

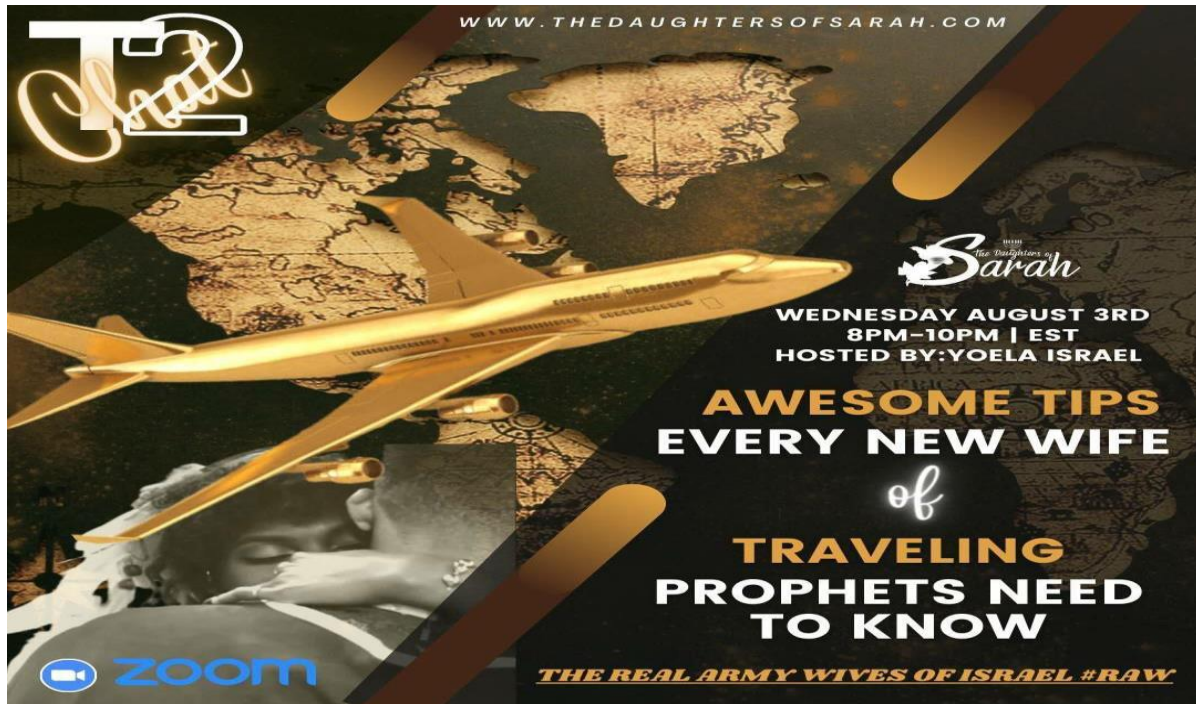


Topic: Awesome Tips Every New Wife of Traveling Prophets Need to Know

Host: Mama Yo'ela (HO Deacon Isaac)

Event: Titus 2 Chat

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Years ago, I came across an article that described forty-three awesome tips every new military wife needs to know. When I read the article, I could relate to it in a sense of not knowing what was next, where my Lord was going, how long he would be traveling, and the length of their travel was getting longer.

I remember asking Sister Ioanna (HO Capt. Barnabas), what are some of the advantages of being a military wife?

- She told me that it is a government operation and there are many tips and benefits all coming from the government.
- We are nowhere near a government organization so I started to think of things that I can do to stay in the spirit, be righteous, occupy my time, and prevent myself from being burnt out and overwhelmed.

Sisters see that my husband often travels with the Bishops, and they often ask me, how do I do it?

- I would always try to stay busy and be a supportive wife. I run my own business and I have five children now. There would be times when he would travel the day after I gave birth. Sometimes he would be gone when there were hard times with the children. Thankfully, the Bishops' wives were hands-on and helping out. One time I was pregnant, and my Lord was traveling, in the midst of us moving. Mama Shamarah came and helped me unpack and put everything away because she didn't want me moving too many things while pregnant.
- Now that I am a Deacon's wife and even as a Captain's wife, I would try to follow the same example that all three of the Bishops' wives and all of the Deacons' wives did. I would also try to teach the examples I witnessed with my own two eyes. There was a lot of counseling, and we would often go to each other's houses.
- That is what we can all do now; be a support system. There is a lot of internal work that we can do at home as well. Work on your house and children.



None of us have it fully figured out. There are times when he leaves, and everything is great and then there are other times when it feels like a disaster.

But once you know the mission, and your Lord and you are of the same mind and in one spirit, you are able to endure.

Being a Good Wife and Mother

#RAWI

WHO & WHAT ARE YOU CREATED FOR?

"One of the greatest contributions to society is being a good wife and a good mother so it's worth you constantly working on both aspects..."



