

Event: Titus 2

Topic: Postpartum Turns Me Into a Ratchet Wife

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This class was inspired by my first pregnancy and giving birth.

When I was pregnant this past June, I remember sisters asking me if it was different from the first one. Have there been any changes? I am big on trying to perfect something, for instance if I've been through something once, I'll try to look at whatever faults or flaws that I had during that first time, and try to say next time I'm going to do this differently. So this class is all about Postpartum and realising your journey from last time going into this time and what I did to prepare.

- Key Point:
Postpartum is GHETTO

I hate anything that takes me out of my element. Anything that makes me not be who I'm supposed to be according to the laws, and one thing you'll know about me and a



lot of the sisters that know me, met me, or we've interacted together, I am not super emotional.

I am one of those people who, for example, when the men put out an order and a sister may come and be like sis did you see the order that they put out? What does that mean? I will be like I do not know why, but it is what it is. That's the type of person I am if they change the order just follow.

- Key Point:

Acronym for GHETTO:

G- Giving

H- Heavy

E- Emotional

T- Trials

T- Tribulations

O- Overtly

Meaning out in the open. You cannot even contain it.

So this is for someone who is pregnant right? It's going to be a great class for you, if you are someone who's had a baby, whether in the truth or not in the truth. Maybe you went through postpartum, and you didn't handle it so well, this is a great class to take notes. If you are single, you may have no idea what I'm talking about. You may not be able to imagine what I am talking about or could not imagine not having control of yourself and your own body. Then this is a class for you because you are going to understand and you can go look back, and be like oh, my goodness, I'm so thankful Susanna went over that class.

They now call it the Fourth Trimester and it's a time where you experience a multitude of things, and the reason I call it ratchet.

Define Ratchet:

1. a situation or process that is perceived to be changing in a series of irreversible steps
2. To cause something to rise or to fall in like a steady motion

This is like the perfect title, because Postpartum is Ratchet.

You are up one minute and down the next minute, off to the side, over here and a lot of times some of the ways that we act or portray ourselves can be irrelevant.



So understand, when you go through your pregnancy journey, you do have the part where you get pregnant. All Praises. All may experience different sicknesses. I get terrible morning sickness, for like 4 months I'd be just sick all day long.

- Key Point:

You get your baby bump. It feels so good and then after that you have the baby, and then a lot of us think it is over. Well it is not over! Now it is time for your fourth trimester. Here are some of the postpartum symptoms that you can experience, and this is what makes it so G.H.E.T.T.O, "Given Heavy Emotional Trials Tribulations Overtly."

- Key Point

Postpartum- Symptom of Anger

You will start to feel anger during your postpartum. Anger is a huge one that we go through and from this time to last time with my son, that anger came quicker.

So I remember any time I've had a baby I've been fortunate enough to have my mom come up. The first time when I had my son, she stayed with me for a month. This time she was like I can dedicate 2 weeks to you and help you, so I was like cool no problem. The first week went by great. The second week my husband got sick. My mom has underlying health issues and I know Covid is still really a thing, it turned out he did have Covid. My mom packed up all her stuff. I did not even get my second week. I was just looking as she was packing up and leaving. I'm standing strong, because the last thing you want to do is show any sign of weakness or trouble with your unrepentant family because they would blow stuff out of water. Your feelings hurt and you were angry. This is the only time I'm going to get taken care of just like I'm a baby, because it's my mom, you know nobody going to take care of you, like your mom.

I have been looking forward to getting pampered. Food is getting cooked for me, baby's getting held so I can get some sleep. She has taken care of my toddler son, making sure he gets to school, making sure he's situated, and sleeping in a separate room with him. I am getting pampered. When my husband got sick the anger spirit came on me, I was so angry and so upset.

