

7.29.18

Titus 2 Chat w/ Mother Shamarah

"Acrimony: Why You Mad?"

- ACTS 8:23 ..thou art in the gall of bitterness
- SIRACH 26:10- if they daughter be shameless, keep her in straitly lest she abuse herself through overmuch liberty.

If a brother wants to meet with you at his house or yours to "go over scriptures" then you end up having sex, you can't come up with excuses and say he took advantage, I was tricked etc that's going to be your husband now. You cannot blame leadership as if you are being forced into marrying that man etc. Use wisdom before you get in this type of situation.

- LEV. 19:29 do not prostitute thy daughter to cause her to be a whore, lest the land fall to whoredom and become full of wickedness

"Make sure your daughters are taking care of their bodies and not all up in boys' faces." - Mother Shamarah

"Teach the young DOS to be mindful of the tricks out there, from worldly men and even the ones wearing fringes and a border of blue." - Mother Shamarah

- DEUT. 22:23-29 if a betrothed damsel willingly lays with a man they shall both be stoned. If betrothed damsel is forced then the man shall die and she is not in sin. If you find a damsel that is not betrothed then he shall pay her father and make her his wife.
- PROV. 3:5-6 trust in the Lord, don't lean on your own understanding.

A lot of young women in this truth think that they know it all but the scriptures tell us to look at the elder women in the congregation as mothers, taking their wise counsel that is given.

- SIRACH 25:13-14,22-23 give me any wickedness but the wickedness of a woman, give me any revenge but the revenge of enemies..A woman if she maintain her husband is full of anger, impudence and much reproach. A wicked woman abateth the courage, makes a heavy countenance and wounded heart. If she doesn't comfort her husband in distress, makes weak hands and feeble knees.

In the movie the woman did not support the man's vision and it made him feel weak. Somewhere along the line she stopped believing in the vision he had for his family and the love he had for her, and she fell into anger and bitterness.

Even in the times where your husband is at a lower estate, you have to keep believing in him and supporting this truth because it is bigger than you.

“Through good times and bad times, the goal is still to get the kingdom of heaven.” - Mother Shamarah

BITTERNESS

- ACTS 8:23 gall of bitterness seen upon you. Some mad and bitter "Why?" She (the character) was bitter from a young woman. "She had no father".
- SIR 26:10 keep your daughter in straitly. (She claims he took advantage of her, but she willingly went to him. Your decisions have consequences for life so "prove a friend.")
- LEV 19:29 Don't prostitute thy daughter to cause her to be a whore. (Sisters have fallen prey, so they must be taught how to avoid becoming a prey).
- EPH. 4:26-27,31-32 be angry and sin not, let no the sun go down on your wrath, neither give place to the devil. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. Be kind to one another, tenderhearted, forgiving one another even as God.

A visual example; the same way you clean the house and take out the garbage, put those spirits out and away from you. Don't sweep up that anger and bitterness and put it in a recycling bag and go use something from it again.

- HEB. 12:15 looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.

The root of bitterness will defile you. You may just be annoyed or dealing with a small offense with your lord, but it can grow and get worse if you don't get rid of it.

“Whatever you feed will grow. Bitterness can grow into hatred and malice.” - Mother Shamarah

- JAMES 1:19-20,26 be swift to hear, slow to speak, slow to wrath, for the wrath of man works not the righteousness of God. If any man among you seem to be religious, and bridleth not his tongue, he deceives his heart and his religion is in vain.

“You need to learn to have the discipline to control your mouth.” - Naamah H.O. Deacon Asaph

“You may lash out and say something that hurts and belittle your husband, and he will remember how weak you made him feel.” - Naamah H.O. Deacon Asaph

“The Most High is not bringing ratchet women in the kingdom!” - Naamah H.O. Deacon Asaph

- PSALM 127:3-5 children are a blessing from the Lord
- PSALM 113:9 the barren woman will be able to give birth

- 1 TIM. 5:14-15 the younger women marry, bear children, guide the house, and give none occasion to the adversary to speak reproachfully. For some are already turned aside to Satan.
- 1 TIM. 2:15 she shall be saved in childbearing if they continue in faith, charity, holiness and sobriety (Just because you have babies you don't just get a ticket to the kingdom, you must exhibit these other traits as well in keeping the commandments.)
- GEN. 2:18 woman made to help man
- TOBIT 2:11 Anna took on woman's work because her Lord could not work
- 1 COR. 10:13 there hath no temptation taken you but such as common to man. God will not tempt you with more than you can handle but will make a way out.