- We need to constantly work on being a good wife and a good mother. Mama Naamah's class about raising children cut me deeply because that is something that I have to keep making sure I constantly work on. You can have a lot of children and in the childbearing years, you are on autopilot. However, being a good mother takes scheduling, time, effort, lots of sacrifices, diligence, and discipline.
- A good wife, even in the baby-making years, can get caught up in trying to feel better and work on yourself and having children, and you can end up neglecting your husband or not being what your husband needs you to be. You may be post-partum and constantly thinking about the kids, but at some point, you are going to have to reel yourself back in and make sure you are being a good wife.
- We are wives first. Our Lord's come first and then our children. Within all of that, you have to take care of yourself and not neglect both.



You can be a woman, but our work is to become good. We spent years in the world which made us horrible, and once you acknowledge that, that is where the work begins. You can become a wife, but to become a good wife is what we are working towards.

Proverbs 31:26-31 KJV:

26

She openeth her mouth with wisdom; and in her tongue is the law of kindness.

27

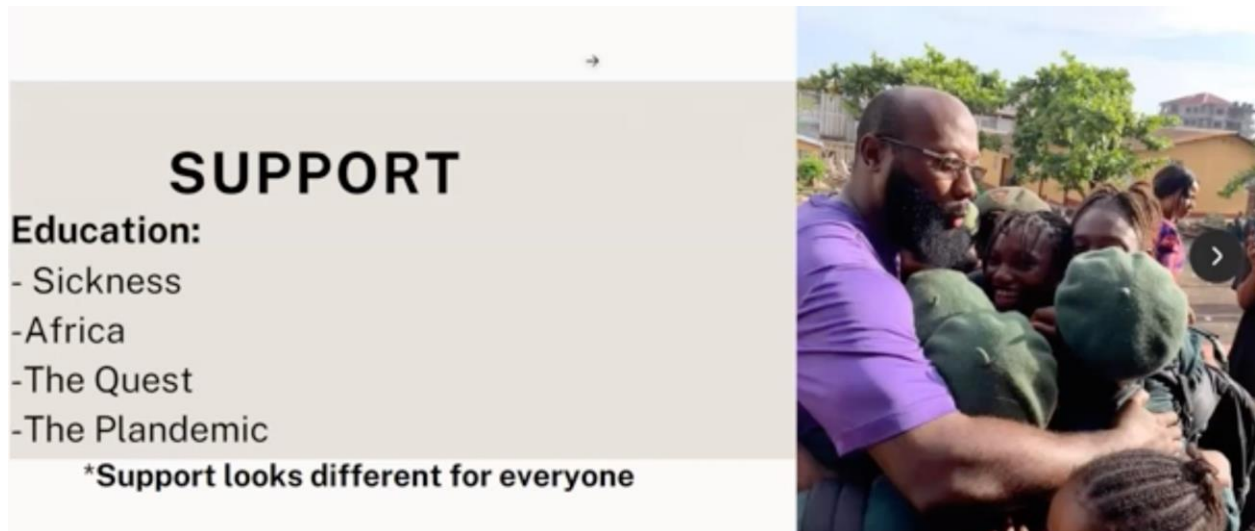
She looketh well to the ways of her household, and eateth not the bread of idleness.

28 Her children arise up, and call her blessed; her husband also, and he praiseth her. 29

Many daughters have done virtuously, but thou excellest them all.

30

Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised. 31 Give her of the fruit of her hands; and let her own works praise her in the gates.



We have an outline of what is expected from us as good wives.

When my Lord is away, I am not idle. I do get my rest in, but I am doing things to make sure that my Lord is good on his end.

How do you support your Lord when he travels?

Mama Shamarah: [Story time] When my daughter was born, in 1999, the Bishop was planning his first trip to Trinidad which was important because at that time no one was really traveling and doing the work internationally. Twenty-three years ago, I was 8 months pregnant, and he was trying to explain to my father why he was leaving. At that time, I was not spiritually astute enough to know what the mission was. He left and went to teach the gospel. My water broke and SySy was born a month early. This is where the importance of family, sisterhood, and setting things in place in case of an emergency because the work of the most High is not going to stop.

I Corinthians 7: 29 KJV 29 But this I say, brethren, the time is short: it remaineth, that both they that have wives be as though they had none;



- They understand the importance of having a wife and a family but the dedication and love for the Heavenly Father and being on task for the mission at hand is more important than that.
- All men understand that they have to take care of their wives. They understand what the chief things in life are and that their wives need to have food, water, clothing, and a roof to cover their shame. They understand the duties of marriage. So it is not to be neglectful; it is that they have a mission at hand.
- [At the end of the IUIC videos] an officer recites a poem “We on Paul’s mission. We out on the road... Boots banging. Concrete crackling.”
 - I love that line that he says. It is very inspiring when I hear that.

Sirach 34: 9 KJV

9

A man that hath travelled knoweth many things; and he that hath much experience will declare wisdom.

- It is an honor for your Lord to travel, to get experience, so he can bring that experience to his people.
- Years ago, when I was teaching one of the [kid’s] sabbath classes, a young man approached me and asked, “Shamarah, do you ever get lonely when Bishop is gone?” This took me by surprise, and he was about 9 years old at the time. It was a self-reflective moment. I do get lonely but over 23 years, I have produced things to self soothe and maintain my sanity as the Bishop has traveled.
- When you’re lonely, it really represents the frustration that you are having about not getting your way. You need someone else to be right there with you. What are you frustrated about? You must make sure that you are staying busy? For me, it was studying to show myself approved unto God (see 2 Timothy 2:15 KJV) and making my calling and election sure (see 2 Peter 1:10 KJV).