You may be like this for 2 weeks only, and I'm going to tell you postpartum lasts probably up to like a year and a half, almost 2 years. If you are single and you have not gone through this, or you've never had a baby don't think what I'm talking about is something that will come and last for just a second. No, it can last and last and last, for like 2 years, anxiety so that's another symptom that you can have, your mind may be going to some crazy places.

- Key Point



My husband would get the baby girl and want to hold her. I would be okay. You know at that moment my mind was going through some crazy stuff.

You'd be like, what if I walk outside what if what if I just fall in the pothole, you just be coming up with some crazy stuff.

Anger can come on from postpartum stress.

G.H.E.T.T.O

- GIVING HEAVY EMOTIONAL TRIALS TRIBULATIONS OVERTLY

- Key Point

Postpartum- Symptom of Anxiety

Anxiety can come on from postpartum.

Postpartum can last up to two years.

Anxiety can have your mind going into crazy places.

Loss of interest with postpartum

Going out with sisters as much as you can, get out the house when sisters invite you out.

I know a host of sisters y'all have anxiety.

- Key Point

Postpartum is a demon - It is a spirit. You need to pull yourself out of it.

- Key Point

As we all have a baby, y'all be delaying going back to the Sabbath. That's a No, No, whether it be you are nervous or maybe you have multiple kids. You may not know how I'm going to function with four kids on the Sabbath, as opposed to three. Some of you may be worried about sicknesses and things that your baby could catch. Some feel like you're not emotionally ready to be there and here's the thing you must keep the laws, statutes, and commandments. Emotionally not ready to be there you think you are not able to deal with multiple children. How are you going to change your children?

There is some time that you do take due to different healings. I know sisters they'll take like six weeks, and then there are other sisters, depending on what happens like if you have a C- Section or I don't know maybe you tore and you got some stitching. There may be some delay returning to the Sabbath as you're healing. I



know if you got an old-fashioned mom and I had my mother-in-law here, they brought me up from hence until you have the socks on, scarf, a hat, you know a blanket wrapped around you when you go outside, they like you to open for an amount of time. Some of y'all stop going to the Sabbath you must check your spirit. I told you postpartum is a spirit because now it's allowing you not to keep the laws.

- Key Point

Postpartum can bring mood swing - Happy or sad.

- Key Point

Postpartum can bring weight gain.

You will be fooled and surprised leaving the hospital.

You start dropping weight before leaving the hospital and within days being postpartum you stop. So you like cool alright I didn't gain so I stopped, but then suddenly you start gaining a whole bunch of weight.

So you deal with weight loss on top of all these other symptoms, when it comes to postpartum and then it creates a big issue.

- Key Point

Postpartum can bring depression. There are different stages of depression.

My depression felt different. It was a weird feeling.

I was not necessarily sad. I was not necessarily happy.

I was very mellow, but I wasn't myself. That lasted for about seven months and what I would do is wake up every morning at five thirty and this was my sad time. I was kind of sad, moody, or just not even mad and I will go work out. I'll come and sit on the couch, and I will read my bible. I just felt some type of way and by the time everybody woke up I knew I had to shake it off with my daughter.

- Key Point

It was the opposite. Look this up. I never thought this was a thing until it happened to me, whenever I would breastfeed her during the let down as the milk was starting to flow out, I would start to feel overwhelmingly sad, and it would last for about 20 minutes.

So that was one of the things I didn't know about.

- Key Point



I would also black out.

I had to research, because I would wake up and be like where's the baby and she'll be back in her crib. I couldn't tell you how she got back in there. Sometimes I'll wake up and I'm still holding her. She'd be sleeping but I'd have blacked out for like an hour.

So I had to make sure that I was going to a safe place like the bed or something comfortable around so if I dropped her. I would actively say don't go to sleep, and put her back in your crib.

- Key Point

Postpartum is not a reason not to keep the commandments.

Postpartum can leave you out the spirit and out of your character.

When it comes to dealing with the Most High, your husband, and sisters, it's not a reason not to keep commandments. I'm a big person who believes that there's no excuse for anything you can't overcome anything that you want to.

