



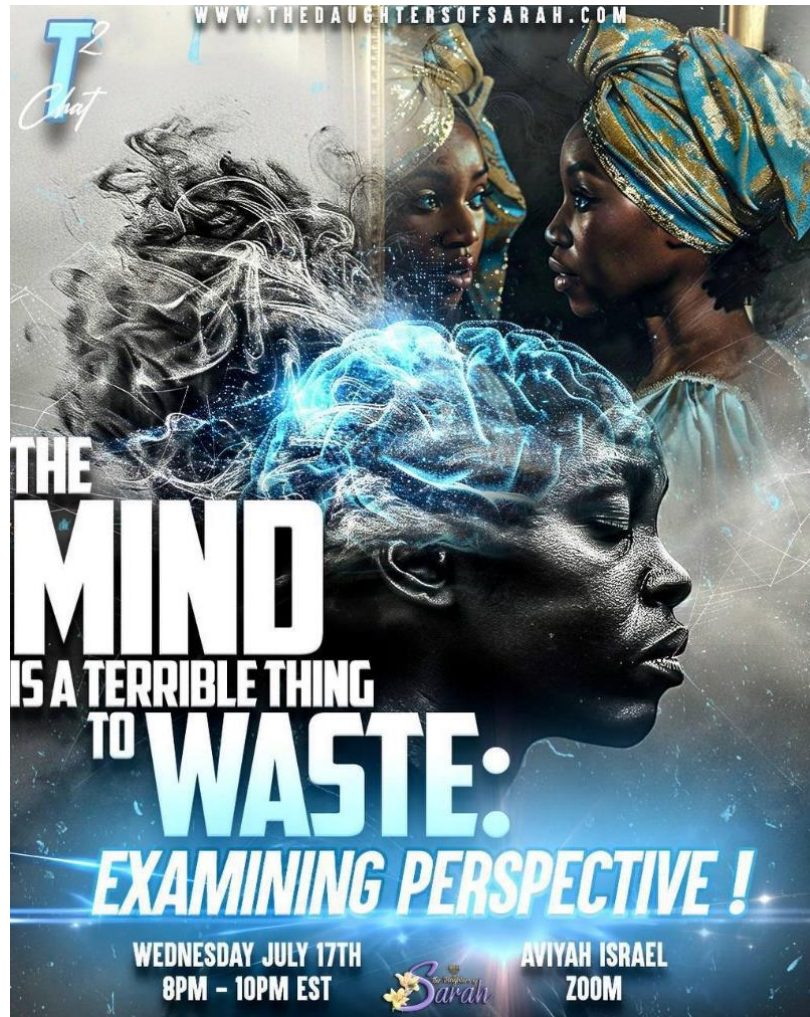
Event: Titus 2

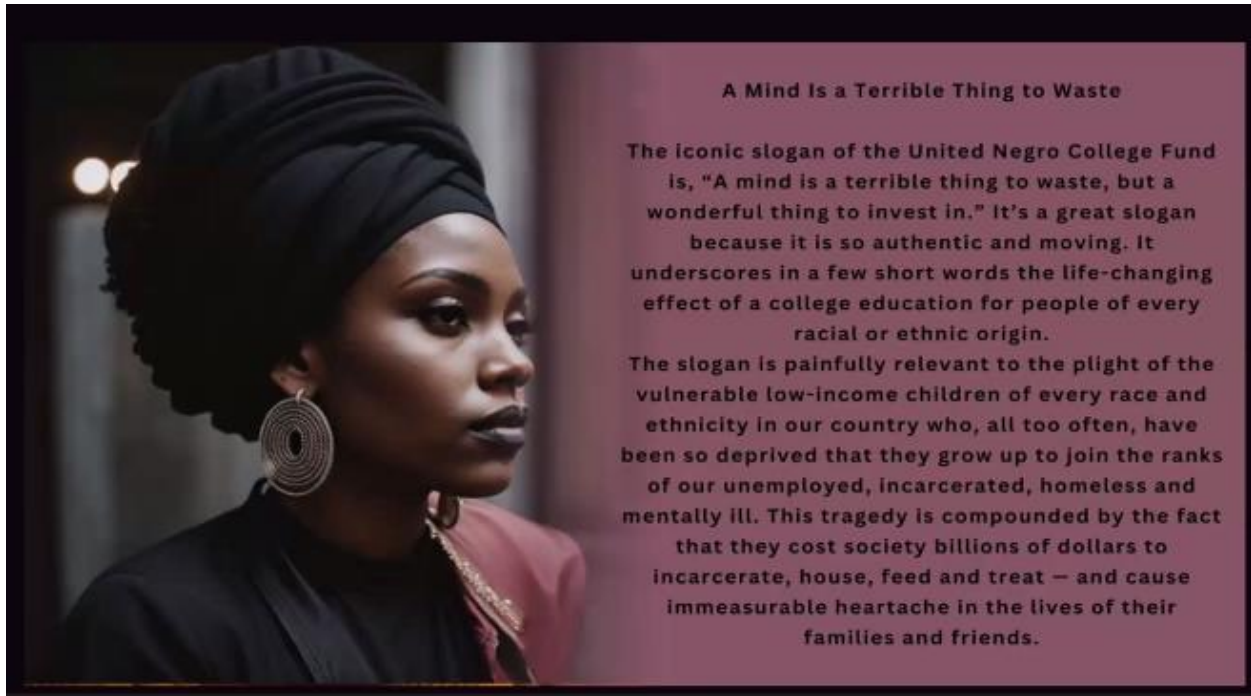
Topic: The Mind is a Terrible Thing to Waste:

Examining Perspective Through the Mind of a Godly Woman

Host: Sister Aviyah Israel

Date: July 17, 2024





A Mind Is a Terrible Thing to Waste

The iconic slogan of the United Negro College Fund is, "A mind is a terrible thing to waste, but a wonderful thing to invest in." It's a great slogan because it is so authentic and moving. It underscores in a few short words the life-changing effect of a college education for people of every racial or ethnic origin.

The slogan is painfully relevant to the plight of the vulnerable low-income children of every race and ethnicity in our country who, all too often, have been so deprived that they grow up to join the ranks of our unemployed, incarcerated, homeless and mentally ill. This tragedy is compounded by the fact that they cost society billions of dollars to incarcerate, house, feed and treat – and cause immeasurable heartache in the lives of their families and friends.

This was an initiative and coined in 1972 – mostly used in black communities geared toward low- income families. It can be used to examine our perspective on societal morale and the demise of it.

Whatever you believe about yourselves, others believe it too.

You feel if you show up as you are, people will not accept you.

People hide behind being an “introvert” as an excuse and avoidance of their fears.

If fear or worldly perspective keeps you handicapped, how are you going to grow?

Romans 8:5-6 KJV