Philippians 2:12 KJV

12

Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

- Your Lord should not have to worry about you being out of the spirit when he is not home. He should not have to worry about you breaking God’s laws. He should not have to worry about if his wife is going to embarrass his household. He should know that through his teaching and you representing his house, you are going to stand firm for the Lord. Part of staying busy is doing things that are pleasing to your Lord outside of his presence.
- You need to ensure that you are working on yourself to become a better wife, mother, and servant. I often say that because these things make you a whole spiritual woman.



- The scriptures say that you need to be a pillar of rest, and that is something that when he is away, he can count on you to run the household and he does not have to worry about that.
- Practice self-care spiritually, physically, and emotionally. If you cannot take care of yourself, then you are going to have a problem caring for your Lord and his anticipation when he returns.
- You need to realize, are you lonely or depressed? I have spoken to some sisters whose lords have went away and they were depressed. Especially those women who do not have children. If you are feeling lackluster because your Lord is out on the road, and you need to connect to somebody. Please reach out to sisters, to sisters that have children. There have been times when the Bishop was traveling for a long time, and a friendly phone call or a text does wonders for a sister. Please reach out and do not think that you are overly bearing on someone. There is someone who needs to hear a friendly voice to remind them that they are the wife, the pillar of rest, of a God on earth, of a prophet of the Heavenly father. That in itself is encouraging, so please do that.

[Ecclesiastes 9:9 KJV](#)



9 Live joyfully with the wife whom thou lovest all the days of the life of thy vanity, which he hath given thee under the sun, all the days of thy vanity: for that is thy portion in this life, and in thy labour which thou takest under the sun.

- You ladies need to make sure that you are creating good memories while your lord is at home. While he is away, you can reflect and focus on those good times that you shared together.

Luke 10:2- KJV

2

Therefore said he unto them, The harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest. 3

Go your ways: behold, I send you forth as lambs among wolves.

- When these men go out, they are lambs in the midst of wolves. Our men are putting their lives on the line to go out and teach the gospel to their people. You need to be cognizant of that, as the brothers are teaching, that death may come upon these men. You want to make sure that you are secure in your faith, in your love, admiration, and submission to your Lord. Lord forbid that something happens. There are women in the truth who have lost their husbands. There is a sister amongst us, that just lost her Lord.
- My father used to say that “Would of, could of, and should of” are some of the saddest words in the English language.
- Have you told your Lord, how much you respect him? How much do you admire him? How much do you love him? Tomorrow is not promised to any of us.
- Another thing that keeps me grounded is the story about how the Lord took Ezekiel’s wife with a stroke because his heart was inclined to her. The most High’s mission comes first. I do not want any part of that! The most Highs can put you to death because you are interfering with your Lord’s ability to go out and teach his people. That will not be me, no. no. I am not going to be the one who you are worried about holding you back from the mission according to the most High.

In terms of **what not to do**, you should not be complaining, nagging, or getting him out of the spirit. He has to go out there and fight these demons and slay these dragons. Do not do that; you are weakening his spirit.

- The example [in the scriptures] that we have of what not to do was with Michal when she mocked David when he returned from war. (see 2 Samuel 6:16-23 KJV)
 - You should be happy about your Lord returning home safely and he is excited about all of the things that he was able to do and accomplish for the Lord and the excitement he has with being around his brethren. Do not break his spirit.



Tip #1: The best way to support is by being constantly in prayer, not only when your Lord is away but also when he is home. Pray that the Lord protects him, guides him, strengthens his spirit, safe from harm, that the [righteous] angels encamp around him and keep him and his brothers safe.

- Tip #2: When your Lord is away, do not call, text, or “blow up” his phone. That is interrupting the flow because he does not want to have to worry about what’s happening. I think in all of these years [of the Bishop traveling], I called the Bishop one time because my car stopped in the middle of the highway, and I completely flipped out. Do not call him to tell him that the light bill is due. Do not call him to tell him that the baby is crying, and you haven’t had any sleep.
- Tip #3: You need to speak life into your man. You got this! Shine the boots. Steam the garments. Watch his classes. You go out there and speak life into him. So when he goes out there, he knows that he got this and that he is The Man.
- Tip #4: Be quiet and learn to listen, especially when he returns and is worn out.
- Tip #5: Have a welcome committee with you and your children and have a sexy return.

Mama Anna: You can get lonely, overwhelmed, and frustrated when your Lord travels but we must endure.

2 Timothy 3:1 KJV

¹

This know also, that in the last days perilous times shall come.