It's just a matter of putting your mind to it, and I believe a lot of things we can resolve on our own.

I knew I was going to experience these things because I went through them with my son, so I said I'm going to prepare myself because a sister is not going to be caught slipping this time, I had no idea.

Class was in the making for nine months because I was going to make sure that I was documenting what I was doing to prepare myself, and then at the same time as I was going through my trials and as I was going through my trials with postpartum, I'd pull out my phone and write my thoughts. This is going to make for a great testimony, because let me tell you something about going through trials, you never go through a trial thinking that it's not important. If you pass, I truly believe that everything you go through you need to be able to teach somebody else and to teach somebody else you must pass the test.

That was one of the things that helped me stay strong and face adversity.

A lot of sisters like to make excuses, we don't want to do that and use that in our mind. It will really help you be like you know what, I want to be able to assist with this but if I don't pass it then I'll be looking silly and I can't tell nobody nothing so let's see, so it's not a reason to not keep the commandments.

This is simply another decision where you must decide to keep the laws.



Postpartum is another decision.

Where you must decide to keep the laws and face adversity.

You must make it through the adversity.

Ecclesiasticus 15:11 (KJV) Say not thou, It is through the Lord that I fell away: for thou oughtest not to do the things that he hateth.

The Lord hates abomination.

Whatever scripture that helps you get through those tough situations that's all it is right and so you got it, really put on your spirit, gird yourself up, make sure that you can withstand this trial, because Most High doesn't need a simple mind.

Postpartum is a spirit, trial you got to go through and make it.

Gird yourself up and read Sirach 2:1

Ecclesiasticus 15:12 (KJV) Say not thou, He hath caused me to err: for he hath no need of the sinful man.

Don't say Most High understand I am going through postpartum, disrespectful to my husband and not going to the Sabbath. Don't say that

Ecclesiasticus 15:13 (KJV) The Lord hateth all abomination; and they that fear God love it not.

The Lord hated all abominations.

They that fear him, love it not

You have a choice to say, you know what I'm going to prepare for this postpartum or I'm not and will just dwell in it and let it lead me and when it's over one and a half to two years and I'm out of it. It's over and you know that's kind of like the mom, that rage clean.

You know my sisters, and if you got a mom, sometimes when the house gets messy and everybody keeps messing up suddenly you just start cleaning up the house, so you go crazy and you're mad at everybody. You end up talking to the toys, like what is this doing here. Why these toys out here, you just rage clean it, and then after so you are nice to everybody because you were acting out.



Ecclesiasticus 15:14 (KJV)He himself made man from the beginning, and left him in the hand of his counsel;

The Most High made man from the beginning, and let him in the hand of his council.

So you have free will...don't be the person who didn't get through the trial and the test.

Now that's over with you like, hey I know I've been acting crazy for the last two years but I'm back except me, rage queen. I'm sorry I'll give you a hug. We got to do better.

Ecclesiasticus 15:15 (KJV)If thou wilt, to keep the commandments, and to perform acceptable faithfulness.

If you don't know about postpartum learn it tonight

Start to mentally prepare yourself especially if you get married.

Are you pregnant right now? Talk to sisters in your body that has multiple trials.

Ask what symptoms they went through and how they overcame it.

Ecclesiasticus 15:17 (KJV)Before man is life and death; and whether him liketh shall be given him.

You go through this trial contrary to what you're supposed to be doing, your role as a woman is your reward before the Most High

Ecclesiasticus 15:18 (KJV) For the wisdom of the Lord is great, and he is mighty in power, and beholdeth all things:

Most High sees you even in postpartum, even when it's a chemical imbalance.

Most High wants us to go through our trial and pass the test.

Ecclesiasticus 15:19 (KJV) And his eyes are upon them that fear him, and he knoweth every work of man.