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

6 For to be carnally minded is death; but to be spiritually minded is life and peace.

- Some of us have learned from those that have nothing to do with God’s laws
- Thoughts are of a carnal mind and not a spiritual mind

PERSPECTIVE:



This is how we see things and interpret information on how to engage or react to a particular situation.

- the way someone sees the world

4 factors of perspective:

1. Experiences: life, health, gender
2. Belief: deeply ingrained biases, collective wisdoms
3. Background: family history, upbringing, education, ethnicity
4. State of Mind: current state of mind and/or needs

All these things help to shape our perspective:

PERSPECTIVE ON MARRIAGE:

Our reality is much more about our perspective than facts. There are two realities in marriage.

1st order reality: observable facts about people, things, and situations

2nd order reality: the meaning that we attach to those people, things, and situations

** Second order reality is causing unnecessary tension, etc.

For example: A wife making assumptions about the situation not the actuals facts that took place...attaching the things the spouse does/doesn't do or says/doesn't say....

We must learn how to check our perspective against the facts and reality.

Ecclesiasticus 7:26 (Apocrypha) – Hast thou a wife after thy mind? Forsake her not; but give not thyself over to a light woman.

- Have a mind after your Lord’s mind.
- Sometimes we find ourselves doing our own thing: over analyzing and having a negative perspective.
- We have to check the second order perspective.

