

Event: Titus 2
Topic: Are You Your Worst Enemy or Your Best Ally?
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What makes us our own worst enemy?

We over think, over do, and over analyze things to make things harder than they need to be for ourselves.

Let's consider King David's wife, *Michal* when the ark came into the land.

2 Samuel 6:16 (KJV) And as the ark of the LORD came into the city of David, Michal Saul's daughter looked through a window, and saw king David leaping and dancing before the LORD; and she despised him in her heart.

- Some of us have bitterness in our hearts towards our lords.

- We hope that he doesn't come back home or we are holding to grudges and hatred.

Let's talk about *Job's wife*.

Job 2:9 (KJV) Then said his wife unto him, Dost thou still retain thine integrity? curse God, and die.

- Job was very rich with lands and cattle.
- Job's wife was a materialistic woman.
 - She was her own worst enemy.
- If we have a problem with our lords, we need to pray and fast more.
- If we are applying the word of God, he will hear our prayers.
 - If your husband is not doing what he is supposed to do, then you need to pray and fast for him.

Proverbs 14:1 (KJV) Every wise woman buildeth her house: but the foolish plucketh it down with her hands.

Ecclesiastes 7:26 (KJV) And I find more bitter than death the woman, whose heart is snares and nets, *and* her hands as bands: whoso pleaseth God shall escape from her; but the sinner shall be taken by her.

- Your mouth alone can destroy everything in the congregation, in your marriage, and your children.
- Learn to shut up; this includes your thoughts.

Proverbs 7:2 (KJV) Keep my commandments, and live; and my law as the apple of thine eye.

- Keep the commandments and live.
- Learn to control your mouth and thoughts; learn not be like David's wife.
- Have a mind after your lord.

1 Corinthians 15:31(KJV) I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.

- We have to practice dying daily.

Hosea 1:2-3 (KJV) The beginning of the word of the LORD by Hosea. And the LORD said to Hosea, Go, take unto thee a wife of whoredoms and children of whoredoms: for the land hath committed great whoredom, *departing* from the LORD." (2) So he went and took Gomer the daughter of Diblaim; which conceived, and bare him a son.

- *Gomer* was a prostitute and her own worst enemy.
- Don't think because your lord doesn't treat you right that you can go somewhere else.
- Work with the devil you know and not with a new devil.
- Meaning, work with your lord as he works on himself and help him to get better.

Hebrews 11:31 (KJV) By faith the harlot Rahab perished not with them that believed not, when she had received the spies with peace.

- *Rahab* helped the prophets. She was her best ally.

Exodus 15:20 (KJV) And Miriam the prophetess, the sister of Aaron, took a timbrel in her hand; and all the women went out after her with timbrels and with dances.

- *Miriam* ran her mouth. She wanted to be in charge and equal to the men.
- She was her own worst enemy.

Genesis 3:16 (KJV) Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire *shall be* to thy husband, and he shall rule over thee.

- *Foremother Eve* was her own worst enemy.
- Think about Eve when your cycle comes on; everything hurts.

Signs of Being Your Worst Enemy

- (1) Overthinking
- (2) Overanalyze
- (3) Assume

Overthinking

- You already know the answer, but you think of other options.
- When you overthink your time management is off, and you wait until the last minute to get things done.

Overanalyze

- Belittling yourself in things that you may know you're good at.
- It could be caused by negative childhood memories.
- This leads to doubting yourself and the abilities that God has given you.
- You don't need to doubt yourself because your lord has taught you well.
 - Show off the things that your lord has taught you.
- Don't prefer the easy way, make sure to do all the steps to make sure it's not easy and quickly done; it will fall apart because a step was missed.

Assuming

- Your lord may speak in a certain tone and because we are emotional, we think the worst.
- It's not good to always assume whether in your marriage, when you are at work, or in the congregation.
- Learn the expectations of yourself so you don't assume things.

Becoming Our Best Ally

- 1 Fast and pray then fast and pray again
- 2 Be a helpmate not a hinderance
- 3 Listening to what God has in-store
- 4 Stop doubting yourself

- 5 Let the joy of the Lord be your strength
- 6 Don't let hate determine your fate (no fear)
- 7 Take constructive criticism
- 8 Don't ponder on the past (sorrow)

Our *Foremother Abigail* showed us how to be an ally to ourselves. (Read 1 Samuel 25)

- Nabal disrespected king David.
- You may have a lord like Nabal at home. You must be like foremother Abigail and protect your lord from being slaughtered.
- Pray and fast more for him.

Watch the class by Captain Yadin called, Hedge or Hatred

<https://www.youtube.com/watch?v=96rKrJIV8M8>

- You could be the one contributing to your lord's madness.
- Keeping taking care of your lord despite his shortcomings.
- Keep your mouth closed as a daughter of Sarah should.

Foremother Jael was an ally to her people and herself because she was obedient; she knew what she needed to do.

