

8/12/2018 TITUS 2 Chat - Love Thyself

(Mother Shamarah House of Bishop Nathanyel)

* Proverbs 31:10 - Who can find a virtuous woman" for her price is far above rubies.

Value Yourself. You are more valuable than rubies or diamonds.

What is Self Care?: Doing those things that help you maintain healthy balance in your life.

Hold yourself in high esteem. Self respect. Treat yourself respectfully.

* Romans 12:3 - For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

Don't think more highly of yourself than you ought to. No "EGO - Edging God Out"

Physical Self Care:

There are benefits to taking physical care of you body.

* I Cor 6:19-20 - What? know ye not that your boy is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own? vs20: For ye are bought with a price; therefore glorify God in your body, and in your spirit which are God's.

* Romans 12:1 - I Beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy acceptable unto God, which is your reasonable service.

* I Timothy 4:8 - For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life-that now is, an of that which is to come.

Psychological Self Care:

Dont be trouble about things or afraid/fearful.

* John 14:27 - Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

* 2 Timothy 1:7 - For God hath not given us the spirit of fear, but of power, an of love, an of a sound mind.

* Mark 9:29 - An he said unto them, This kind can come forth by nothing, but by prayer an fasting.

Emotional Self Care:

We must cause our thoughts to be obedient.

* Matthew 6:33-34 - But seek ye first the kingom of God, an his righteousness, an all these things shall be ae unto you. vs34: Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

* 2 Corinthians 10:5 - Casting own imaginations, an every high thing that exalteth itself against the knowlege of God, and bringing into captivity every thought to the obedience of Christ;

Social Self Care:

We must fellowship outside to the Sabbaths an high holy days. For your interpersonal/social health consider quality over quantity an prove a friend.

* Matthew 18:20 - For where two or three are gathered together in my name there am I in the midst of them.

* Hebrews 10:25 - Not forsaking the assembling of ourselves together, as the manner of some is, but exhorting one another: and so much the more, as ye see the day approaching.

* I Peter 3:8 - Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:

* Proverbs 27:17 - Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

Spiritual Health Self Care:

FAITH - We must have faith in the things promised for they are already there (mansions are awaiting for us).

* Hebrews 11:7 - By faith Noah, being warned of God of things not seen as yet, moved with fear,

prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.

* Philippians 4:6-7 - Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. vs7: And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

* Romans 8:18 - For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

* John 14:2 - In my Father's house are many mansions: If it were not so I would have told you. I go to prepare a place for you.

* Romans 15:13-14 - Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost. vs14: And I myself also am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to admonish one another.

Mental Health: Eating habits, exercise, obesity, oral health, substance abuse (i.e. drugs, alcohol, tobacco), infant mortality, depression, and suicide. No 2 people are the same.

Some behaviors or activities make you feel at rest or at peace: 1-What do you enjoy doing? 2-What makes you feel at rest? 3-Who builds you up and who drains you? And how much time do you spend with them? 4-When do I feel that my life is full of purpose and meaning?

*Proverbs 29:18 - Where there is no vision, the people perish: but he that keepeth the law, happy is he. (Self Care Activity Box). "What is your vision for Yourself?"

Book Title: "The Six Pillars of Self Esteem" - Pillar is defined as - A firm, upright column used to support or one who or that which strongly supports a work or cause.

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

What determines the level of self esteem is found in what the individual does.

*James 2:17, 20 - Even so faith, if it hath not works, is dead, being alone. vs20: But wilt thou know, O vain man, that faith without works is dead?

Practice Makes Perfect:

Practice living consciously: When we falter repeatedly, we should be conscious of the fact that the 1st incident may be a mistake, the 2nd incident could be an error, but the 3rd incident is a choice. We should see a change in the behavior. Are we changing our actions?

* 2 Corinthians 13:5 - Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

*Proverbs 4:7 - Wisdom is the principal thing, therefore get wisdom: and with all thy getting get understanding.

Practice Self Acceptance: Be self aware and acceptant of the need for change.

* Titus 2:12 - Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;

* John 6:63 - It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

Practice Self Responsibility: Hold yourself responsible for a higher standard than anybody expects of you. You are responsible for you. You are your own "alarm clock".

*Galatians 6:4-5 - But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.

* I Corinthians 3:8- Now he that planteth and he that watereth are one. and every man shall receive his own reward according to his own labour.

Practice Self Assertiveness: Live and walk with integrity. (Ask yourself, what would I do if no one was looking?). What ever you do, do it as unto the Lord.

* Philippians 2:12 - Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

* Colossians 3:22-24 - Servants, obey in all things your masters according to the flesh; not with eyeservice, as menpleasers; but in singleness of heart, fearing God.

Practice Living Purposefully: Use your talents an attainment of goals with purpose. #1 - What do you want? #2- What must I do to get it? What are your goals and what inspires you? What must you do to achieve it?

