

Titus 2 Chat: The Carnal Woman v. the Virtuous Woman
Mama Shamarah and the Deacons' Wives
12.24.17

ICEBREAKER

What do you think is your best quality?
What fear would you like to overcome?
Who has had the most influence on your repented walk?
What foremother would you like to be like?

Topic #1: Daily battles and running your own spiritual race – Mama Shamarah

Some races are hurdles, some are relay races.

1 Cor 15:31 I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.

1 Tim 6:12 Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.

Here are some characteristics of carnal women: They lack moral discipline and they are simple minded.

2 Tim 3:6 Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good

Prov 3:5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.

Prov 4:7 Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.

The Black woman is the most educated in the world, but we are the dumbest when it comes to doing the most high's will.

The carnal woman idolizes celebrities. Don't be overly concerned with looks and achievements

Matt 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

The most High is proving you to see if you are worthy of what you are asking Him for. You have to ask for things for the right reasons. Blessings don't come immediately.

1 John 2:16 all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

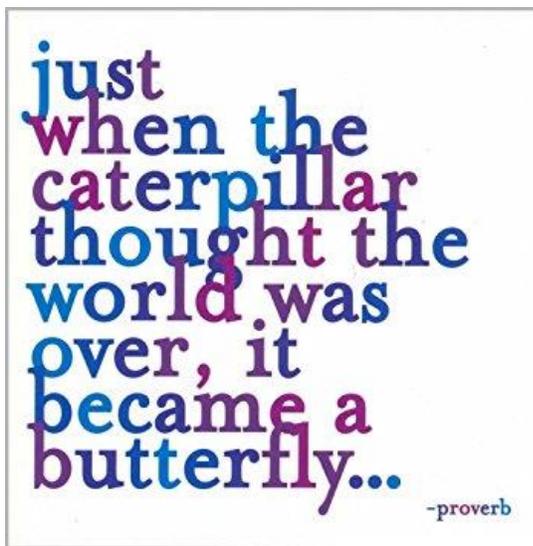
Negative qualities that are works of the flesh: contentious, argumentative, liar, deceitful, flirtatious, lustful, attracted to men just for looks, money and sexual sins, selfishness, indiscreet, un-submissive, envious, full of hatred, discord and bitterness.

Gal 5:19-21 Works of the flesh

1 Cor 6:9-10 These will NOT enter into the kingdom

1 Corinthians 6:11 **And such were some of you:** but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

All of us had these qualities at one point. We are all a work in progress



The process of a caterpillar turning to a butterfly:

- It stops eating (fasting mode)
- Hangs itself upside down
- Spins itself in a silky cocoon or molts into a shiny chrysalis

You must be willing to die of who you are now to give birth to who you want to become

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

Rom 7:12 Wherefore the law is holy, and the commandment holy, and just, and good.

Titus 2:3-5 The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; That they may teach the young women to be sober, to love their husbands, to love their children, To be discreet, chaste,

keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

Qualities of a virtuous woman: faith, shamefaced, discreet, honest

Gal 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.

To get knowledge, one must study. To earn wisdom one must observe

2 Tim 2:15 study to shew yourself approved

Sirach 6:36 if you see a man of understanding, wear out the steps of his door.

Psa 19:7 The law of the Lord is perfect, converting the soul:the testimony of the Lord is sure, making wise the simple.

Phil 2:12 work out your own salvation with fear and trembling

1 Corinthians 9:24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

You are responsible for your own spiritual race

What kind of runner are you?

<https://www.mcmillanrunning.com/runner-types-do-you-know-your-type/>

Speedster- this runner becomes frustrated when the distance increases.

Example: Some sisters come in this Truth for a husband and when they can't find one, they leave.

Endurance monster – They feel exhausted and deflated

Example: Some sisters start off really good and then they get sluggish. They're not the same way they were when they first came into the truth

Combo runner = performs well in all types of workouts, whether it's short/ fast or long/slow

Understand which one you are. Get an idea of your strengths and weaknesses. This is valuable so you'll know how to properly train!

Eccl 9:11 I returned, and saw under the sun, that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill; but time and chance happeneth to them all.

Videos to Watch:

[Parable of the 4 types of Israelites](#)

[3 trials of Faith](#)

Marathon Training Phases

Phase 1: Stability

Phase 2: Strength

Phase 3: Power

Phase 4: Maintenance and recovery

James 1:8 double minded an is unstable in all his ways

Example: One day you're an Israelite, and the next day you decide you want to wear pants

Sirach 2:1 prepare your soul for temptation

1 Pet 4:12 think it not strange concerning the fiery trial which is to try you,

Philippians 4:13 I can do all things through Christ which strengthens me.

1 Tim 1:7 not given us the spirit of fear

Rom 5:3 – 5 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

Tricks for running long distances

- Stay positive – if the heart and mind aren't in it, your progress and results will lag. Same thing with this truth. Your heart and mind needs to be in it
- Keep a schedule and hold yourself accountable
- Ease into it and give yourself time to adapt to new stress
- Don't be so hard on yourself and give yourself credit for small progress
- Power through your ruts – keep going and don't give up when you hit spiritual plateaus

James 1:2-4 My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

Titus 2:12-13 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ

Phil 3:14 I press toward the mark for the prize of the high calling of God in Christ Jesus.