

Topic: Beauty Cheers Your Man's Countenance "Oops I fell off!"

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Event: Wednesday Titus 2 Chat

Date: January 26, 2022



“When did we just stop putting in the effort to make ourselves look beautiful?”

We all have a family member that just throw anything on

Whether it be our aunties or granny

“Just take me how I am”

We wonder what life event happened for us to just stop caring about how we look and end up with the mindset of “Just take me how I am”

Walking out the house with no bra on, bonnets on our heads, clipped nail polish etc.

Sometimes in our mind we think “oh that will never happen to me”

The Bible is the Solution

One of the great things about the scriptures is that it really puts us back in our place and reminds us of the things we should be doing

Esau has Everything Turned Upside Down

The world tells you, being a natural sister and putting no effort in is good

Women say things like, “Just except me for who I am”

- It’s the world telling you, “if a man loves you they will love you for you”

Let’s Be Honest

Let’s say we all went with that concept... your man excepting you for who you were

- When you really think about it, they do except you for who you are
- You just presented something else appose to who you are right now

When is the point in time when we just don’t care anymore?

We are the ones that renege and start going down the slippery slope

“When you met your husband, maybe you did always have your hair done”

- The Make-up and outfit was on point
- you were smelling and looking good when he came around

And this is what you presented to this man saying “This is what you get, please except this”

“Beauty has nothing to do with age”

Ecclesiasticus 26:17 (Apocrypha) As the clear light is upon the holy candlestick; so is the beauty of the face in ripe age.

- It’s not about looking young forever
- The Scriptures lets us know about us aging gracefully
- We can keep the appearance up

Video: [When the Marriage Grows Cold](#)

Timestamp 1:40:20 - 1:42:14

- The scripture says “Beauty cheers a man’s countenance”

- The scriptures don't say "Just love me the way I am"
- Think about when the men go out; whether it be to camp, to work, it's a lot that goes on.
- The least we can do is not look like a rug a muffin

"You bring your man's countenance up"

The Most High lets us know, it does something to the spirit that you may not necessarily understand.

Whenever somethings wrong or if something is bothering him, just seeing a beautiful face when he walks through the door. It says, "you will cheer him up".

Define Countenance

1. A look or expression which shows both good humor and intelligence
2. Mental composure

Your beauty can cheer a man's countenance. You can change his mental and calm him.

Video: [When the Marriage Grows Cold](#)

Timestamps: 1:44:16 - 1:48:04

- We know what to do, it's nothing new because when we wanted his attention, we knew what things to do
 - The hair was done, the outfit was right
- When you both were courting, you weren't looking like whatever
- Bleach stain in the clothing, mixed-match socks at home but by the time you made it out of the house for the Sabbath and going out, you had it together.

"The same concept can still be applied in our everyday lives"

"Not talking about getting Passover ready every day but there should be a set standard"

Setting the Standard

We have to get back to that as Titus 2 women

- Where we teach our little girls "Hey, this is the dress you can put on"
 - No, you can't lounge around in your pajamas all day just because you're not going anywhere
- When it hits a time in a day, you have to make sure your self is together

Video: [When the Marriage Grows Cold](#)

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- As a wife or if you're courting you probably have noticed certain changes. The way he may treat you when you have it all together... they just be so happy to see you
- You are your man's trophy, meaning you won something. You were better at something nobody else was and it's a good thing
 - You deserve it and there's nothing wrong with that

We must get this out of our heads >>> "Why do I have to look good for him, he should just take me for how I am"

You don't know how much power the Most High has bestowed upon you to be able to change a man's whole demeanor.

2 Ways to Identify the Trend of Falling Off

During the first year of marriage:

1. You gain a lot of weight
 - A healthy weight, try to keep it under 15 pounds
 - So, we really have to be careful about that
 - Still keep the weight together
 - Watch what you eat
2. New mothers
 - When you have the first baby is when you may start to fall off
 - It's something you may not notice it's nothing wrong with toning things up

"Be who you showed your husband you would be"

- He did expect you for who you were so hold up your end of the bargain and be what you said you would be
 - Example: set targeted weight lost goals

Proverbs 23:2 (KJV) And put a knife to thy throat, if thou be a man given to appetite.

➤ Re-train your whole body to eat when it's needful not just because it's a certain time

You want these results with work you did not put in

- It's not easy but it's doable
- If you need help in this area, maybe get with a sister that you know and admire

Evaluate

- Look at some photos and see what did you look like when you and your husband first met
- Maybe look at the hair, your outfits, your weight and how are you managed it
- What things in that photo can you implement now and some things you can work toward?
- Examine the things that are different, and you know your husband likes

Ask your husband:

What were some of the reasons you were interested in me when you first met me?