*2 Timothy 2:15 - Study to shew thyself approved unto God. a workman that needeth not to be ashamed, rightly dividing the word of truth.

* Luke 14:28 - For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?

* Matthew 25:14-30 - For the kingdom of heaven is as a man traveling into a far country, who calle his own servants, an elivere them his goods. vs15 An unto one he gave five talents, to another two, an to another one; to every man accoring to his several ability; an straightway took his journey....continued to vs30: An cast ye the unprofitable servant into outer darkness: there shall be weeping an gnashing of teeth.

Pratice Personal Integrity: People with integrity do what they say they will do. Note: Overall small improvements may bring BIG results. * Dilignece, virtue, knowledge, temperance, patience, godliness, kindness, charity.*

* Psalms 41:12-13 - And as for me, thou upholdest me in mine integrity, and settest me before thy face for ever. vs13: Blessed be the Lord God of Israel from everlasting, an to everlasting. Amen, an Amen.

* James 2:20 - But wilt thou know, O vain man, that faith without works is dead?

* 2 Peter 1:5-7 - And beside this, giving all diligence, add to your faith virtue; and to virtue knowlege; vs6: And to knowledge temperance; and to temperance patience; and to patience godliness; vs:7 And to godliness brotherly kindness; and to brotherly kindness charity.

* Matthew 22:36-40 - Master, which is the great commandment in the law? vs37: Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, an with all thy soul, an with all thy mind.

vs38: This is the first and great commandment. vs39: And the second is like unto it, Thou shalt love thy neighbour as thyself. vs40: On these two commandments hang all the law and the prophets.

"Self Love is the very 1st romance" - LOVE YOURSELF!!!

(Mother Paryah House of Bishop Kani)

Being Accountable: Acknowledge that you are responsible for your own life and actions.

*2 Corinthians 5:10 - For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.

* Philippians 2:12 - Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. (Your salvation is deliverance from harm.)

* Psalms 4:4 - Stand in awe, and sin not; commune with your own heart upon your bed, and be still. Selah. (The heart is deceitful).

* 2 Corinthians 13:4-6 - For though he was crucified through weakness, yet he liveth by the power of God. For we also are weak in him, but we shall live with him by the power of God toward you. vs5: Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates? vs6: But I trust that ye shall know that we are not reprobates. (Examine what our strengths and weaknesses are.)

Addictions: The hardest part of addiction is admitting that you have a problem.

*2 Tim 1:7 - For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

* Philippians 4:13 - I can do all things through Christ which strengtheneth me.

Accountability - an obligation or willingness to accept responsibility or to account for one's actions. We must confess our sins.

* James 5:16 - 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.

* I John 1:9 - If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

* Proverbs 16:5 - Every one that is proud in heart is an abomination to the LORD: though hand join in hand, he shall not be unpunished. (Pride = Abomination). vs18: Pride goeth before destruction, and an haughty spirit before a fall.

* Matthew 9:12 - But when Jesus heard that, he said unto them, They that be whole need not a physician, but they that are sick.

* Psalms 51:1-4 - Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. 2 Wash me thoroughly from mine iniquity, and cleanse me from my sin. 3 For I acknowledge my transgressions: and my sin is ever before me. 4 Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest. (King David prayed for forgiveness). vs17: The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.

* Isaiah 58:9 - Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

* Matthew 7:3-5 - And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? 4 Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? 5 Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.

* Sirach 32:17 - A sinful man will not be reprove, but fineth an excuse accoring to his will.

* I Cor 13:11 - When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.

* 2 Esdras 16:76 - And the guide of them who keep my commandments and precepts, saith the Lord God: let not your sins weigh you down, and let not your iniquities lift up themselves.

* 2 Corinthians 4:14 - I write not these things to shame you, but as my beloved sons I warn you.

* Hebrews 12:11-13 - Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. 12 Wherefore lift up the hands which hang down, and the feeble knees; 13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.

* Romans 13:11 - And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.

Self-Test: Observe yourself...Do you blame others? Do you point fingers at others?

(Mother Naamah House of Deacon Asaph)

What you should and should not tolerate to maintain peace of mind:

* 2 Timothy 3:16 - All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

* Psalms 118:8 - It is better to trust in the LORD than to put confidence in man.

* Psalms 119:163 - I hate and abhor lying: but thy law do I love.

* 1 Samuel 16:7 - But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart. (Man looks on the outward appearance)

* Sirach 6:1 - Instead of a friend become not an enemy; for [thereby] thou shalt inherit an ill name, shame, an reproach: even so shall a sinner that hath a double tongue.

* Proverbs 3:5 - Trust in the LORD with all thine heart; and lean not unto thine own understanding.

