



Event: T2 Chat
Title: Are You An Abigail?
Hosts: Sister Adalyah and Sister Tirtsah
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T2 Chat

ARE YOU AN ABIGAIL?

THURSDAY, FEBRUARY 8TH
8PM-10PM EST
ADALYAH ISRAEL & TIRTSAH ISRAEL



Sister Adaliyah and Sister Tirtsah

This class will inspire a lot of self-reflection and self-correction.

The scriptures say that in marriage, we are becoming one.

- We have to remold and conform and get right.
- Marriage is a weighty matter.

Being repenting Israel, marriage is supposed to reflect Christ and the church.

- That's a lot of pressure.

We should be thankful to have the opportunity to have this truth.

Foremother Abigail withstood her difficulties in her marriage. She showed humility, grace, and faith.

Video #1: <https://www.youtube.com/watch?v=AV321cEAZAk>

- Many sisters neglect to say things about themselves.
- Sisters lack faith and don't believe that the Most High can step in and change things; if we are being faithful and obedient.

Video #2:

https://www.tiktok.com/@storiesfromthescript/video/7282350805137509664?_r=1&t=8jTtQfxFZtr&social_sharing=1

Foremother Abigail prevented conflict and preserved the peace.

- Even when it is difficult, be a balance to a storm for your husband.
- When we are spoken of, do we want to be that sister prevents conflict?
- Do we continue to stay in our righteous role even when it is difficult?
- Is our faith up to par?
- Are we that balanced and calm in the storm?

Photo #3:



What was the LOUDEST LESSON for you in 2023???

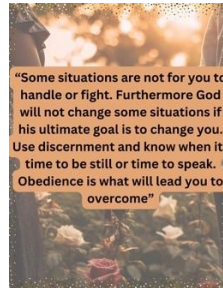


Understand the role you play in your own suffering

Many sisters complain about their husbands but what part do you play?

What are we doing to make a difficult situation better?

Sister Tirtsah Quote:



Why was Foremother Abigail's story in the Bible?

- The Most High had her story written because he knew in 2024 there would be sisters going through the same difficulties.

Sirach 33:17 (Apocrypha) Consider that I laboured not for myself only, but for all them that seek learning.

- Foremother Abigail's actions was not just for herself but for us to learn from today.
- The Most High provides solutions.
- It is important for us to study our foremothers.

Romans 15:4 (KJV) For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.

- The answers we need are all here in the Bible.
- Complaining solves nothing.
- Let's talk about solutions.

Sirach 11:14 (Apocrypha) Prosperity and adversity, life and death, poverty and riches, come of the Lord.

- The Most High gives us the good and the bad.

Romans 8:28 (KJV) And we know that all things work together for good to them that love God, to them who are the called according to *his* purpose.

- Everything comes from the Most High; he knows what we need.
- The hard times that we have with our husbands, there is something good that should come of it.
- We have his word to purge us and turn us into find gold.
- Who better to get you to the kingdom than your husband; your hedge, your personal representation of Christ in the flesh.
- If we complain, we will get the lake of fire.



Video #4: https://www.instagram.com/reel/Coe_T-Op2eb/?igshid=NmJiYWZiY2E0Mg%3D%3D

- His positives balance out our negatives.
- Marriage will show us where we are spiritually.
- We need to look at the big picture and see what the Most High is doing.
- He may be trying to bring out our weaknesses so we can work on them.

Genesis 2:18 (KJV) And the LORD God said, *It is not good that the man should be alone; I will make him an help meet for him.*

- We were made for our spouses, the Most High knows exactly what he was doing.
- The big picture is nation minded.
- We should not be the same sister that we were six months ago, or a year ago.
- None of it means anything if we are not keeping the laws.

How do we endure? There are examples of Foremothers that were married.

Foremother Sarah:

- She was the mother of nations.
- The Most High troubled some houses over Foremother Sarah.
- She was not disrespectful, yet she knew when to speak.