- We should all appreciate our husbands. First give praise to the most High that He gave us our gift. We are living with righteous prophets who are not ordinary men. Be thankful for them every day for everything that they do. One day you may not get to see him because he is going out to war.
- Learn to appreciate what you have before time makes you appreciate what you had before.
- When your Lord is traveling, stop nagging and stressing them out. Stop complaining and nagging about petty stuff. They are going out to war and need to have a clear mind to accomplish the mission. We are to be a pillar of rest, not a pillar of stress.
- Sisters have to stop thinking that they are privileged to go everywhere with their Lord. If you are not invited, do not ask. Stay home and stay in your lane. Take care of business at home.
- Give him space, do not have your Lord under your skirt all the time. They need time away from you to think.
- Stop competing with your husband; it is not a race. You are a team in one flesh and one mind.



- You have to be quiet.
 - Your Lord does not have to tell you everything. Mind your business and be quiet.
Proverbs 31:12 KJV *12 She will do him good and not evil all the days of her life.*
- Be submissive, obey, listen, and respect him. Provide for him. Be patient and loving. Be supportive.
- Do not be idle when you are at home. Be productive. Stay busy. You can organize, prioritize, and make a schedule for next week whether it's homework, teaching your kids, studying, reading your bible, or shopping and going out with the sisters.
- Learn to be happy with yourself.
 - There are sisters that are lonely and do not know what to do. There are so many things to do in Israel! There is no time to be idle. Learn a new skill - go to Google or YouTube. Learn how to cook new meals. Educate yourself.
 - Stop feeling sorry for yourself.
- Call your sisters.
- Give time to examine yourself. Take time to reflect on the things you want to change.
- Find a balance on how to do things for work, family, and personal pleasure.
- Again, stop feeling sorry for yourself and thinking, “He doesn’t love me. He’s going out for two weeks and I don’t know what to do.” ○ They do not like tears believe me.
- Keep the peace and pray for them.
- Stay in the spirit and do what you are supposed to be doing. Obeying is the most important thing.
- You represent your Lord's household.

[Story time]: I was out of the spirit earlier this week and frustrated. I gave my Lord a bad look and you know he shot me up [spiritually]. For two days, he shot me up with scriptures. He was on it. I went to fix myself and prayed to the most High to remove that spirit from me. I apologized and moved on. Sometimes I have to check myself. I am not perfect, but I am trying to be perfect. I am still in training to be that Proverbs 31 woman. I have my moments sometimes, but you need to snap back and fix yourself. Trust the process.

Mama Paryah:

You have to know what you are signing up for when you are married to an Israelite man. You are married to a prophet. It is their job to go out and wake up our people whether it's in the states or internationally. We have to accept that for which we signed up.

1 Corinthians 7:29 KJV *29 But this I say, brethren, the time is short: it remaineth, that both they that have wives be as though they had none;*

- We have to be mindful. This is God's mission. We are not to interfere but to support. Understand that there will be times when your Lord will not be there. They are going to be out traveling.



Keep yourself busy.

- For me, I have the kids to tend to. We are cooking, baking, and shopping together. This gives me time to work on myself in addition to spending time with my children in that they need more of my attention while their dad is not there.
- My Lord is a food connoisseur. He likes to try different foods especially when he is traveling. I cannot prepare the same old meals for him. I have to keep it spicy, and I do not mean literal spice, but I have to change up the recipes sometimes.
 - For him, I think [my Lord enjoys] coming home to a unique dish. You can always learn something new on YouTube or try a sister's recipe if she shares it with you.
 - [Story Time]: My daughter, Jewel, found a dish that she wanted to make online, and my Lord made plans to cook the meal with her. However, he had to travel and was unable to make this dish, so Jewel and I practiced making the meal while her father was away. This way, when he returns, you can make this dish for him. It was a smash, she nailed it! Everyone was so excited that Jewel had prepared this wonderful dinner. My Lord heard about it and asked for her to prepare the meal again for when he returns.

Proverbs 18:22 KJV

22

Whoso findeth a wife findeth a good thing, and obtaineth favour of the LORD.

- I look at this as, The Lord is showing him favor and he must have found something good. Actions are weighed. Now I have to do my part and he sees that I am doing my best and doing whatever he needs me to do.
- I'll make sure that his clothes are washed. Oftentimes, he has back-to-back trips. He will come home, and I will empty his luggage and put it in the washer machine. Two days later, he is traveling again. I try to make sure that his clothes are washed and pressed. My Lord likes to pack his own luggage, and, I make sure that his clothes are washed, pressed, and ready to be packed.
- Be prepared and don't complain. The sacrifice of sleep. We wake up at 4:30am to take our Lord to the airport.
 - I have gotten so used to it. I do not ask what time it is. I set the alarm and I am awake. Time to go. Brush your teeth.
 - I never look at it as a complaint because I know that he is doing what God has commanded him to do. I find joy in him doing that and me being there to help him in the process.
- Make sure you are ON TIME to pick your Lord up from the airport because our Lord's do not like to be waiting too long.
 - I have made that mistake where I am rushing, lose track of time, and the next thing you know I am 15 minutes late. Make sure you are on time unless there is an emergency or traffic.

[Story Time]: On his most recent trip, I surprised him by bringing some of the little ones to the airport when I went to pick him up. Usually, he comes in late, and the children are



sleeping. This time, he sat in the back seat and the children were sitting on his lap. I didn't even get a hug until we got home! He was so happy to see the kids. When we got home, some of our older kids prepared a sign for when he arrived home and welcomed him back.