Article: Perspective Checking

1. Wanna provide a description of the behavior in question.
2. Offer two possible interpretations of the behavior.
3. You want to ask for clarification on how to interpret the behavior.

Practices to help change
▬ Perspective

1. Reframe
 Start listening to your thoughts to see if you typically track toward negativity. Do you usually frame the events of your life as positive or neutral, or do you start the day from a pessimistic place, dreading the things you have to do?

Philippians 4:6-8 (KJV)

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And let the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

- Meditate on these scriptures in sincerity.
- When you think on these things, it will help change your perspective on things around you.

Practices to help change
 Perspective

2. Reflect

Slow down your thoughts **by reflecting** on the situation at hand instead of jumping to conclusions. Many of life's difficult moments have a lesson to teach you — and most of the time, challenging scenarios are more than just “good” or “bad.”

Ecclesiasticus 11:7 (Apocrypha): Blame not before though hast examined the truth; understand first, and then rebuke.

- We must learn to slow down the thoughts before reacting.
- Not doing this can cause us to say sorry repeatedly.
- As it is fitting to the situation, we must examine the facts and react accordingly.

Practices to help change
 Perspective

3. Turn inner monologues positive

The voice in your head may narrate negative thoughts, like “I could never get that promotion,” or, “I’ll always be alone.” This action can dampen your **self-esteem** and close off your mind to new experiences.

Jeremiah 17:9 (KJV): The heart is deceitful above all things and desperately wicked: who can know it?

- The heart is the mind.
- That voice inside our head has that negative narrative and deceitful thoughts, having us playing the blame game.
- The first immediate thoughts are most likely deceitful and wicked.

Proverbs 3:5 (KJV): Trust in the Lord with all thine heart; and lean not unto thine own understanding.

- We must give up those wicked and deceitful thoughts and trust in the Lord.

- Married sisters can ask their Lords for understanding.
- Single sisters can ask their leadership for understanding.

Practices to help change
Perspective

4. Assess toxic relationships

Research shows that [when someone expresses an emotion, you're likely to feel it as well through emotional contagion](#). That means if you surround yourself with negative people, you might become more negative as well.

If someone constantly focuses on the negative or underestimates your skills, they may influence your self-perception. [Set boundaries](#) with people who are too critical or whose bad attitudes rub off on you. Your personal and professional circles should uplift you, not bring you down.

Ecclesiasticus 13:16 (Apocrypha): All flesh consorteth according to kind, and a man will cleave to his like.

Questions to ask yourself:

- Who has constant influence on our spirits?
- Who do you surround yourself with?
- What do you think sisters are saying about you? Food for Thought!
- Good traits: charitable, honest, diligent; supportive; encouraging; kind; helpful.
- Examine your circles and what' being fed into your spirit.

Practices to help change
Perspective

5. Embrace change

[Change](#) is inevitable and often offers pleasant surprises, learning moments, and opportunities. But it can also be difficult to accept. Adjusting your perspective can help you overcome the [fear, stress, and anxiety](#) of change and approach it with excitement instead.

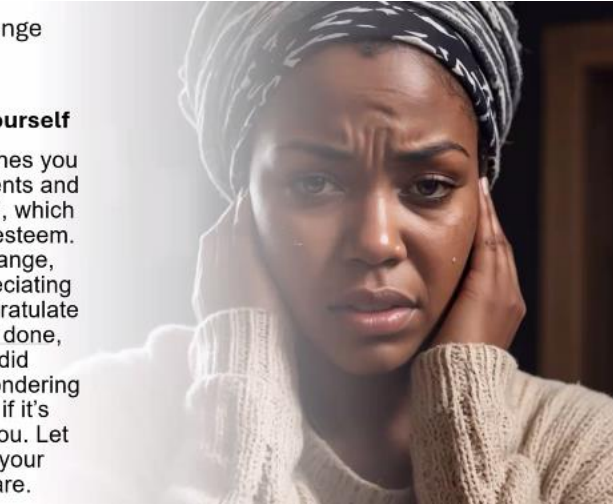
2 Corinthians 5:17 (KJV): Therefore, if any man be in Christ, he is a new creature; old things are passed away; behold, all things are become new.