Ecclesiasticus 15:20 (KJV) He hath commanded no man to do wickedly, neither hath he given any man licence to sin.

Most High will never give you a license to sin.

The role of a woman must be fulfilled.



Going through postpartum we tend to make an excuse not to apply Titus 2 role. I am not focusing on the part that you just got had a baby, may have stitches, and need to heal.

I am focusing on chemical imbalance messing you up.

Titus 2:4 (KJV) That they may teach the young women to be sober, to love their husbands, to love their children,

We must make sure our mind is clear.

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.

Being sober means that you are mentally, alert. Your mind is not altered in any way, shape, form, or fashion.

1 Thessalonians 5:6 (KJV) Therefore let us not sleep, as do others; but let us watch and be sober.

We should know postpartum will come and our spiritual foremothers went over classes.

So don't sleep like other people may be sleeping, right people.

In the world I have never heard this or newly repentant sisters that have never heard this don't sleep as others but watch and be sober be mindful, like all right, I can expect this, I can expect that. Oh, I am feeling this symptom.

- Key Point

How can I get out of this?

How can I overcome this?

Don't turn into that ratchet wife, where you get on everybody's nerves. Most of the trials are up and down and you do not want to act out in the open because I am telling you postpartum you cannot control yourself you just kind of react to what's taking place so stay watchful.

Be sober and watchful.

Don't let your mind go everywhere.

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.



When you experience postpartum loving your husband can become something that can be difficult, it can leave you.

I know single sisters and newly married sisters are like what Susanna? I love my man. Love is an action word.

Just having a baby you want to be alone to self and recover and be pampered.

You can have mood swings towards loving your husband.

Postpartum can lead to not love your husband.

When you go through that postpartum phase, loving your husband can be hard to do right? It could be the little things that could set you off with him and little things can turn into other bigger issues.

Cooking a dinner you do not feel like
You may cook something he doesn't want.

- Key Point

Self-Question:

How can I show love?

How can I show affection?

One of the things that I want you to know is that when you go through postpartum, your lord is also going through that postpartum with you guess what during postpartum you can't have sex after having a baby when keeping the commandments as the law says whether it's a boy or girl.

Now your lord looking at everything under a microscope because they sometimes use sex as a release and unable to get it.

It is your job not to get out of the spirit, to remain in the spirit to just say you know what this is the devil.

I already know he's going through it just as much as I'm going through it and that buffer that used to be there that kept you both from arguing is not there right now.

Loving your children

When you go into postpartum depression, it could either keep you away from your new-born if you do not want to be around them or if you have younger kids.



You may have toddlers that need attention, and you just had a baby, and you find yourself lashing out due to postpartum.

You must start a routine set up to overcome.

You need a minute to yourself.

Children don't need to be up at the same time as you. You need time to yourself. If you don't have a routine, you will be stressed and raging.

When they go to bed if they don't go to sleep that's okay just no talking:

You can take a shower.

Have a glass a wine.

Watch a movie with your lord.

Watch a class with your lord.

Everybody needs a moment.

Get a routine together so you won't be yelling and raging at the children.

- Key Point

Postpartum - Keepers at home

You still must keep your home up after you are healed.

You're raging and cleaning, getting upset don't want the children playing with toys when they are being themselves.

Postpartum can be a spirit of talking back - that's pride

Hebrews 11:25 (KJV) Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season;

The little bit of high you get from your husband for talking back is only temporary and you will regret it during postpartum. If you don't feel bad, you don't fear the Most High

Postpartum needs to be treated like any other trial.

1 Peter 5:8 (KJV) Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Postpartum is like the devil waiting for the moment to jump on you.



You could be having a really great day; everything is going well. Then the anger kicks in, anxiety kicks in, the loss of interest kicks in and then suddenly you get overtaken. It's because you were not being watchful and vigilant.

This is another battle and each pregnancy that you go through you should be able to overcome.