- More recently, when Bishop was away, we became grandparents. We made poster boards congratulating him as a grandfather and having the third generation of Kani's. We exhorted him and made him feel good.
- If it is very late, light some scented candles and have Jazz music playing. Have a meal prepared if he is hungry. Sometimes my Lord is not hungry, but the meal is prepared just in case. Other times, within 15 minutes of being home, he will ask me what I cooked for dinner.
- Keep the house clean.
 - My Lord likes for his desk to be cleared off. I cannot have any of my stuff on his desk. It is the little things that my Lord looks for.
- No complaints. I try to wait days and present something to him if there is an issue. But right then [when he returns], no.
- We speak while he is traveling, but I wait until the evening time after he is relaxed. He may FaceTime me or I will FaceTime him or text him and ask when he is available to speak.

Additional Tips:

Mama Shamarah: The acts of apostles continue and [their] needs continue to evolve and change, especially as the men grow older and children come to life. As Mama Anna said, we are in the process of learning.

[Story Time]: Years ago, I used to always pack the Bishop's bag and he would say that I always overpack. He likes to pack his own bag now and I have to make sure that everything is prepared. When he returns, I normally make sure that the house is clean, he is able to have a bubble bath, get in his bed, and unwind.

[Story Time]: I remember years ago when the men traveled to Africa. Bishop had lost weight because no one was eating due to others getting sick. I was ready for him when he returned. My daughter and I prepared different fruits and meals to nourish him back to health. I gave him massages with Frankincense & Myrrh.

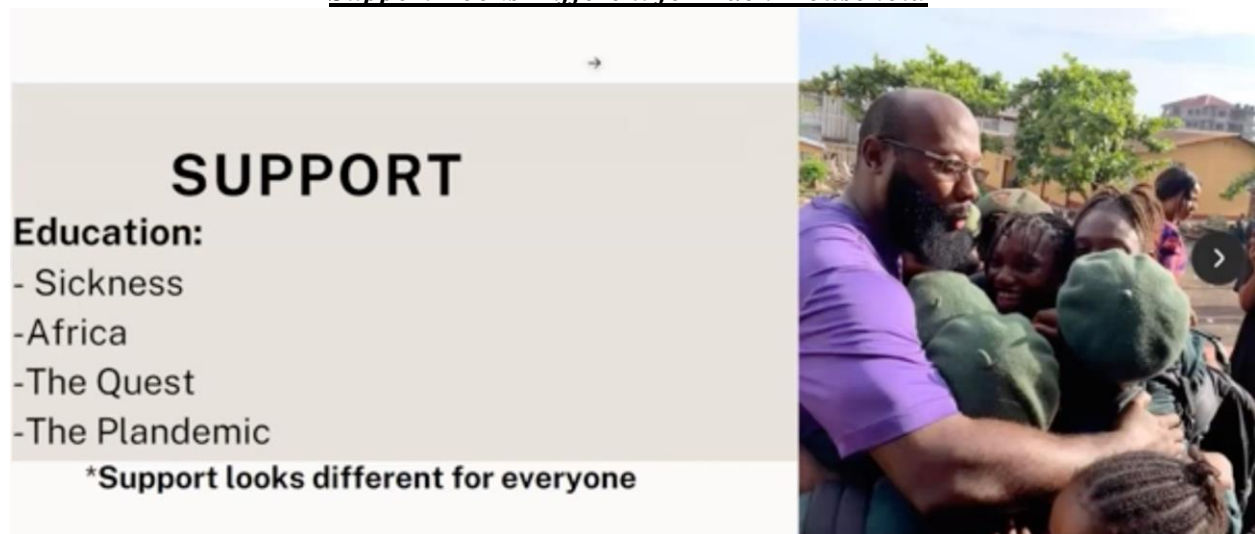
- Everyone has to understand their own Lord's needs. You need to understand what your Lord's needs are and what the expectations are.
- You need to get hobbies. Do you know how to knit? Do you know how to cook? Go to YouTube university. Can you bake unleavened bread? Do a DIY project. Does a room need to be painted? Does something need to be fixed? Do you have a garden? That is something that we can constantly improve. There is life beyond social media ladies. Do not be idle. Set goals for yourself.

I remember Sis Yemina (HO Capt. Yadin) had discussed why your Lord doesn't take you when traveling. You are not being his pillar of rest. You are nagging and complaining.

You do not want to drive. You feel that you are entitled. We are not entitled to anything.

- I want to emphasize that the men are working for the entire nation. They are working for you. You sacrifice now to enjoy the kingdom later. There are sacrifices that need to be made and part of the sacrifice is that your Lord takes time to travel to teach his people.
- I often find myself asking, what did our foremothers do? What did they say? How did they endure?
 - I ask myself, how did Zipporah do it? How did Abraham's wife do it? How did the Maccabees' wives do it? How did Peter's wife do it and all the prophets' wives that were married, how did they do it? I look for solace and comfort and how to go through tough moments from those women.