Genesis 21:9-12 (KJV) And Sarah saw the son of Hagar the Egyptian, which she had born unto Abraham, mocking. [10] Wherefore she said unto Abraham, Cast out this bondwoman and her son: for the son of this bondwoman shall not be heir with my son, *even* with Isaac. [11] And the thing was very grievous in Abraham's sight because of his son. [12] And God said unto Abraham, Let it not be grievous in thy sight because of the lad, and because of thy bondwoman; in all that Sarah hath said unto thee, hearken unto her voice; for in Isaac shall thy seed be called.

- Foremother Sarah trusted the Most High.
- She submitted to her husband and stayed in her lane.
- Sisters need to do the same and stop asking questions.

Foremother Priscilla:

- This sister was collaborating with her husband, Aquila.
- She was an asset to her husband, not a liability.
- She collaborated with her husband to help bring forth the nation.
- Our works have to match the works of our husbands.

Sirach 25:1 (Apocrypha) In three things I was beautified, and stood up beautiful both before God and men: the unity of brethren, the love of neighbours, a man and a wife that agree together.



- They agreed together.
- As one flesh, they both worked together to help build the nation.
- The scripture speaks about having a good name; their marriage had a good name.
- Strive for the kingdom in your marriage.

Foremother Bathsheba:

- This foremother helped us to know how to overcome trials and judgements (repentance).
- In Proverbs 31 is the standard of how a repented Israelite woman should be.
- She was in a whole lot of mess.
 - i. In today's world, she was a jump off; a baby momma.
 - ii. She was a widow and a wife.
 - iii. She experienced the loss of a child.

2 Samuel 12:24 (KJV) And David comforted Bathsheba his wife, and went in unto her, and lay with her: and she bare a son, and he called his name Solomon: and the LORD loved him.

- Foremother Bathsheba married King David and had a son, who died (judgement).
- She *repented* and eventually gave King David another son, King Solomon.
- She told the king (her son), through Proverbs 31, the type of woman he should be looking for.
- Proverbs 31 is the blueprint for our Israelite sisters today.

Foremother Anna:

- She was an example of support and help.
- Her husband was going through trials, but she stayed in the spirit.
- She studied and knew her husband and what he desired.
- She had a mind after his mind.
 - i. She made extra food for those visiting.
 - ii. Her husband had a charitable spirit and would feed Israelites.

Sirach 4:3 (Apocrypha) Add not more trouble to an heart that is vexed; and defer not to give to him that is in need.

- How we respond in difficult situations will show our husbands whether or not we are an enemy towards him.

Sirach 12:8 (Apocrypha) A friend cannot be known in prosperity: and an enemy cannot be hidden in adversity.

- When our husbands are going through hard times, are we an enemy or a friend?
- We have to be an help meet for him.



Foremother Hannah:

- She was poised, she had faith, and she was accountable.

1 Samuel 1:8 (KJV) Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? *am* not I better to thee than ten sons?

- Foremother Hannah had faith fueled by prayer.
- Her faith allowed her to give her only son to the Most High when he was of age.
- The Most High blessed her abundantly for her faith.

1 Samuel 2:6-8 (KJV) The LORD killeth, and maketh alive: he bringeth down to the grave, and bringeth up. [7] The LORD maketh poor, and maketh rich: he bringeth low, and lifteth up. [8] He raiseth up the poor out of the dust, *and* lifteth up the beggar from the dunghill, to set *them* among princes, and to make them inherit the throne of glory: for the pillars of the earth *are* the LORD'S, and he hath set the world upon them.

- During difficult times, we have to keep these scriptures in mind.
- The Most High can do *anything*.
- We must remain in our position and do according to thus saith the LORD; he will give us blessing.
- We have to believe this.

1 Samuel 1:18 (KJV) And she said, Let thine handmaid find grace in thy sight. So the woman went her way, and did eat, and her countenance was no more *sad*.

- We have '5 emotional minutes' then, we have to give it to God.
- There is no profit in sitting in our emotions.
- We have to give our tribulations to the Most High.