- We are now able, thru Christ, to repent and become new creatures.
- We must strive to put away and keep away that old woman.

Practices to help change
 Perspective

6. Stop comparing yourself

Social comparison pushes you to rank your achievements and abilities against others', which can lead to lower self-esteem. For a perspective change, focus instead on appreciating your unique gifts. Congratulate yourself for a job well done, and cite what you did successfully without wondering how others fare and if it's better or worse than you. Let yourself appreciate your strengths as they are.



Romans 12:5-6 (KJV):

5 So we, being many, are one body in Christ, and every one members one of another.

6 Having then gifts differing according to the grace that is given to us, whether prophecy, let us prophesy according to the proportion of faith;

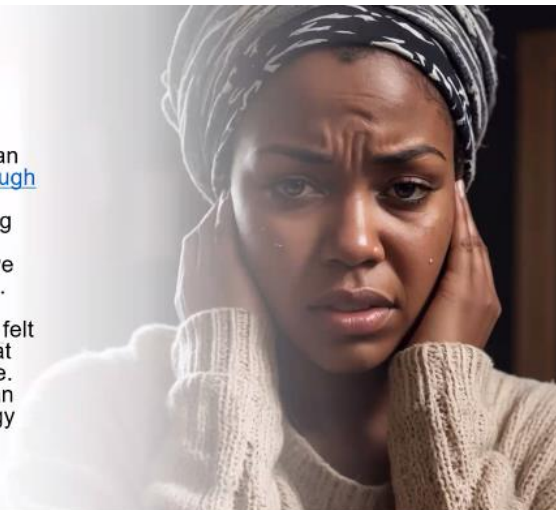
- We all have different talents and gifts so we should share them with each other.
- It's okay to not be the best at everything.
- You really want to fixate on the talents you have been blessed with.
- You also want to learn what your Lord requires of you.
- You want to be content with where TMH has you.

1 Corinthians 12:1-31 – You are encouraged to read this chapter.

Practices to help change
 Perspective

7. Take care of yourself

Your general well-being can slip when you don't get **enough sleep, proper nutrition, or hydration**. The following physical and **mental fatigue** can cast a negative light on your perceptions. You've experienced this phenomenon if you've ever felt **"hangry"** and lashed out at someone before mealtime. Taking care of yourself can give you the mental energy you need to seek new perspectives and see situations as they are.



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

- We must take care of ourselves: diet, exercise, sleep.
- We must talk about it to invoke that righteousness.

- We now know better so we must now do better.

Practices to help change
▬ Perspective

8. Let little things go

Some issues deserve your attention. Others are distractions that keep you from focusing on your day and doing your best. A change in perspective could mean filtering what's worth worrying about and learning how to let things go.

Ask yourself what the consequences would be to let a situation go instead of being confrontational or meditating on the negative. If they're insignificant, chances are that engaging with this minor upset will only consume energy you could channel into something more productive or enjoyable.

Philippians 3:13-14 (KJV):

13 Brethren, I count not myself to have apprehended; but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

- Leave the past in the past and focus on the future.
- We need to be goal oriented and keep our eye on the prize – the Kingdom.
- Let go of the little things – ask yourself, Is It Worth It?

Video #1 Signs Around the House: He's thinking of you

<https://www.instagram.com/reel/C8u8WafPyMY/?igsh=MWtpaDEyb3U4ZnQ3MA%3D%3D>

- Imagine if that was the perspective we dealt with in our homes – being happy to clean up after our Lord.
- Getting angry benefits nothing.
- Our perspective should be “I’m needed, I’m of value to this man”, etc.