When it comes to being pregnant, we know how to set up different things.

Set up food ready to go.

Watch the children.

Come help you in the house.

When we're preparing physically, we forget to prepare spiritually.

Identify your struggles the last time you went through postpartum if this is your first child get with sisters in the body.

- Key Point

Question:

How do you overcome any trials?

Know your triggers.

If you never been depressed it's the worst feeling to experience

When nursing I felt depressed - I overcame it by using words of affirmations and meditation on scriptures-

- Key Point

Affirmations - I have a good life, happy to be here, I love being a mom, I enjoy being a mom, I'm thankful, the Most High loves me.

Saying those things will break the negative spirits.

Keep doing it and it will get better.

Hope I am not scaring any single sisters this is real life and must be girded up.

Watching a class during postpartum helps calm your spirits.

Make sure you counsel with the right person.

Postpartum can happen with miscarriages and stillbirths.



Scriptures to meditate on during postpartum.

Don't be acting out of character with your lord and children and using it for excuses.

Nehemiah 8:10 (KJV) Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

Repeat this: "The joy of the Lord is my strength."

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

There's no profit in being depressed.

The sooner you get out of depression you can begin loving your baby, and enjoy being a mother.

This battle is not going to overcome me.

Postpartum can kill you spiritually in that state of depression.

Push to get out the state of depression.

It's the Sabbath and you rub people the wrong way, you can really lose some good valuable relationships, not only with your sisters, your husband, and your kids, so you must really push to get out of the depressing state and it's all about repetition.

- Key Point

You must talk to yourself - you are a winner, and you can do this. Tell

Satan, "I can win and overcome this!"

I am not going to be taken out.

What were your triggers? Children running around, being invited places, or people talking too loudly?

Eating healthier can help postpartum and relieve other postpartum symptoms.
Drink lots of water.

Change your diet. Stop with the fast food and bad eating habits to avoid eating bad it will make you feel better.

Go outside and you will feel better!



Feeling the sun in postpartum feels great.
When you leave the hospital, the weight comes off and once home the weight gets stubborn.

The sun makes you feel good.

Are you dealing with depression, weight gain and mood swings?

At Tallahassee our sister Hadassah H.O Officer David - she does a friendly competition called "Healthy Initiative." It's not about just losing weight for a season. It's really supposed to activate you into creating a healthy lifestyle for yourself. She'll have these sheets made for us where it's stretching, your water intake, how many steps you took, measure like your waist, get your weight goals as well, and you do that each week.

This is the Kickstarter.

You need support. You need supportive sisters. We can hurry up, get out of depression, get the weight off because weight leads to depression on you. And so I was like I'm going to join a competition.

I started walking to the mailbox and then called a sister to walk the neighbourhood. Then I lifted weights and postpartum symptoms started coming off

- Key Point

Have a friend you can call -
Have her on speed dial

You may actively know things are going to trouble you as you are going through postpartum that does not mean you won't stumble and fall.

When you get overwhelmed call that proven sister.

This is not the time to start saying anything out the way- don't bad mouth your husband.

Call your sister - I am going through it please bring a bottle a wine and come over.

Sister came over and I shared some things with her just to say it out loud.

She should not be speaking negative about anything; she should be uplifting you.

Be angry and sin not.



Sisters should be building you up spiritually.

Begin moving your body by exercise-
Don't stay in an unhealthy body too long.

Push your body, it's not broken.

Walk around outside.
Workout with a video online
Get with a group of sisters to workout with them.

Exercise releases those endorphins.

Ratchet goes up and down you want to be self-regulated.

Remembering your Foremothers in postpartum

Matthew 24:19 (KJV) And woe unto them that are with child, and to them that give suck in those days!

Matthew 24:20 (KJV) But pray ye that your flight be not in the winter, neither on the sabbath day:

Christ speaking

When pregnant I pray for Christ NOT to come back right now

Woe to them that's pregnant and breastfeeding during these days in the wilderness.