There may be tough times in your marriage but you should not be looking to escape, but rather push forward and get through the trials with your husband. Make it work!

Whatever state you are in just be grateful and thankful to the Most High. Don't make your Lord feel inadequate but show your appreciation for what he does. Be supportive!

- JAMES 4:1-3 wars and fightings come from our lusts. We ask and receive not because we ask amiss, that we can consume it upon our lusts.

The woman in the movie wanted to maintain her lifestyle and didn't want to be with the man until he got all those things and that status.

- 1 JOHN 2:16 the lust of the flesh and eyes and the pride of life is not of the Father, but of the world, and it passes away.

"Don't argue with your Lord and complain about things that do not matter. What matters is building up the nation of Israel and getting the kingdom." - Mother Shamarah

- SIRACH 11:21-26 don't marvel at the works of sinners but trust in the Lord and abide in thy labor, for it is an easy thing for the Lord to make a poor man rich.

"Christ is the King of Kings and Lord of Lords, those Kings and Lords are the men we are married to." - Mehidah H.O. Deacon Eythan

"Your Lord is not always going to be what he is right now." - Mehidah H.O. Deacon Eythan

- SIRACH 11:25-26 in the day of prosperity you forget your affliction. It is an easy thing for the Lord in the day of death to reward a man according to his ways.
- SIRACH 29:21-23 the chief things for life are water, bread, clothing and a house to cover shame. Be it little or much, be content.

The sneaky and seducing woman that Robert ended up getting with after the divorce was the “clean-up woman” who appreciated him and his vision when his wife didn’t. In the movie the couple was not talking or having sex and that other woman could pick up on that and took advantage of the temptation.

- PROV. 23:27 a whore is a deep ditch
- PROV. 5:1-4 regard discretion..the lips of a strange woman drop as a honeycomb and her mouth is smoother than oil..her steps take hold onto hell

That “clean-up woman” knows all the right things to say to seduce a man. Don’t be a bitter woman unable to compliment and build up your husband to show him support. If you want your marriage to work that’s what you have to do.

- SIRACH 36:23 If there be kindness, meekness and comfort in her tongue, then is not her husband like other men

You have to know your Lord and what he likes and needs, better than anyone. Strive to be better every single day at loving him. Listen and become what he wants. Don’t be fake about it when you are speaking kind words to him because he can tell. You and your Lord are friends!

- 1 COR. 7:2-5 do not defraud your spouse, render due benevolence. Your husband has power over your body and you have power over his.
- GEN. 3:16 thy desire shall be to thy husband

“When you defraud your husband you are letting satan into your marriage. There is going to be bitterness in your marriage if you are locking up the cookie jar.” - Mother Shamarah

BAD COUNSEL + DECISIONS

- SIRACH 6:6-14 prove a friend..a faithful friend is a strong defense and a treasure

In the movie she realized she should not have listened to her sister that gave her bad advice and now her life was messed up. Why would you ever take advice from someone who is not doing better than you? Sisters often go to sisters that just came in the truth rather than go to a seasoned sisters that are successful in the area you need to improve on.

The bad relationships you have in your life are results of the decisions you made!

HATRED = MURDER

At the end of the movie, her hatred consumed her.

- 1 JOHN 3:15 if you hate your brother you are a murder
- 1 JOHN 4:20- if a many says he loves God but hates his brother, he is a liar. How can you love God whom you have not seen when you hate your brother right next to you?

If you actively work on the problems in your marriage you won't get to the point of feeling like you have to separate for a time.

- LEV. 19:18 don't bear any grudge or avenge yourself against your people

Venting on Social Media

Venting is healthy when it's limited to a few people, but too much venting keeps the negative feelings alive and can make it worse. Sister often go on social media and throw shade towards their Lord or a friend or even leadership. Stop doing this! Everyone is able to see your posts. Be mindful of using social media when you are upset.

- 2 COR. 9:7 be a cheerful giver

When you give your time, energy and love to your Lord or anyone, it should be sincere from the heart.

- 1 PET. 4:8-9 have fervent charity for it covers a multitude of sins. Use hospitality one to another without grudging.
- SIRACH 12 give to the godly man..even if they don't repay you, the Lord will.

THE VICTIM MENTALITY

- SIRACH 8:16 Strive not with an angry man..

Your emotions will bubble up if you do not deal with them. You need to pray and fast to get rid of that demon.

- SIRACH 25:1- the unity of brethren, the love of neighbors, and a man and wife that agree together

Bitterness, anger and hatred cannot exist for those relationships to thrive.