PERSPECTIVE AND HOW WE DEAL WITH EACH OTHER AS SISTERS:

1 Corinthians 15:33 (KJV): Be not deceived, evil communications corrupt good manners

Video #2 – Rejecting Motherhood

<https://www.youtube.com/watch?v=asFrjNnk2pw>

- Our children are being taught by wicked worldly celebrities and worldly people.
- When it comes to dealing with other women, there is naturally a worldly perspective.....
- The entertainment industry puts out movies and tv shows to corrupt our perspective on how we are to deal with each other – causing: drama between friends, women ruling over men, women neglecting their children, etc.
- What you watch and listen to is what you feed your spirit and it can affect how we engage with each other.

Video #3 You are not what society...Single with three kids

<https://youtube.com/shorts/GIVptM2NKpo?si=eAXgSfjK57CHicp4>

- Women will champion the most ungodly attributes of other women.
- No discretion in this sister whatsoever; very proud, very arrogant.
- She was haughty and took zero accountability and put the blame on the man.
- It's imperative that we are the example of change to our children and those around us.

Isaiah 5:20 (KJV): Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness that put bitter for sweet, and sweet for bitter!

- We genuinely need to learn how to deal with each other with care, respect, empathy, sympathy, and kindness...

Zephaniah 2:1 (KJV): Gather yourselves together, yea, gather together, O nation not deEcclesiasticused.

Video #4: Black women were my biggest enemies

<https://youtube.com/shorts/Aip49lDr3Gg?si=30S3AIh4CNLXjW-2>

“An organism that wars against itself, cannot survive”

Mark 3:24-25 (KJV):

24 And if a kingdom be divided against itself, that kingdom cannot stand
25 And if a house be divided against itself, that house cannot stand.

PERSPECTIVE OF MOTHERHOOD:

Video #5: Mom left infant in car....

<https://www.youtube.com/shorts/RLsc-7EBSHc>

- She had the audacity to give reasons to leave an infant in the car.
- This clip should give us more drive to go harder as mothers.





Video #6: Regretting Motherhood

https://youtu.be/asFrjNnk2pw?si=Jk7zjyvF_nqC5ScV

2 Thessalonians 3:13 (KJV): But ye brethren, be not weary in well-doing.

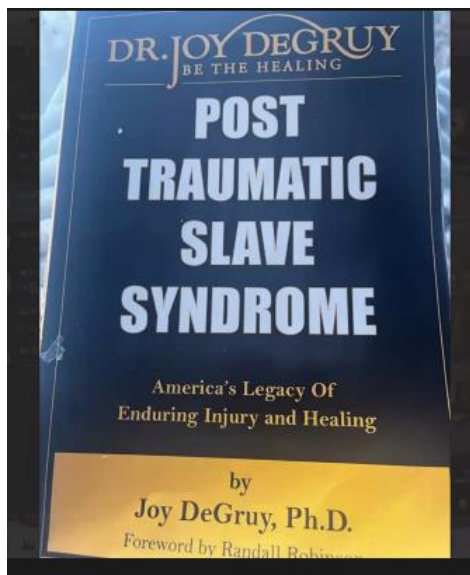
- anything that is worth having is worth working for

Psalms 127:3 (KJV): Lo, children are an heritage of the LORD; and the fruit of the womb is his reward.

- You don't know what you have until it's gone.

- In order for your child to feel like they are a reward, we need to put work into them and show them they are loved.

Book:



Page 33 of Post Traumatic Slave Syndrome

Black parents sometimes find that their child is not performing academically up to his or her potential and is receiving unacceptable grades. When asked by their parents why they are receiving only a 'C,' the black child may often respond with, "It's because my teacher doesn't like me."

While this response is not likely to be met with approval by the parent, its prevalence suggests there is more to it than a rebellious student. As a parent and an educator I have had to consider the pervasiveness of this answer among African American children, teens and often college students as well. Whether or not these students accurately perceive what teachers feel towards them is less important than the fact that their teachers' feelings 'matter' at all. What it does suggest is that it is important for black students to feel well-regarded by their teachers.

- Many of our children have experienced this same thing.
- Our children need to feel like somebody (especially their parents) cares about them.