Foremother Rebekah:

- She is an example for married and for single sisters.
- She knew her assignment and she followed through with it.
- She submitted to her husband and trusted in the Most High.
- She comforted her husband.
- We didn't grow up knowing how to care for our husbands.

We have a lot of foremothers as examples: **Foremother Susanna. Foremother Judith.**

- We did not all grow up in righteousness; we do not know how to suffer wrongfully.

Video #5: <https://www.youtube.com/watch?v=UbQga7qyQac&t=8842s> (Begin video at 2:35 and end at 2:43)

- Our husbands' flaws should never be our focus.
- We are worried about the wrong things.



- Know *your* role.
- When we stand before the LORD in judgement, will we stand accountable?
- The Most High wants consistency and a pattern of good works.

Foremother Abigail:

- She was in the spirit and knew her role.
- She was a tower against death.
- She was loyal.
 - i. In spite of her husband being churlish, she still stood up for him.
- She trusted in the Most High.

1 Samuel 25:3 (KJV) 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 *was* churlish and evil in his doings; and he *was* of the house of Caleb.

- Nabal was disrespectful towards David.

1 Samuel 25:14, 18 (KJV) But one of the young men told Abigail, Nabal's wife, saying, Behold, David sent messengers out of the wilderness to salute our master; and he railed on them. [18] Then Abigail made haste, and took two hundred loaves, and two bottles of wine, and five sheep ready dressed, and five measures of parched *corn*, and an hundred clusters of raisins, and two hundred cakes of figs, and laid *them* on asses.

- Reminder, these are black folk; when Nabal railed (kick against) on David's men.
- Yet, Foremother Abigail made things right.

1 Samuel 25:36-38 (KJV) And Abigail came to Nabal; and, behold, he held a feast in his house, like the feast of a king; and Nabal's heart *was* merry within him, for he *was* very drunken: wherefore she told him nothing, less or more, until the morning light. [37] But it came to pass in the morning, when the wine was gone out of Nabal, and his wife had told him these things, that his heart died within him, and he became *as* a stone. [38] And it came to pass about ten days *after*, that the LORD smote Nabal, that he died.

- Her timing was impeccable.
- Foremother Abigail held down her husband's household.

Ecclesiastes 3:1, 7 (KJV) A time to kill, and a time to heal; a time to break down, and a time to build up; [7] A time to rend, and a time to sew; a time to keep silence, and a time to speak;

- Use wisdom.

Video #6:

https://www.tiktok.com/@jaredcaellis/video/7226027091630820650?_r=1&_t=8jTudID1RXO&social_sharing=1

- Women use reasons and excuses to get a divorce.
- Fight for unity, for marriage.
- Be quiet and offer solutions.



Sirach 40:1 (Apocrypha) Great travail is created for every man, and an heavy yoke is upon the sons of Adam, from the day that they go out of their mother's womb, till the day that they return to the mother of all things.

- Great travail will be present from birth until death.
- We need to get out of our own heads and deal with situations righteously.

1 Corinthians 10:13 (KJV) There hath no temptation taken you but such as is common to man: but God *is* faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear *it*.

- There are going to be temptations but the Most High will equip us to handle them.
- We've got the tools: Titus 2 classes, the classes from our leadership, Clubhouse, senior sisters in our congregations, etc.
- We have no excuse. The Most High knows what we are going through.

How did Foremother Abigail escape?

- She used wisdom.

ATTRIBUTES

ABIGAIL	NABAL
SOFT	HARSH
WISE	FOOLISH
SOBER	DRUNKARD
FRIENDLY	AGGRESSIVE
SUBMISSIVE	REBELLIOUS
EMPATHETIC	INCONSIDERATE
HUMBLE	ARROGANT
KIND	DISRESPECTFUL
MINDFUL	IMPULSIVE
CHARITABLE	SELFISH
ACCOUNTABLE	IRRESPONSIBLE

- We will use the above picture to compare and contrast the differences between Foremother Abigail and her husband.
- She complimented his negatives.