Judges 4:18-22 (KJV) And Jael went out to meet Sisera, and said unto him, Turn in, my lord, turn in to me; fear not. And when he had turned in unto her into the tent, she covered him with a mantle. (19) And he said unto her, Give me, I pray thee, a little water to drink; for I am thirsty. And she opened a bottle of milk, and gave him drink, and covered him. (20) Again he said unto her, Stand in the door of the tent, and it shall be, when any man doth come and enquire of thee, and say, Is there any man here? that thou shalt say, No. (21) Then Jael Heber's wife took a nail of the tent, and took an hammer in her hand, and went softly unto him, and smote the nail into his temples, and fastened it into the ground: for he was fast asleep and weary. So he died. (22) And, behold, as Barak pursued Sisera, Jael came out to meet him, and said unto him, Come, and I will shew thee the man whom thou seekest. And when he came into her *tent*, behold, Sisera lay dead, and the nail was in his temples.

Foremother Sarah stood up and fought for what was hers and told her husband to get rid of the heathen Hagar. She was her best ally.

Let's look at *Foremother Rebekah*.

- We should want our leadership to hook us up with the right man but instead we want to make our own decisions about a man.
- Even married women need to be quiet and focus on getting the kingdom.
- Becoming your best ally is something we all need to strive for.
- If you're your best self you will be for your lord, children, the congregation, and other sisters.
- Have purity in the mind and no corrupt communication.

Scenario of how you can be your own worst enemy:

I was accepted into 3 universities and I had chosen to be a chef.

- Her mother told her not to go and she didn't.
- Sometimes you're your own worst enemy when you allow someone else to talk you out of what the Lord has for you to do.
- Being your best ally is now listening to what God has you to do.
- If your lord approves run with it and don't listen to others.
- Don't let people sit at your table that are not worthy to sit at your table.
- Being your best ally is not doubting yourself, don't allow others to doubt you and bring their negative energy.
- Ask God for the discerning of spirits.
- Stop allowing people to destroy your vision, stop allowing people to bring low self-esteem.

Philippians 4:13 (KJV) I can do all things through Christ which strengtheneth me.

2 Timothy 1:7 (KJV) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

- God has not given us the spirit of fear.
- Your mind needs to be sound.
- We must pray 3 times a day or more.
- Ask God for a sound mind and for it to be after your lord's mind if he is in line with the scriptures.

Hebrews 13:6 (KJV) So that we may boldly say, The Lord *is* my helper, and I will not fear what man shall do unto me.

- If the Lord is our help, then we don't have to worry about what others say and do.
- Even Christ had to apply this and trust in his father so he could endure for Israel.

Psalms 27:3 (KJV) Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this *will I be* confident.

- If Christ went through all he went through what makes you think you won't have to suffer also?

Proverbs 14:1-2 (KJV) Every wise woman buildeth her house: but the foolish plucketh it down with her hands. (2) He that walketh in his uprightness feareth the LORD: but *he that is* perverse in his ways despiseth him.

- Every wise woman builds her house.
- Anything you see out of order with your lord (clothing, skin ashy, etc.) you need to fix it and make sure he looks great.

Proverbs 31:28, 13 (KJV) Her children arise up, and call her blessed; her husband *a/so*, and he praiseth her. (13) She seeketh wool, and flax, and worketh willingly with her hands.

- Learn to take constructive criticism without turning it into hatred because of what someone said.

- If you are getting angry because what that someone said and it was correct, you may need to work on some things.
- Your countenance should not fall; always look on point.
- Put on a girdle, or a slip if you need to look the best you for your lord's house.
- Get the understanding of how to be your best you.
- Don't allow your past to overshadow you.
- You want your future to be brighter than now by building yourself up; you are not the 31 Problems but you are developing into the scriptures, Proverbs 31:10-31.

Ephesians 5:29 (KJV) For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:

- No man has hated his own flesh but nourisheth it.
- You shouldn't hate yourself but nourish yourself; give your body what it needs.
- This body is not yours its Gods.
- If you destroy what God has given you then what do you think of the Most High?
- We need to be our best self in our health.

Proverbs 3:4-8 (KJV) So shalt thou find favour and good understanding in the sight of God and man. (5) 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. (7) Be not wise in thine own eyes: fear the LORD, and depart from evil. (8) It shall be health to thy navel, and marrow to thy bones.

- In all ways acknowledge his ways and find favor by trusting in him.
- Be not wise, fear the lord.
- It will be health to thy navel.
- Learn to fight your battles spiritually with the word of God and not our mouths.

1 John 4:18 (KJV) There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

- Fear has tormented us, and we must not have fear.

Psalms 138:8 (KJV) The LORD will perfect *that which* concerneth me: thy mercy, O LORD, *endureth* for ever: forsake not the works of thine own hands.

- Know when to say the proper things at the right time.
- Have the spiritual understanding of knowing when to stop the conversation.
- Know when to shut up.

Galatians 2:20 (KJV) I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

- Live by faith in the son of God.
- Apply this by studying, praying, and applying.
- Remember what Christ has done for us.
- We have no right to treat our bodies or anyone else like trash; think of what Christ has done for us.

Philippians 1:6 (KJV) Being confident of this very thing, that he which hath begun a good work in you will perform *it* until the day of Jesus Christ:

- Be confident that God will perform a good work in you until the return of Jesus Christ.
- Good work can be sewing, teaching those younger sisters, being submissive, being a Titus 2 woman, a cooking woman, writing plays, singing, writing music, etc.
- If God has begun a good work in you and you are not using them in this truth, there's an issue.

Shalom Sisters. Most High in Christ Bless you all.