You must think I am in my comfortable home and comfort you're not in the wilderness running. Imagine your foremothers!

Article - Hidden Voices

<https://ldhi.library.cofc.edu/exhibits/show/hidden-voices/enslaved-women-their-families/motherhood-and-children>

Talking about slavery and motherhood

Just imagine you in slavery and you must deal with a slave owner touching your daughter, selling your daughter, the living conditions and our foremothers still had joy when seeing their baby smiling. This can be painful because the baby can be gone at any time.



These stories of our foremothers should comfort us because you're going through postpartum in the comfort of your home.

Sometimes slave owners gave you rest after having a baby and you didn't have to get back to work, and some had no rest.

Think about your condition in the comfort of your home instead of being a slave. You may not have to go back to work right away, may have six months off and maybe not even work at all.

Start getting a healthy regimen with your vitamins.

Take your vitamins to try to combat hair loss.

Take your vitamins as they help with postpartum.

Your relationship with husband is interesting.

- Key Point

The dynamic with your husband can change.

Recite to self- your lord is still a prophet in your postpartum, the work still must get done.

2 Maccabees 15:18 (KJV) For the care that they took for their wives, and their children, their brethren, and folks, was in least account with them: but the greatest and principal fear was for the holy temple.

They were not worrying about their family just the temple.

The world is coming to an end.

The kingdom doesn't come by observation.

Your lord doesn't have time to sit home with you. He will travel and not just sit there.

Everybody has a role even in your postpartum

You will release some of the resentment and anger you have on your lord.

Your lord still deserves respect in your postpartum

Mark 6:4 (KJV) But Jesus said unto them, A prophet is not without honour, but in his own country, and among his own kin, and in his own house.



A Prophet is not without honour except in his country or house.

Remember this in your mood swings; your husband deserves honour, and you don't want him being treated better by someone else. Tell yourself, "I will give my husband respect in His house."

His home must be still cleaned, food cooked, and children taken care of.

Home must be cleaned.

Find a routine.

If you know a sister that went through a caesarean section, help her out.

You still have a role to play after giving birth and healing.

Cook healthy meals.

Make sure your children are cared for during postpartum.

You got to bounce back in the looks department during postpartum.

Do not let yourself go. Still work on being attractive to your lord

Get your hair done.

Be cute after baby.

Don't look frumpy during pregnancy or after birth.

Find a way to look comfortable and beautiful. Take care yourself.

Remind yourself of your husbands' positive traits.

Mens lives don't change when new babies come...your life changes.

You feel like he is not even concerned about the new baby.

Remind yourself during postpartum, your lord takes care his family, he is a good husband, and he is teaching the nation.

Encourage yourself.



Be mindful, don't be over dramatic when your husband does little things.

Take the little things he does for you during postpartum cheerfully.

The devil will put a complaining spirit in your head against your husband.

- Key Point

I said this in my head - Susanna stop! You were meant to be with a man who cared. Don't resent him. go over your list to keep you motivated.

I felt ashamed, I felt courageous, I felt happy, I felt so much at one time.

When he was out there trying to save the world, I felt so great and so relieved.

So don't even sit up here and try to dismiss his actions and feel like he's not the superhero, that he is. Do not resent him, go over your scriptures to keep you motivated.

- Key Point

I want to say to all my postpartum moms I know it's hard, yet you can get through it gracefully through the scriptures.

Being in spirit, it will be easy. Do you want to overcome these trials?

We need people to overcome trials. When we read these scriptures and we read about our Foremothers and the things that they went through and endorsed, they did the right thing at that moment.

I did not let them overtake me so to the mothers who are in their fourth trimester:

You've got this, and we've got you so learn from sisters, and your leadership wives.

Stay in the spirit, stay strong and overcome this postpartum trial, you can do it plan and execute!

Most High and Christ Bless You All