In the movie she blamed everything on him. She had the victim mentality, not taking responsibility for her own actions that causes so many problems. People like that always blame and point the finger and are fueled by pessimism and anger, blaming others for their unhappiness.

- PROV. 28:13 he that covers up his own sins shall not prosper

Self-victimization can grow from the way someone is raised so raising children in this truth we must be sure to set good examples to protect them and the character that they grow up with.

Some people think that they benefit from being a victim because they relinquish responsibility for their actions, they get pity from other people, they think they are interesting because they can tell these stories about what happened to them etc. They feel sad and persecuted and above other people. They have the power to manipulate other people using the victim mentality.

- ISA. 65:5 ..holier than thou..like smoke in my nose

Start taking responsibility! Use “I statements” when expressing yourself.

- Galatians 6:1-5, 7-8 If a man be overtaken in a fault, ye which are spiritual restore such an one to the faith... It is a beautiful thing when a brother or sister can help you with something that you struggle with, remember that you must ultimately take responsibility. You must seek out the counsel when you need it and then decide to do the work in order to fix your

If you reap joy and laughter in your marriage, you have to plant that seed in your marriage. You can't expect someone else to plant the seed for you.

What did you sow into the marriage? Did you sow righteous conversation? Did you sow good cooking?

Whatever you sow into your marriage, you will reap later on.

YOU are responsible. It is YOU. Make sure that you are taking responsibility rather than giving up and throwing in the towel.

- Romans 8:38-39 Let nothing separate us from the love of God.
- 2 Esdras 16:76 ...let not your sins weigh you down, and let not your iniquities lift up themselves...

Many times people will have core beliefs about themselves based on different things that may have happened to them when they were younger. You must repent from those things, learn from them, and grow.

MENTAL TRAPS

#1: ASSUMPTIONS

The woman in the movie made a lot of assumptions in the movie. She assumed that her husband was sleeping with another woman because he wasn't sleeping with her.

#2: COMPARISONS

This can make your life seem not as acceptable to you if you are constantly comparing your life to others

#3: UNREALISTIC EXPECTATIONS

Many times we can have unrealistic expectations in our life and in our marriage.

- Proverbs 9:13 A foolish woman is clamorous; she is simple and knoweth nothing. Sometimes we need to sit and be quiet and reflect in order to figure things out.

#4: EVIL SURMISING

- 1 Timothy 6:4 ...whereof cometh envy, strife, railings, evil surmisings

When we start to do evil surmising, it can get us caught up in our own thoughts about how we perceive things. Sometimes this is just Satan getting in our head.

We may think, "This sister doesn't like me" or "This person always tries to start fights with me" These things that we go through may be true or they may not be true.

What should go through our mind when these things happen?

- Philippians 4:8 Whatsoever things are true, are honest, are just, are pure, are lovely, of good report, things of virtue and praise, think on these things.

When your mind is playing tricks on you, these are the things that you should meditate on.

GRATITUDE

Each day you should think about things that you are grateful for. When you wake up in the morning, think about the things that you are grateful for: healthy kids, being in the truth, etc.

- Psalms 107:1 Give thanks unto the Lord... the mercy of the Lord endureth forever

This alone is enough to be thankful for. We should be grateful for another day to live. The very fact that we were allowed to wake up and be alive is something to be thankful for. To avoid the victim mentality, show acts of kindness to other people.

These are the 11 SIGNS of the VICTIM MENTALITY:

- 1) They are constantly blaming other people or situations for making them feel miserable.
- 2) They possess a "life is against me" philosophy.
- 3) They think others are purposely trying to hurt them.
- 4) They are cynical or pessimistic.
- 5) They feel powerless to change their circumstances.
- 6) They enjoy sharing their tragic stories with other people.
- 7) Sometimes they put themselves down.
- 8) They have habits of blaming, attacking, and accusing those that they love for how they feel.
- 9) They believe that they are the only ones being targeted for mistreatment.
- 10) They refuse to analyze their own beliefs or improve their life.
- 11) Even when things go right, they find something to complain about.

Bewail = to express great regret

If the character in the movie would have realized all of the things that she did and said that were wrong, she could have changed.

Make sure that you do not keep looking back with regrets and feeding your demons.
Look to see what you can fix today.

Make sure to celebrate the little wins.

For example:

- You and your lord went on a walk to the park.
- Your lord said that you looked nice today.
- The kids told you that they loved you.
- Your lord gave you some money to get your hair/nails done

Don't look at what someone else has and expect for that to be a reflection of what you have.