- It's very thought provoking

“Remember you should be serving your husband first and foremost”

Tips for clothes

1. Throw away the clothes with holes & stains in them

- See which one you should replace
- Choose ones that are a bit more appealing
- Slowly replace them
- If you're looking to get a kaftan, be careful when choosing the material and quality

2. Be Mindful of the Bonnet Game

- Don't dress bonnets with kaftans
- You can place a beautiful head wrap over top

Note: Everyone needs house clothes just make sure you got it together when he comes home

3. Wash your head wraps

- Sometimes washing them can bring them back to life
- Throw away those head wraps that may not be too flattering
- Find headwrap styles your husband likes on you
- Find the headwrap style that works well for you

We All Talk About the Proverbs 31 Woman All the Time

- She had a lot of things to do
- There was a lot of things that need to get done in a day
- We should look at her and see it's really no excuse
 - Some of us aren't even doing half the things she's doing

Dressing Up

As for someone who works outside the home you may find it easier to be already dressed up. For the stay-at-home moms this still applies

- It's just going to take a lot more creativity and effort
- It doesn't have to be an exorbitant amount

Having a schedule

For the stay-at-home moms you must have a schedule

- Example: waking up at 8am, make the kids some breakfast
 - Dinner may need to get started at 3pm
- Have a routine
- So you know what you can do every day

You can't be sleeping in until noon

- Sometimes you may have that off day, everyone has that off day but that's not everyday

We Have to Work on the Excuses

Proverbs 26:13 (KJV) The slothful man saith, There is a lion in the way; a lion is in the streets.

➤ A slothful person would make up an excuse

"I can't do what I need to do"

You make everything super exaggerated and super big

- There's a reason why you still have the movie on
- There's a reason why I still have the bonnet on my head

You're going down a whole list of reasons on why this happened and that happened

If there is a little mishap at the house, remember the scripture. Make sure you are put together before your lord comes in

Create a simple and natural beauty routine

This should take 7 minutes or less to complete

Note: You're not trying to get Passover ready. This is something you can fly into the bathroom and do

Create a natural glow: don't overload

Eyebrows: Comb your brows

Mascara: Wake up your eyelashes just a little with some clear mascara

Clear lip gloss: Natural shade

Simple head wrap: or find a nice hairstyle. Example pull some of those baby hairs out, rock a nice bun or rock your TWA

Earrings: All brings flavor to anything you wear

Jewels >>

Isaiah 3:18-23 (KJV)

vs 18 In that day the Lord will take away the bravery of their tinkling ornaments about their feet, and their cauls, and their round tires like the moon,

vs 19 The chains, and the bracelets, and the mufflers,

vs 20 The bonnets, and the ornaments of the legs, and the headbands, and the tablets, and the earrings,

vs 21 The rings, and nose jewels,

vs 22 The changeable suits of apparel, and the mantles, and the wimples, and the crisping pins,

vs 23 The glasses, and the fine linen, and the hoods, and the veils.

➤ Anklets, bracelets

“There are benefits in our favor when we beautify ourselves”

What are some of the things you can start working on?

Have Bad acne?

- Perhaps check with a dermatologist
- Change eating habits

Sackcloth (aka Muumuu)

Judith 10:3 (Apocrypha) And pulled off the sackcloth which she had on, and put off the garments of her widowhood, and washed her body all over with water, and anointed herself with precious ointment, and braided the hair of her head, and put on a tire upon it, and put on her garments of gladness, wherewith she was clad during the life of Manasses her husband.

- We're talking about beautifying ourselves for our lord
- You are blessed to have him in your life
- You don't have to look like you're mourning
- You're supposed to cheer up his countenance

Be ready for his full-on attention

- Dinners done, bath done, fresh face head wrap nice
 - Have these things done so when he gets home, you're not agitated thinking about all the things you need to do

When he comes home, you'll be in a good mood to do whatever he needs

Article: Attractive Woman Brag About Pretty Privilege and Insane Benefits They Get

“People like doing things for her because they like the way she looks”

- We read scriptures about just in the way you look, can cheer someone’s countenance
- They just want to be in your company
- Their whole mood changes

The Most High tells us what he expects

- We have to stop with the carnal mindset
- The laws are spiritual, somethings you’re just not going to understand but just do it because the Most High says
 - It’s a meaning behind it just trust

Example: A man can have \$500 in his pocket but because you come to him all busted and have such a bad attitude; asking for money, he may respond with \$5 is all that he has for you

Some benefits you can get from just looking your best just as your husband likes:

Receiving a positive attitude from him even if it has been a long day

- Make him want to rush home

He wants to take you out

- When you look good historically, he’s going to want to take you out or ask
- Double dates work

He may give you additional help with the kids

“You done made him so happy he’s not going to say no hardly to anything”

Judith 10:7-8 (Apocrypha)

vs 7 And when they saw her, that her countenance was altered, and her apparel was changed, they wondered at her beauty very greatly, and said unto her.

vs 8 The God, the God of our fathers give thee favour, and accomplish thine enterprizes to the glory of the children of Israel, and to the exaltation of Jerusalem. Then they worshipped God.

- When they saw Judith whole look changed, they blessed her
- They are saying, “let the Most High bless what you’re trying to accomplish
 - Whatever goals you have set out to do, let it be blessed
- You have to look at our foremothers and see how they used the Scriptures

“You must find beauty and happiness in your role”

Don't neglect that beauty needs to radiate from the inside and out

It's been brought out before; a righteous man would take a sister that's a 5 over a sister that's an 8 with an attitude any day. Why not be beautiful inside and out.

- Sometimes your attitude can make you ugly
- It doesn't matter what headwrap or what jewels you have on
 - Those material things will not make you a better sister
- Clean your attitude up so your beauty can come from the inside

Always Be Transparent

- Having a rough week?
 - Be transparent, it's okay to let your husband know you had a rough day
- Let him know so you'll have it off your chest and you're not just secretly slamming things

“We all have our days but still treat him with compassion”

Sirach 36:22 (Apocrypha) The beauty of a woman cheereth the countenance, and a man loveth nothing better.

- That's true beauty
- A man is blessed if he has this
- You must have the whole package

“Let's start applying”

Shalom