same things we once did before.
* All of the sugars, alcohol affects our liver, we have to pull back on these things.
* Menopause is approaching it can be either the worst time of your life or the best time!
* Definitely a period in time you have to become stronger in your spiritual walk. Do more fasting and praying.
* With the age you need to stay on top of your health it plays a big role in your emotional instability when we are still consuming junk
* Acting like a young child emotionally based off of what your eating.
	+ We need to set a pattern of good works for the women under us and set a good example.
* -Set a road map for the sisters coming up.

**Eating clean: Meal prepping**

* -No one is saying to completely cut out everything, but there are some things you need to cut out, or your body won't ever overcome certain issues because you're still feeding that parasite or that candida.
* -There are alot of alternatives to accommodate your taste.
* -Some of our current meals we just need to have portion control and cut it down by half.
* -Alot of sisters are intimidated to exercise, due to various reasons like body pains etc .
	+ A great start is by walking or running, try to walk for 2 mins then jog for 30seconds, then walk for 4 mins and jog for 1 min slowly increase later. You can ease into these things and your stamina will increase over time.

**Basic Nutrition advice:**

* -Each year over forty you lose muscle, make sure you feed your muscles by strength training now.
* -Make sure you're eating healthy fats and low carbs, getting enough protein in.

**With children here are some things you can say instead of "This is good for you" :**

**AGE: 0-4**

"Red foods make your heart strong."

AGE: 5-6

"Red foods have something in them called lycopene that is red. It helps protect your heart and body for a long time."

AGE: 7-12

"Lycopene is an antioxidant. Antioxidants help protect our heart, skin, and other parts of our bodies for a long time. It gives red foods their red color.

AGE: 13+

"Lycopene is an antioxidant. Antioxidants protect our bodies from free radicals and oxidative stress [learn more]. It helps protect from cancer, heart disease, and more

 AGE: 0-4

"Purple & blue foods give you a strong brain."

AGE: 5-6

"Purple & blue foods have antioxidants in them. They give us a strong brain."

AGE: 7-12

"Antioxidants protect our brain from damage over time. There are lots in purple and blue foods"

AGE: 13+

"There are lots of antioxidants anthocyaninare in purple and blue foods. They protect us from free radicals that damage our brains over time.

 AGE: 0-4

"Green food helps you fight off sickness."

AGE: 5-6

"Green foods have prebiotics and lots of other good things in them. They feed the helpful bugs in your gut."

AGE: 7-12

"Prebiotics help feed the helpful bugs in our gut. The bugs help us stay healthy, have a good mood, and fight bad germs. That's why we have a leafy green food every day."

AGE: 13+

"Leafy green veggies have so many things including prebiotics, vitamins, and minerals. Without prebiotics, our good bugs may die. Then we get sick more and feel bad

* -Insulin is the fat storing hormone
* -We need insulin but when we are spiking it we are storing the fat. Insulin is a protector. Eating these things all the time (bread Pasta, cakes and our insulin is being overused.)
* -If your child is overweight, prioritize 20-30 mins of family meals , and discuss weight in a healthy manner. Applaud your children for making healthy choices or choosing to play and exercise.
* -Lets not make going out to dinner an event all the time. If we want to socialize, socialize at someone's house, or at the Sabbath.
* -Teach kids to listen to their bodies, this is very important
* -Underweight set a meal and snack schedule, starting with small portions.
* -We shouldn't force feed our children to eat. That dates back to the force feeding in slavery. Try letting them make their own plates then using " you need to eat all the food that you took". Because what if they are genuinely full and now you're forcing them to keep eating.

**Positive thinking and Affirmations:**

**Proverbs 23:7**

7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

* Everything starts in the mind
* Come up with positive affirmations to recite over and over until you believe them or have your children do it until they believe them to help them/yourself overcome depression.
* As keepers of the home we have to make sure we are seeing these things, and not being an ostrich not knowing what's going on in our homes.
* Don't ignore the signs in front of us, with our children, recognize and notice their patterns and actions. (Are they wearing the same sweatshirt everyday, could be a sign)

**Lust comes is various forms:**

* -Gossip
* -Murmuring
* -Talebearing
* -Backbiting
* -Overeating

**Let's start Today!**