* Isaiah 55:8-9 - For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. 9 For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

Sirach 6:1 - Instead of a friend become not an enemy; for thereby thou shalt inherit an ill name,

shame, and reproach: even so shall a sinner that hath a double tongue. (Try not to become an enemy). vs6: Be in peace with many: nevertheless have but one counsellor of a thousand. (Have that one go-to person that you can talk to) vs7: If thou wouldest get a friend, prove him first and be not hasty to credit him. (Prove your friends)

* Sirach 18:30 - Go not after thy lusts, but refrain thyself from thine appetites.

* Sirach 11:29 - Bring not every man into thine house: for the deceitful man hath many trains.

* Proverbs 18:17 - He that is first in his own cause seemeth just; but his neighbour cometh and searcheth him. (He that cares about himself, selfish)

* 2 Thess 3:14-15 - And if any man obey not our word by this epistle, note that man, and have no company with him, that he may be ashamed. Yet count him not as an enemy, but admonish him as a brother. (The closeness of your relationship will not be the same as before)

Spiritual Vampires: Individuals who will drain you and take away your peace. "Protect Your Peace".

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

* Isaiah 26:3 - Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. (How to live a peaceful life)

* Romans 12:7 - Or ministry, let us wait on our ministering: or he that teacheth, on teaching;

* Matthew 5:4-7 - Blessed are they that mourn: for they shall be comforted. vs5 Blessed are the meek: for they shall inherit the earth. vs6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled. vs7 Blessed are the merciful: for they shall obtain mercy. (The merciful and those that are hungering after righteousness are blessed)

* Wisdom of Solomon 7:7 - Wherefore I prayed, and understanding was given me: I called upon God, and the spirit of wisdom came to me. (Desire wisdom above riches and have peace of mind)

* I Timothy 6:6 - But godliness with contentment is great gain. (Learn to be content)

(Mother Anna House of Deacon Yawasap)

Take Care of Your Body: Take the time to take care of your body.

* I Corinthians 6:19 - What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

* I Peter 3:3-4 - Whose adorning, let it not be that outward adorning, of plaiting the hair, and of wearing of gold, or of putting on of apparell. vs4 But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price. (Be mindful of not focusing solely on what you see outwardly)

* I Timothy 2:9-10 - In like maner also, that women adorn themselves in modest apparell, with shamefacedness and sobriety, not with broided hair, or gold, or pearls, or costly array, vs10 But (which becommeth women professing godlines) with good works.)

* Proverbs 31:30 - Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised.

* Sirach 36:22 - The beauty of a woman cheereth the countenance, and a man loveth nothing better.

* Esther 2:12 - Now when every maid's turn was come to go in to king Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, to wit, six months with oil of myrrh, and six months with sweet odors, and with other things for the purifying of the women;) (It was a one year process for the purification of the women)

VIDEOS: #1-3 Common Vaginal Infections and There Symptoms, #2-15 Best Foods to Feed Your Vaginal Health (Sweet potatoes, Lemons, Cranberry juice, Garlic, Kale, Greek yogurt). #3-Yeast Infections - Ways to Treat Them

***(Successful People: No body is "too busy"...It is just a matter of priority). Don't give the appearance of being busy, yet not being effective.

(Sister Nani - Ladies of Elegance Charm Academy)

The Righteous Female Entrepreneur:

Career Path/Occupation. Jung Typology Test. Personality test #1-Attitude, Expression (Introvert or Extrovert), #2-Perception, #3-Cognitive Process, #4-Action (Entrepreneur or Advocate)

* Ecclesiastes 1:9 - The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun.

* Romans 12:4-5 - For as we have many members in one body, and all members have not the same office: vs5 So we, being many, are one body in Christ, and every one members one of another. (Community)

Passion with a purpose- You must creat your dream job. Talent + Passion = Career

Find a problem and create a solution (Your Business). Initiate Partnerships.

* Joshua 1:8 - This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. (How to become prosperous. The mission is to build up the nation of Israel)

* Haggi 1:3-9 - Then came the word of the LORD by Haggai the prophet, saying, vs4 Is it time for you, O ye, to dwell in your cieled houses, and this house lie waste? vs5 Now therefore thus saith the LORD of hosts; Consider your ways. vs6 Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes. vs7 Thus saith the LORD of hosts; Consider your ways. vs8 Go up to the mountain, and bring wood, and build the house; and I will take pleasure in it, and I will be glorified, saith the LORD. vs9 Ye looked for much, and, lo, it came to little; and when ye brought it home, I did blow upon it. Why? saith the LORD of hosts. Because of mine house that is waste, and ye run every man unto his own house.

You MUST support the Nation of Israel.

**Closing remarks Mother Shamarah - *You are your own individual brand. *Self-love is more than a pretty face. *Purpose, Integrity, One Accord, *I Can, I Will, I Must