Page 34: Post Traumatic Slave Syndrome

Unfortunately, African American children are often treated with disdain upon entering an elementary, middle or high school. On numerous occasions I have observed the individual assigned to the front desk to be the most hostile and bitter member of the school staff. They in fact do not appear to like children at all! Consequently, many students have been emotionally assaulted before they can even get to class. This is a major problem if you accept the concept that perhaps the most effective motivator for black children is love. Clearly, other children are also highly motivated by love. The difference is in the absence of affection, some children will work for stars and points and the like. In my experience, in love's absence, those material types of rewards will not work very long as effective motivators for black children.

- Imagine being that child where you feel emotionally assaulted – how their perception is so negatively distorted.
- That is why we are and must be our children's first line teacher – Homeschool if at all possible.
- Teaching them at home will help shape their perspective on a lot of different things.
- The children's most effective motivator is love and we as leaders and parents need to show them an abundance of love.

Page 37: Post Traumatic Slave Syndrome

The importance of learning through symbolic imagery cannot be stressed enough. Today in schools across the country our children are presented with subject matter that is of little interest to them. This is primarily because our students view their schoolwork as seemingly unconnected to their lives, having little significance in their ultimate success or survival. Thus, the frequent question that comes from African American students, regardless of their age, in response to a teacher's requirements for their class is inevitably . . . why? Why are we learning this? Meaning, what does this have to do with my world or reality? When our students do not see the connection between the subject at hand and their lives, they tend to become bored and unmotivated. Conversely, they will become highly motivated and excited about learning when they do see the connections. It is through symbolic imagery that these connections can be made apparent.

- IUC movies and shows help our children see how important and special they are.



PERSPECTIVE OF ROLES WE HAVE AS WOMEN:

Susanna

Susanna 1: 1-3, 28-35 (KJV):

1 There dwelt a man in Babylon, called Joacim:

2 And he took a wife, whose name was Susanna, the daughter of Chelcias, a very fair woman, and one that feared the Lord.

3 Her parents also were righteous and taught their daughter according to the law of Moses.

28 And it came to pass the next day, when the people were assembled to her husband Joacim, the two elders came also full of mischievous imagination against Susanna to put her to death;

29 And said before the people, send for Susanna, the daughter of Chelcias, Joacim's wife. And so they sent.

30 So she came with her father and mother, her children, and all her kindred.

31 Now Susanna was a very delicate woman, and beauteous to behold.

32 And these wicked men commanded to uncover her face, (for she was covered) that they might be filled with her beauty.

33 Therefore her friends and all that saw her wept.

34 Then the two elders stood up in the midst of the people, and laid their hands upon her head.

35 And she weeping looked up toward heaven: for her heart trusted in the Lord.

- She feared the Lord and was taught the law by her parents.

- She didn't get out of the spirit when she was being wrongfully accused but rather she trusted in the Lord and looked toward Him for help.

Abigail

1 Samuel 25:3, 23-26 (KJV):

3 Now the name of the man was Nabal; and the name of his wife Abigail: and she was a woman of good understanding, and of a beautiful countenance: but the man churlish and evil in his doings; and he was of the house of Caleb.

23 And when Abigail saw David, she hasted, and lighted off the ass, and fell before David on her face, and bowed herself to the ground.

24 And fell at his feet, and said, Upon me, my lord, upon me let this iniquity be and let thine handmaid, I pray thee, speak in thine audience, and hear the words of thine handmaid.

25 Let not my lord, I pray thee, regard this man of Belial, even Nabal: for as his name is so is he; Nabal is his name and, and folly is with him: but I thine handmaid saw not the young men of my lord, whom thou didst send.

Psalm 111:10 (KJV): The fear of the Lord is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth forever.

- She understood that she was married to a foolish man but dealt with King David with wisdom and humility.



Romans 12:2 (KJV): And be not conformed to this world: but be ye transformed by the renewing of your mind that ye may prove what is the good, and acceptable, and perfect, will of God.

- As we leave the world behind, we stop conforming to the mindset society thinks we should have and what society identifies as evil and good.

James 4:17 KJV: Therefore, to him that knoweth to do good, and doeth it not, to him it is sin.

- If we don't do better as we know to do, we will be judged accordingly.
- Friendship with the world is enmity with God.

**SHALOM!!
MHNCB!!**