

Event: Titus 2
Topic: When Your Marriage Grows Cold: A Woman's Role
Host: Sister Susanna
Date: June 26, 2024



Introduction: Ostrich Effect/Problem

[A cognitive bias that describes how people often avoid negative information including feedback that could help them monitor their goal progress. Instead of dealing with the situation, we bury our heads in the sand like Ostriches. This avoidance can often make things worse incurring costs that we might not have had to pay if we had faced things head-on.]



- Don't "stick your head in the sand" when there are problems in the marriage.
- When there are problems in the marriage, there is silence and there is distance but we, as women, are supposed to seek peace with our Lords. If having a face-to-face discussion is hard, then you can use texts, letters, or emails to address any issues.

Proverbs 11:29 (KJV):

29 He that troubleth his own house shall inherit the wind: and the fool shall be a servant to the wise of heart.

Proverbs 14:1 (KJV):

14 Every wise woman buildeth her house: but a foolish woman plucketh it down with her hands.

- ignoring problems in the marriage is how a woman tears her house down
- seek counsel from leadership if you

Sirach (Ecclesiasticus) 34:23 (Apocrypha):

23 When one buildeth, and another pulleth down, what profit have they then but labor?

- face your problems head-on. Don't build up a wall of problems because one day it will all come tumbling down.

Video #1: When The Marriage Grows Cold

https://youtu.be/exL47xRYgFw?si=0-pZ_dw6xvO67igP

time stamp: 25:46 - 27:06

Deuteronomy 24:1 (KJV):

24 When a man hath taken a wife, and married her, and it come to pass that she find no favour in his eyes, because he hath found some uncleanness in her: then let him write her a bill of divorcement, and give it in her hand, and send her out of his house.

- Uncleanness (for ANY reason) in her, he could put her away

Video #1: When The Marriage Grows Cold

https://youtu.be/exL47xRYgFw?si=0-pZ_dw6xvO67igP

time stamp: 36:23-43:55

- The lady was acting like an Ostrich
- She was disrespectful, lazy, irresponsible, selfish, slothful, argumentative
- Her mind was not according to her Lord's
- She made excuses and took no accountability
- When the men speak, we need to move with a purpose.

1 Corinthians 7:28 (KJV):

28 But and if thou marry, thou hast not sinned; and if a virgin marry, she hath not sinned. Nevertheless, such shall have trouble in the flesh: but I spare you.



- Nobody's marriage is going to be perfect

Class: Your Marriage is Your Mission w/Capt Emmanuel
<https://www.youtube.com/watch?v=eL-lnZ57bbQ&t=4s>

Quote: “Men’s mission is to serve the Lord and our mission is to serve our Husbands”

- When we don’t serve him, we are weakening him and not enabling him to have the tools he needs to go to battle.
- We, as women, can only get into the kingdom on the coattails of our Lords

Elements for discussion:

1. Lack of ambition/Laziness

Proverbs 30:25-28 (KJV):

25 The ants are a people not strong, yet they prepare their meat in the summer;
26 The conies are but a feeble folk, yet make they their houses in the rocks;
27 The locusts have no king, yet go they forth all of the by bands;
28 The spider taketh hold with her hands, and is in king’s palaces.

- * Animals don’t make excuses when it comes to getting things done. Whatever outcome needs to happen, they make it happen.
- * Animals get it done despite any obstacles
- * We must think like locusts who have nobody to guide them when they are by themselves.
- * We must know what needs to be done without being guided and just get it done.
- * We must sometimes be our self-motivators.
- * It’s easy to fall into a lazy mindset when there is no one to tell us what to do.

Article: 5 tips for time management

<https://www.usef.org/media/equestrian-weekly/five-tips-for-time-management>

a) Determine a schedule and stick with it

- * Do what works best for you
- * Take the time to come up with a schedule that works for your household

b) Find a community

- * Make sure you interact with your community because they will be there when you need help with something.

c) Discover where your interests intersect with your goals

- * You have to look for the good in whatever your situation is and use that to elevate yourself
- * You must think outside the box



- * Don't just do the same thing over and over
- * Make yourself useful because our job is to make his life easier

d) Acknowledge difficulties when they arise

- * Don't focus all your energy on that difficult task on hand - go to your Lord with any issues with this for his help. This will help with your time management.

e) Take care of yourself

- * We all need time to regroup
- * It is so important to be your best self
- * Figure out what is it that you do personally that allows you to reset

Quote: "Don't Put Off Tomorrow What You Can Do Today"

2. Housekeeping:

Sirach (Ecclesiasticus) 26:16 (Apocrypha):

16 As the sun when it ariseth in the high heaven; so is the beauty of a good wife in the ordering of her house.

- * Nobody likes entering into a messy house
- * There is a difference between a lived-in home and a messy home
- * A man who knows he has a nice comfortable home, food is cooked, wife is on point will want to come home.
- * Ordering your home goes into cooking, cleaning, and just generally having a very nice inviting space

Proverbs 7: 13-17 (KJV):

13 So she caught him, and kissed him, and with an impudent face said unto him,
14 I have peace offerings with me; this day have I payed my vows.
15 Therefore came I forth to meet thee, diligently to seek thy face, and I have found thee.
16 I have decked my bed with coverings of tapestry, with carved works, with fine linen of Egypt.
17 I have perfumed my bed with myrrh, aloes, and cinnamon.