Support Looks Different for Each Household



- Some of us have young children and others have children that are over the age of twenty or over 15 years old.
- Each household may have a different area of need. When my Lord first started traveling, he used to always get sick. He would go on these trips and always come back with something major.
 - Even though I was in the profession of herbalism, I decided to take mine to another level because I learned that there were things I could do to actually help. I sent him with an herbal concoction and bug spray that helped the next time he traveled to Africa. Over time I noticed that he would get sick less and less when going on these trips.
 - I remember when picking him up from the airport one time, we had to go to the emergency room. He got admitted to the hospital due to something that he had caught overseas. You have to understand that these men are putting their lives on the line and going to foreign third-world countries. Like Mama Shamarah said earlier, they do not eat because they do not know what they are really eating.



There is bush meat, monkey meat, etc. There are times when they will only eat french fries every day. The bacteria in the food in Africa is different from the



bacteria we have here. Our guts are made to manage certain bacteria. We have good bacteria and bad bacteria. Traveling to any third-world country, you will find that what you are eating will have an impact on your [gastrointestinal] system. Over time my Lord was able to eat more foods, but in the beginning, it was not like that.

- My Lord will tell me that he needs me to make X, Y, and Z for when they travel. The next time, then he would have a whole different sickness. Overtime, I learned what to pack for each trip based on where he travels. This is what a prudent wife does. A prudent wife thinks of the future.
- Some of the countries in Africa are third-world countries while others are not. You want to think about the things your Lord may need in his travels.
 - During the Quest, there was a time when everyone was getting sick. Being on cruises is a place where people get sick often, but the men would still continue to go. A lot of us wives went as well if our Lord's wanted us to come to support them and spread the truth in a short period of time to a wide range of countries and islands. Remember that the men put their lives on the line.
- Many of us got sick in 2020 when COVID came - the plandemic. Once again, you have to remember that they are putting their lives on the line.
- If I know that they are traveling to a certain country, I will look into their regulations. Do you need certain things like vaccinations? There are many ways to support your Lord. Support looks different for every household.
- Of course, we all need to support in righteousness by being a good wife with mental work, emotional work, and doing the inner work. However, you will find things over the years in how to further support your Lord.

Which Wife are You?



WHICH WIFE ARE YOU?

- Wife of a traveling prophet is not perfect

GET YOUR MIND RIGHT

- Get your house in order
- Increase your SPA life
- Fast more
- Be more comfortable with yourself

Video: Which Wife are You Skit

- My Lord likes to pack his clothes and I provide moral support. I will pack more intricate things that he needs in his suitcase. Some husbands may want you to pack their suitcases, and that is okay. What one family does, the next family may do it differently.
- Make sure that you support your Lord mentally.
 - My Lord will call during his trips but normally I wait until the evening. I had a situation one time where I called him. We were moving from New York to Texas during the time of his travels to Uganda. Sis Tirzah did our real estate for us, and we were getting rejected for the craziest situations. We had 2 weeks to find a house in Texas. She found us a house that was not the best looking. I was not sure if I should sign the lease. I called my Lord twice and he did not answer. I then called Deacon (prior Captain) Yoshua in tears because we had to leave our apartment in two weeks. He told me to sign the lease and that we could find something better later on. Fast forward, when my Lord came home, he was not mad. So APTTMH for that.
 - Sometimes you need to think and call someone who will make a wise decision for your household and who your Lord actually trusts to make these decisions.
- My Lord has been traveling with leadership since we got married. I had a lot of learning to do.
 - I started proving my Lord after one year of me being in the Truth. A year later, we got married. I had a lot of learning to do within my marriage. Likewise, you all have a lot of learning to do within your marriage. The first week of us moving into our apartment, he was traveling. I was new to Brooklyn, NY and had not traveled in the area. These are trials that some of you may have during your Lords



leave. This is why we are here telling you about what is the most important - which is the mission. The nation.

- We have to call on other sisters to get through these things, to deal with some of the things we go through as women.
 - I often called Sister Aminah (HO Captain Zephaniah). I wanted to get my mind right, and him leaving was my time to do all the crying and find myself. Every time he left, I was happy to take a breather, reset, recharge, watch classes, pray and call the senior sisters to help me get through this time.
 - A lot of you do not want to do that type of work. When you all come to me and let me know what is going on, I ask, “Have you prayed about it?” You say, “Oh no, I haven’t.” That is the first thing you should be doing. I did so much praying and fasting for the first couple of years I was married because I knew that I wasn’t right. If you are not developing a prayer life, fasting life, or a consistent studying life, then you are not taking this walk seriously or your Lord’s walk seriously at all. They are putting their lives on the line.
- I have realized that there are situations when they may not come back. I had to get myself together and make sure that I maximize the moments for every time I spend with my Lord.

James 3:16-18 KJV ¹⁶

For where envying and strife is, there is confusion and every evil work.

¹⁷

But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. ¹⁸

And the fruit of righteousness is sown in peace of them that make peace.

