

**Topic: Post DOA and FOT: an Examination of Behavior**

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## Introduction

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- Follow the protocol by not sharing Titus 2 on any platform.
- DoA = Day of Atonement
- FoT = Feast of Tabernacles
- This class is to self-examine whether we have learned the lessons.

### Video #1

<https://www.instagram.com/reel/Cx5yXoiuiRg/?igshid=MTc4MmM1YmI2Ng==>

- *It's okay to be who you are, but all of you is not okay.*

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## Examine Yourself

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- We prepared for the day of atonement, reflecting, and examining things we did and claiming we won't do it anymore followed by the fast.
- Then comes the Feast of Tabernacles and we're forced to be amongst Israel for a week.
- Do you truly know how to be in the spirit and stay in the spirit?
- Have you truly forgiven your neighbor?
- Have you stopped doing the behavior that keeps offending others and the Most High?
- **2 Corinthians 13:5 (KJV 1611)**
  - Examine yourself.
  - The root word of examination is exam.
    - You're proving yourself it's with Titus 2 or during Tabernacles.
- ***Don't confuse movement with progress.***
  - You could be moving and doing work but are still the same as before atonement.
- **Romans 12:21 (KJV 1611)**
  - Be not overcome with evil.
- **Psalms 138:7-8**
  - We walk in the midst of trouble every day.

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## What is the behavior we should have?

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- **Titus 2:3**
  - The aged women be in behavior as becometh holiness.



- This is the basis for why we are here today.

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### *Forgiveness vs. Moving On*

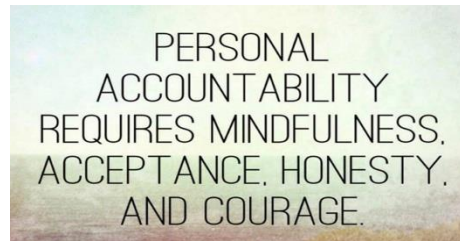
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- First forgive and then move on.
- The act of moving on is just focusing on yourself.
- **Philippians 3:13**
  - Forgetting things that are behind and reaching forward.
- **Isaiah 43:18**
  - Don't consider the things of old.
- Forgiveness is when you focus on others, the person, or the people, that you have been offended by.
- **Ephesians 4:32**
  - Be kind and tenderhearted even as Christ has forgiven you.
  - The forgiver doesn't just remove themselves from the person but rather moves close to them in the hope that they will change.
- **Colossians 3:13**
  - Forgive as Christ forgave you.
- **Video #2**  
<https://www.facebook.com/reel/703542778354638?fs=e&s=TIeQ9V&mibextid=yfISMO>
  - Are you in step with the director (the Lord)?
- **1 Peter 4:7-9**
  - Charity covers a multitude of sins.
  - Did you have these characteristics during tabernacles?
- **Matthew 18:21-22**
  - Peter asked Christ how often he needs to forgive.
- **Sirach 28:7-8, 12, 14-15**
  - Remember the commandments and bear no malice.
  - Abstain from strife and you will diminish your sins.

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## Personal Accountability

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- **Mindfulness: being conscience or aware of something**
  - Synonyms: observant or careful
  - 1 Peter 3:21
    - We have work to do and are not perfect.
- **Acceptance: the action of consenting to receive something**
  - Synonym: confirmation
  - Romans 15:1-3
    - Accept and bear the infirmities of the weak.
    - Continuously forgive because some of us are weaker than others and we need to accept it to a certain degree.
- **Honesty: the quality of being honest**
  - Synonyms: truthful and upright
  - James 1:26
    - Watch your mouth.
    - You don't have to respond to everything and everything is not for you to respond to
- **Courage: the ability to do something that frightens you**
  - Synonyms: valor, boldness, spirit
  - Proverbs 9:10
    - Fear is the beginning of wisdom.
    - We have to have a health fear in the Most High while being in obedience.

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*What does it look like if your fast was in vain?*

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- *Examples of bad behavior/fasting in vain:*
  - When you bring anger and bitterness into new relationships.
  - So wrapped up in the wrong that you cannot enjoy the present.
  - Being depressed, irritable, and anxious (emotional damage).



- At odds with what you know is righteous because you're double-minded.
- You lose connections with others because no one wants to be around these behaviors.

➤ **Video 4**

<https://www.instagram.com/reel/CyuS0gNxfNX/?igshid=MTc4MmM1YmI2>

Ng==

- Don't be Nay Nay sliding down the slippery slope of sin.

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*4 Steps Toward Positive Behavior*

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- Forgiveness paired with moving on is a show of faith.
- The day of Atonement is forgiving, and the Feast of Tabernacles is moving on.

1) *Trusting the Most High to deal with them.*

- **Romans 12:17**

- Recompense no man evil for evil.
- Be honest because your personal accountability requires it.

2) *Clearly communicate.*

- It helps you release and helps the other person to self-correct.

- **Matthew 18:15-17**

- How to talk about issues.

3) *Pray for them.*

- **Matthew 5:44**

- Love your enemies and pray for them.

4) *Stop talking and thinking negatively about them or the situation.*

- **James 4:11**

- Speak no evil of each other.

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*Examples of Positive Behavior*

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- Recognize the value and positive things about the people you previously had issues with.
- Counsel and take the counsel.



- Acknowledge your emotions and take control.
- Be conscious of your physical cues.
- Practice empathy and charity.
- Remember life and respect is a two-way street.
- Remember what it feels like to be forgiven.
- Remember that forgiveness and moving on is a process and doesn't happen overnight.
  
- **Video #5**  
<https://www.tiktok.com/t/ZT8B5mbkH>
  - Don't become stuck forever.
  - We have too much to do.
  
- **Luke 17:32**
  - Remember Lot's wife.
  - Either save your life or lose it.
  
- **Luke 9:62**
  - If you look back, then you are not fit for the kingdom of God.
  
- **2 Peter 2:20-21**
  - If you go back to your old ways, it will be worse for you.
  
- **Video - #6 (*play from 9:28 min til the end*)**  
<https://youtu.be/QijH4UAqGD8?si=Q7H73Wka-U3LZN1i>
  - Being your repented self is a revolutionary act.
  - Did you mean it, can you defend it, did you say it with love?

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*Final Questions for Reflection*

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- Are you a hypocrite?
- **Matthew 23:23-24**
  - The Scribes and Pharisees were hypocrites.
  
- **Jeremiah 29:11**
  - The Lord gave us thoughts of peace and not evil.
  
- **Romans 8:28**
  - All things work together for our good, including our trials.
  
- **Job 17:9**
  - Keep your hands clean so you can become stronger and stronger.



- **2 Corinthians 5:7**
  - We walk by faith, not sight.
- **Video #7**
  - [https://www.instagram.com/reel/CygI\\_5duhBt/?igshid=MDI3ODU5M2RINw==](https://www.instagram.com/reel/CygI_5duhBt/?igshid=MDI3ODU5M2RINw==)
  - How do you perceive the things that go on in your life?
- **Proverbs 22:4**
  - Riches, honor, and life come from humility.
- **Matthew 12:36**
  - Every idle word will be brought to judgment.
- **1 Samuel 2:1-3**
  - Stop being arrogant and speaking proudly.

***SHALOM!***