Sirach 1:19 (Apocrypha) Wisdom raineth down skill and knowledge of understanding standing, and exalteth them to honour that hold her fast.

- Hold fast to wisdom and understanding.
- How do we do this? S.P.A.
 - STUDY, PRAY, and APPLY
- Foremother Abigail was nation minded.

Romans 2:12 (KJV) To them who by patient continuance in well doing seek for glory and honour and immortality, eternal life:



- Have a desire to make the kingdom.

Video #7 Author: Sister Edna or Foremother Abigail

https://www.youtube.com/watch?v=uHK_D41kNpw

- *How do we remain (the last sentence in this poem).*
- We want to make sure that we are steadfast and firm in our belief,
- Be that help meet for our husbands; be that balance for your husband home.

Modern Day Foremother: Sister Zuriel – How to show love to your husband.

- Becoming One Flesh
- Men are not complicated.
- The Most High did not set us up to fail.

1. Respect

- This is how the men know that they are kings; they are gods.

Ephesians 5:33 (KJV) Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence *her* husband.

- We are commanded to reverence our husbands.

Luke 6:46 (KJV) And why call ye me, Lord, Lord, and do not the things which I say?

- This is respect.
- It applies to your husband.

2. Support

- Help them when they need it; good or bad.

Luke 14:11 (KJV) For whosoever exalteth himself shall be abased; and he that humbleth himself shall be exalted.

- Be abased or be exalted.
- We must stay in our lane.

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

- Be a pillar of rest to him, be a support.

3. Affection

- Due benevolence.

Proverbs 5:19 (KJV) Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love.

- We are always to satisfy our husbands with our love.

4. Communication



1 Corinthians 7:3 (KJV) Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.

- Offer him a physical touch.
- We have to study our husbands.

Proverbs 31:26 (KJV) She openeth her mouth with wisdom; and in her tongue *is* the law of kindness.

- Practice being kind.
- We have to make sure that we focus on our husbands in everything.
- We must give more to our husband and know and handle him with kindness and gentleness.

5. Service

- Be of service to our kings.
- Give him what he desires and do it with joy.

Judith 12:14 (Apocrypha) Then said Judith unto him, Who am I now, that I should gainsay my lord? surely whatsoever pleaseth him I will do speedily, and it shall be my joy unto the day of my death.

- Serve him with joy and do it expeditiously.
- He is a god!
- Faith will have us believe that they are gods, thus saith the Lord.

6. Prayer

- We need to pray for our husbands, our brothers and our sisters.
- Make your husband first in your prayers.

James 5:16 (KJV) Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

- We must put in the work spiritually and physically.

Psalms 28:7 (KJV) The LORD *is* my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

- The lord is our strength and our protector.

7. Action

- Do the things the Most High says; keep his commandments.

1 John 3:18 (KJV) My little children, let us not love in word, neither in tongue; but in deed and in truth.

- Actions are weighed.

Colossians 3:12-15 (KJV) Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; [13] Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also *do* ye. [14] And above all these things *put*



on charity, which is the bond of perfectness. [15] And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

- Live righteously and deal righteously with one another.
- We have to forgive one another.
- Be thankful that we have righteous husbands. One in this truth trying to better himself.
- The Most High is dealing with the men; our husbands.

Our Goal is to create a culture where neither man nor woman wants to leave the relationship.

Video #8:

<https://www.instagram.com/reel/C2josWxCUNw/?igsh=MXJ6cnV0d2puMDZiNQ%3D%3D>

- Rest, faith, and trusting the Most High; be an asset.

Ecclesiastes 7:8 (KJV) Better *is* the end of a thing than the beginning thereof: *and* the patient in spirit *is* better than the proud in spirit.

- We have to let things play out; it is a process.
- The Most High is in control.
- We must trust the Most High and keep the faith.

Hebrews 11:6 (KJV) But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.

The Most High rewards those who diligently seek him.

Shalom. Most High and Christ Bless