- * We all have "off" days, but they shouldn't happen regularly
- * About a woman who sees a man she is interested in, and she is married
- * Attributes of a HO...has a bold sensual face, smooth charming speech, a clean house – she could be the clean-up woman

3. Personal Upkeep & Beauty:

Sirach (Ecclesiasticus) 19:29-30 (Apocrypha):

29 A man may be known by his look, and one that hath understanding by his countenance, when thou meetest him.
30 A man's attire, and excessive laughter, and gait, shew what he is.



- * How we dress, and our countenance tells a lot about us
- * Imagery is so important so we, as mothers, need to be that good example for our young girls
- * There is no reason for us to slack in this area
- * What message do you want to put forth out there, specifically to your husband?
- * When you look good, you feel good, you're confident and it's going to show in your spirit
- * We need to take care of ourselves, show up, be our best, and take pride in our appearance

👩 Beauty Upkeep Tips:

👩 Tretinoin: <https://www.healthline.com/health/skin/tretinoin> - see a dermatologist for recommendations

👩 Magnesium

👩 Vitamin D

👩 Bloom (Nutrient Powder)

👩 Probiotic

👩 Secret Sauce Moisturizer:

*****Make sure you check with your doctor before using products recommended by a non-health professional.**

https://www.itcosmetics.com/skincare/skincare-products/moisturizer/secret-sauce-anti-aging-moisturizer/817919013096.html?gad_source=1&gclid=CjwKCAjw-O6zBhASEiwAOHeGxYMDW3k9ivg9QptCSAEvor_rzdgkbWPfxFob88W55bu_B9kazHzZjhoCAT4QAvD_BwE&gclsrc=aw.ds

Watch Your Diet! 🍓 🥦 🥑 🍌 🧄

Video: Hack Your Health, The Secrets of Your Gut

<https://www.netflix.com/title/81436688>

video takeaway: we think we eat healthy, but we don't.

we think we get enough fruits and vegetables, but we don't.

we should be eating about 20-30 different vegetables a week.

Video #1:

https://youtu.be/exL47xRYgFw?si=0-pZ_dw6xvO67igP

Timestamp: 1:54:26 - 1:56:59

- * We, as women, are a man's trophy
- * We need to make sure we are looking our absolute best for our lord because he picked us above all others.
- * Men want to be attracted to us in our looks and physical shape
- * We have to get our weight in order because the men want us in shape



Sirach (Ecclesiasticus) 31: 12, 17-19 (Apocrypha):

12 If thou sit at a bountiful table, be not greedy upon it, and say not, There is much meat on it.
17 Leave off first for manner's sake; and be not unsatiable, lest thou offend.
18 When thou sittest among many, reach not thine hand out first of all.
19 A very little is sufficient for a man well nurtured, and he fetcheth not his wind short upon his bed.

- don't be greedy and grab food before everyone else.
- don't have a gluttony spirit
- be patient for the food to be served

Video 2 second slide:

<https://www.instagram.com/p/C8CoJ0YuRzU/?igsh=MW9nbmM3MW5ocTN4MQ==>

- * We must prioritize our health

4. Demeanor

Ecclesiastes 9:9 (KJV):

9 Live joyfully with the wife whom thou lovest all the days of the life of thy vanity, which he hath given thee under the sun, all the days of thy vanity; for that is thy portion in this life, and in thy labour which thou takest under the sun.

Proverbs 5:18 (KJV):

18 Let thy fountain be blessed: and rejoice with the wife of thy youth.

Job 14:1 (KJV):

1 Man that is born of a woman is of few days, and full of trouble.

- * Life is short, live joyfully with your husband. You should not be walking around with a nasty attitude and spirit.

Quote: "I have been nothing but insane to you and this is how you treat me"

- * We can't expect positive outcomes to negative reactions

Sirach (Ecclesiasticus) 36:22 (Apocrypha):

22 The beauty of a woman cheereth the countenance, and a man loveth nothing better.

A man loves it when you look good, are kind, and have a good attitude.

Video 4: POV: What are you like when you get mad?

https://www.instagram.com/reel/C669IShym_I/?igsh=eXh2NHhqOG9oaWhq

- * What do you turn in to when you don't get your way?



- * Men are very visual but at the same time if you are treating him badly and you aren't treating him with kindness, meekness, and all the things that are required by the law, then??? – what do you think he will do or where he will go?
- * He gets it nasty out in the world but when you repent, he expects better.
- * Our men need the demeanor of an uplifting woman, a woman that is encouraging to him.
- * He comes to you with anything, you better be his number one cheerleader you better be excited about it, no matter how small it is.
- * Give him that excited attention.

Video 5:

<https://www.instagram.com/reel/C6SPtMcum-X/?igsh=MXFscXZwYzZrcHBsZA==>

5) Be a Helper:

Video 6:

<https://www.instagram.com/reel/C8KG4HQueXs/?igsh=NnA3bHVuN3k1MXdp>

- * Our job is to be a helper to our husbands
 - * We, as women, are supposed to be ambitious, to upkeep the house, to upkeep our beauty, weight, and health, to make sure our demeanor is on point, and to just make sure he doesn't need to go anywhere for anything.
- When the marriage grows cold and you see something is not right and is off, go back to the basics.

**** Don't put your head in the sand like an Ostrich!!****

SHALOM

MHNCB!!