- Many sisters have an issue when their Lord is leaving because you are envying his position. You want to travel with the prophets and be in the forefront. You have not let the Christian mentality leave. You do not have an Israelite wife’s mentality which is to guide the home.
- Pure: /adjective/ free of any contamination.
 - If you are pure, you cannot be contaminated with the world. This worldly madness should not be brought into your home. Every time my Lord left; my prayer was that I let the contamination of the world go.
- Peaceable: /adjective/ free from argument or conflict; peaceful.
 - If you cannot stop arguing with your Lord then wisdom will not dwell in you.
- Gentle: /adjective/ having or showing a mild, kind, or tender temperament or character.
 - This one time a sister asked me several years ago, “how did you get your Lord to bring you to Jamaica?”
 - You are working in a hot kitchen with no conditioning. We had to serve thirty men breakfast, lunch, and dinner every day.

- A lot of times sisters want to travel with their Lords like it's a vacation. When we went years ago, that was the first trip and we thought it would be a romantic interlude with our Lord's. That was not the case. We were there as help meets and pillars of rest. We cooked, cleaned, and cared for the men as they taught the word.
- To answer the sister's question, I said a quiet wife is a loving wife. Be gentle. Have a kind and quiet nature.
- Intreat: approachable and easy to understand.
 - Some of you sisters are not approachable at all.
- Partiality: being biased.
- Hypocrite: behavior that contradicts what one claims to believe or feel.
- You have to be pure, peaceable, gentle, and approachable. These are things that I will pray for and ask TMH to remove demons from me.
 - Some of you are not doing that and like to stew in your own S-H-I-T.
 - When your lord is gone, you should be asking when the next trip is because I have some more work to do with myself.
 - Some of y'all do not know some of the things we have gone through and do not know what to expect. Increase your prayer life and fasting life.
 - Every time he calls you, you should not be in tears. You should bring him joy.

Single Mother Syndrome

SINGLE MOTHER SYNDROME

Military wives express that they "FEEL" like single moms...**YOU ARE NOT!**



Time to increase your connection
-Healthy conversations while he
his away is the way to go

- There are things that my Lord still requires of me while he is away. I check in with him. He does not want to come home to any surprises. When he has Wi-Fi and is back at the hotel at the end of the day, I will call him. He likes to see how everything is going with us and his children.

- I have heard sisters say that they don't want to get used to their husbands not being around and feeling like single mothers.
 - If you have these inklings while your Lord is traveling to wake up the twelve tribes, you are not in the spirit. You should be watching and praying. All of their well beings should be on your mind! Recently, leadership has traveled to a new country. I am texting their wives to let them know that I am sending up prayers for them.
 - If you are still worried about being a single mother, you have not understood what the mission is and to whom you are married.
- Time to Increase Your Connection:
 - I will ask him how the sisters are out there. What are the things that they need? How's the body? I genuinely have a concern about how things are going in that state/country/island or wherever you are.

Mental Work

MENTAL WORK

Signs of the time

*Matthew 24

- Prepare your Mind
- Prepare Finances
- Prepare children
- Prepare your health
- Prepare for the famine
- CHECK THE LITTLE GIRL TANTRUMS



Matthew 24 KJV

- I try to read this chapter often to keep me in the mindset of what's going on while they are out. These events are happening in the world right now. There are false pastors, earthquakes, and pestilence. We are living in these times. The men are not going to be under our skirts hiding. You have to prepare your mind. Watch and pray. Be hip to the signs of the times.
- Are you having these conversations with your Lord?
 - In the event that _____ happens, what are we to do?

Anonymous Sister: My Lord was a commander in the Navy and the first thing we always did was to update our wills, get power of attorneys, make sure we had a third-party contact in the



event that something happened, and we are unable to get to him or to the house. We had our family in (disclosed location) that we could always go to. Make sure that all of your information is updated.

- Who does he want to help take care of his children if he were to pass away?
- If both of us are away, who would take care of the children and the household?
- Are you organized?
- Is your will complete?
- We are building an army. On a family basis, we have to make sure that we are being prudent wives and thinking about the future. Stop being in your feelings and understand what you signed up for.
- My Lord often tells me that it is easier to get away with beheadings in other countries. If you are the wife of a traveling prophet, you have to understand that we are the real wives of the men in the army. They have been thrown in jail in Cuba. I do not think that some of you are taking this truth seriously based on what I have heard.
- Prepare your mind, finances, and children: Are you speaking to your children about what is to come? Are you getting their minds, right? Are you reading Matthew 24 to them? Let them know that they are bringing out the false prophets. Things are popping if you have not noticed.
- Prepare your health: You should not have gained weight while your Lord was gone. Every time my Lord called me while he was gone, I was at the gym. You should be practicing with the bug-out bags and get your mind ready to travel. Something can pop off. You should be a couple of pounds less when he returns. You can fast while he is away.
- Prepare for the famine: Are you stocking [on goods]? Are you opening the tent yourself, figuring out portable gas stoves, or how to light a grill?
 - The last time they went to Africa there was no water. These men are doing big things. There are shootouts and many things going on. We have to get our minds right.

Sirach 36:24 KJV ²⁴He that getteth a wife beginneth a possession, a help like unto himself, and a pillar of rest.