- 1 Timothy 6:6-8 Godliness with contentment is great gain. For we brought nothing into this world and we can carry nothing out of it.

When some people are in that victim mode, they withdraw themselves from other people.

- Jude 1:19 These are they that separate themselves, sensual, not having the spirit.
- Romans 15:1 We then that are strong ought to bear the infirmities of the weak...

When a sister is going through it, sometimes those stronger sisters that are around her need to band together to help her get through it.

Recognize when you are comparing your achievements to other people.

You need to make sure that you are comparing yourself to YOURSELF.

- 2 Corinthians 13:5 Examine yourself! You are never going to be happy if you are always comparing yourself to others. There is a saying that "the grass is always greener on the other side."

What is the solution? WATER YOUR OWN DAMN GRASS!

Don't blame others for what you are going through.

You have to work to improve yourself for the future. If you want to have a better marriage, you need to improve yourself so that your marriage can be better.

As long as you think that someone else is to blame for your suffering, you will not be able to get past the suffering.

One reason why people stay in the Victim Mentality? They are unable to forgive.

You need to forgive others for YOU. Letting go of the hurt and pain does more good for you than it does for the other person.

- Matthew 6:14-15 If you forgive men their trespasses, your heavenly Father will also forgive you, but if you don't forgive men their trespasses, your heavenly Father won't forgive your trespasses.

You should forgive someone and remember that ultimately they will have to deal with the Most High for the things that they have done. So you might as well forgive them!

In the movie, the character could not forgive.

When you cannot forgive, it makes you angry and bitter. You must make a conscious decision to not let that happen. You'll be too angry to appreciate any other good things that happen in your life.

Many of us are in the dark spiritually because you are hanging on to so much anger and bitterness. You must let go of it.

- Matthew 5:16 Let your light shine... When you are angry and bitter, it actually dims your light. You cannot let your light shine in this way.
- James 3:14 But if ye have bitter anger, strife... the wisdom from above is first pure then peaceable...

This is the problem of what happened in Acrimony. When you are angry and bitter, you have the devil on you.

What do your works show?

- James 3:13 Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom.

Some of us have one expectation of our lord that we don't have for ourselves; this is hypocrisy. And this is applicable in both our marriages and our other relationships.

Sometimes when we're angry or bitter, it shows on our faces. You may stop taking care of yourself. We may eat and stop taking care of ourselves to numb the pain.

Your appearance is very important when you're going through difficult situations. You need to take care of yourself for both you and for your lord.

- Sirach 36:22 The beauty of a woman cheereth the countenance.

- 1 Corinthians 6:15, 19 Your body is a temple...

Sisters, take care of yourself! Even when you're going through it, you may need to take a bath and take care of yourself, and this can help to put you in a better mood.

- Proverbs 15:10 Correction is grievous to him that forsaketh the way.

It should not be that correction is grievous to you. We all have to receive correction from time to time. We must realize that correction is not PERSONAL, it is SPIRITUAL.

- 1 Timothy 5:20 Them that sin, rebuke before all

Sometimes sisters may be put on blast and then end up feeling bitter and like they are victims in the process. The scriptures say that you need to admonish a brother or sister in certain cases, so correction is needed.

- 1 John 5:3 The commandments are not grievous for us. These are things that we can absolutely do with joyfulness.

- Proverbs 31:31 Let her own work prove her in the gates.

For those of us that have bad time management, we may need to sacrifice sleep in order to get the things done that need to get done.

Make sure that you are organized, neat, and that you plan accordingly. You may need to make To Do lists in order to get things done and not blame others.

- 1 Corinthians 7:34 An unmarried woman cares for the things of the Lord, but a married woman cares for the things of the world.

The married woman needs to do things that are pleasing to her lord.

Stop Complaining!

Don't complain about the things that are out of your control. Take control of the things that are within your control.

Notice that men will always do the things that they need to do in order to support their family.

We as women, also need to Woman Up!

We must do the things that we are responsible for according to the scriptures.

- 1 Corinthians 13:11 When I was a child, I spake as a child...

When you were a little girl, you thought and spoke as a little girl, but when you become a woman, you put away childish things.

It's time to put on the big girl panties and woman up!

Movies to check out on topics covered in this chat:

Tyler Perry's Acrimony

Tyler Perry's Temptations: Confessions of a Marriage Counselor

Remember also to be kind and compassionate with yourself and forgive yourself for your mistakes and keep it moving.

- 2 ESDRAS 16:76 don't let your sins weigh you down