- Help: /verb/ make it easier for (someone) to do something by offering one's services or resources.
 - Some of you are very resourceful. Figure out how you can help behind the scenes and be resourceful. Make it easier for your Lord.
- Help: /noun/ the action of helping someone to do something; assistance.
 - If he is a traveling prophet, you are his assistant. He may need you to assist him by working. You can be the wife that makes sure you are guiding the house and rear the kids. Run your own business. Have a conversation with your husband and ask how you can be a better assistant to him.

1 Corinthians 11:8 KJV

8

For the man is not of the woman; but the woman of the man.

- You have to understand this. If you are not, you must pray and fast. A lot of women see the men in purple that are blazing everyone with the scriptures and say that they want that.
 - You are not realizing all the work that comes with it along with the mental strength, physical strength, emotional strength, and spiritual strength, that you have to do to support him.

PHYSICAL WORK



Fasting



Clean Eating



Exercise

- You cannot sit around and be unhealthy. Those days are over where you can sit around and gain weight. There is a lot of work to do.
 - We went on a 6-mile hike and Mama Shamarah carried my newborn on a harness. I brought my stroller not realizing that we were hiking up a mountain. She carried him the entire six miles up a mountain because I just had a C-section. I realized that I have to make sure that I am able to do that and get my body prepared for that. If something happens, I must be able to carry my son! We have to stop being weak-natured in our physical bodies. Do strength training. You can be feminine and strong. This is important for my Lord.
 - As a woman in this truth, it is imperative that you get your body together. You should be able to lift, help carry your children, have endurance, and walk six miles. The way things are going, I do not know what is coming up next, but I want my body to be prepared. We are not getting our new bodies yet.

Help in Areas of the Home

AREAS OF THE HOME

R

Clean out closet

A

Start/work on your
Garden

W

Uplift his man-cave
or study space

I

ORGANIZE
→
DOWNSIZE
MINIMIZE

- Have a project to do while your Lord is gone to keep busy.
- Mama Paryah makes sure that her husband's workspace is clean and clear. I re-did my Lord's man cave on his most recent trip to make it more comfortable for him.
- I do not want a lot of clutter in my home to deal with. Use the time your Lord is gone to organize, minimize and downsize.

Children

CHILDREN

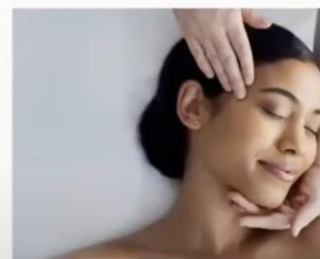
- Do something special with your children
- Help them get their mind right (understanding the mission)
- Tent Night
- Cooking Class
- Art Class
- Plan his homecoming
- Set goals they can meet and showcase for his return



- I spend mommy-children time. I am working on improving testing them and drilling them with the scriptures. I have all boys. For those with girls, you can spend time with them by getting manicures/pedicures, and teaching them how to sew or how to cook. I teach my kids how to thoroughly clean the home. I go over Matthew 24 with my children and let them know what the men are doing when they travel and why it's important.

- Plan for his arrival to welcome him back from his travels. Decorate the door, decorate the house, and/or make a poster.

Self-care & Beautifying



SELF CARING & BEAUTIFYING

- Sometimes you cannot sleep when you have a demanding husband. If I can take a nap during the day, I will.
- I try to make sure that he does not come back to an old pedicure. Some of our lords are gone for a month. I will get a makeover and redo my hair.
- I read an article on why men get frustrated with their wives because they do not listen. They have a hard time understanding his needs rather than your own needs.
 - Learn your Lord's love language. He may just want to have alone time with his wife, eat pizza, grab a beer and watch a Netflix flick when he returns. If your Lord requests this and you throw him a big grandiose instead, he may be disappointed.
- Make sure you look presentable and get your health right.
- Have your Lord come back to a nice, peaceful, relaxed woman.

Praise Famous Men

PRAISE FAMOUS MEN



Meeting at Airport
Pep Rally
Meaningful Gifts
Know his love
language

- There are different ways to do different things for your Lord.
 - Meeting at the airport: Have signs, clappers, pom poms, etc. My Lord does not like big celebrations for himself. Once in a while, things like that are okay for the congregation. They like to be a part of the journey for all of the traveling prophets that we support them, love them, and that we are praying for them as well.
 - Pep Rally: After the Sabbath, we would have a big pep rally, step cheer, sayings that Tirzah would make up, and actual drums that the men love. This is a way for the whole congregation to be involved in this process and they watch their leaders risk their lives.
 - Meaningful gifts: Compasses filtered straws, backpacks, luggage, etc.
 - Know his Love Language: Study exactly what your Lord likes. Sometimes he may want to come home to a clean house with his wife and children. That may mean more than anything. Prepare a good meal.
 - Some husbands want to see that you are progressing as his wife and doing better. You are asking questions and actually studying. If you don't talk to your husband at all about it, this is a turn-off. While he is gone, watch the news and how it connects with the scriptures. Be able to connect with your Lord on that level.

Revelation 2:10 KJV

10

Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life.



- In order to get the crown of life, these things have to happen. These men need our support more than anything else. I hope that you all got something from this class.

Shalom MHNCB.