

TITUS 2 CHAT

TABERNACLES 2K18:

EMOTIONAL DISCIPLINE: THE TRYING OF YOUR FAITH

HOST: SHAMARAH ISRAEL AND DEACONS WIVES

*Definition of DISCIPLINE: Self control

Titus 2:12¹² Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;

*We must be disciplined in the present world.

*Hold on to your chastity and be mindful about how I act.

*disciplining leads to greatness!

1. Fulfillment

2. Happiness

*Your thoughts become your actions: Discipline your mind.

*We lose discipline when things aren't going our way; Remove fear and dive deep to see how we will stand knowing God has us as repented women.

*Have control;

1. Take responsibility for your own lives

2. Treat emotions as how you would control a toddler

3. "One undisciplined moment would derail a lifetime of work".

*Let your works be known;

Proverbs 30:31³¹ Give her of the fruit of her hands; and let her own works praise her in the gates.

*How to handle obstacles;

Ezekiel 14:16¹⁶ Though these three men were in it, as I live, saith the Lord GOD, they shall deliver neither sons nor daughters; they only shall be delivered, but the land shall be desolate.

Don't have a carnal mind;

Romans 8:6-10⁶ For to be carnally minded is death; but to be spiritually minded is life and peace.

⁷ Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

⁸ So then they that are in the flesh cannot please God.

⁹ But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

¹⁰ And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness

*You can't give what you don't have;

Galatians 5:22 ²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

*You must cast down every evil thought:

2 Corinthians 10:5 ⁵ Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

*You are the average of the 5 people you hang around.

*What are my nigger woman triggers?

1 Corinthians 13:11 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.

*Put away little girl things; We are the example.

Matthew 5:30 ³⁰ And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

*Am I willing to lose everything, especially the Kingdom for something simple?

*A lot of people are mad when they don't receive the results of the work they didn't do.

WAYS TO OVERCOME TOXIC EMOTIONS

1 **Anxiety**; Insecure and threaten

Ephesians 4:24 ²⁴ And that ye put on the new man, which after God is created in righteousness and true holiness.

- Put away my own understanding and make it to the kingdom

***2 Esdras 14:34** "Therefore if so be that ye will subdue your own understanding, and reform your hearts, ye shall be kept alive and after death ye shall obtain mercy."

*Let go of worldly thoughts; why are we strong to do evil?

***2 Esdras 14:14** "Let go from thee mortal thoughts, cast away the burdens of man, put off now the weak nature,"

* Focus on positive memories, if you are not happy you can change

1 scripture (read it and write it)

2 observation (find an example)

3 application (how does it apply to me)

4 prayer (relationship with the most high)

*Bare infirmities of the week

Romans 15:1 - “We then that are strong ought to bear the infirmities of the weak, and not to please ourselves.”

2 **Anger** calm down before your mouth opens; that nigger trigger is going to keep visiting you

*Ephesians 4:23 And be renewed in the spirit of your mind;

-Put away the old woman

-Be new

-Be angry but do not sin

-You have the ability to pacify the lioness in you.

-Let not the sun (light and understanding) leave and you let the devil in.

1 Peter 3:4-5 “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. For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being in subjection unto their own husbands:

-Hidden man (Demon in your mind)

-Be mindful and do what you are supposed to do what you are supposed to do.

Colossians 3:8 But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.

Proverbs 15:1 1 A soft answer turneth away wrath: but grievous words stir up anger.

-Remember that you don't have to talk so much or so mean to get your point across with few words. Get to the point.

Exodus 14:14 14 The LORD shall fight for you, and ye shall hold your peace.

- Put yourself in the scripture.

3.Fear

- Face everything and run.
- False evidence appearing real.
- Embrace this truth and be disciplined

4. Shame & Depression

1. Know your emotions.
2. Manage your emotions.
3. Self- Motivate.
4. Recognize and understand other's emotions.
5. Manage relationships with others.

5.Self Awareness

- Correction is love.

6.Truthworthy

- Prove, test, and wait for results.
- Why take advice from someone that you don't see them doing.

7.Social Competence

- Organization Awareness
- Relationship and communication skills

-What does empathy look like?

- Show you understand people's issues.
- Understand where boundaries are.
- Certain rebukes are not comely.

-Be mindful of vail glory.

8. Communication

- Very key with brothers, husbands, and sisters
- There is an art to listening.
 - Call and response

James 1:19-20 19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: 20 For the wrath of man worketh not the righteousness of God.

-Communicate effectively and go back to the foremothers.

-It doesn't matter how the communication and correction comes; pray to TMH to give you peace to accept it all.

9. **Conflict Management**

Matthew 18:

-always Maintain emotional discipline.

10. **Triangle of Self Obsession**

-Resentment (past)

-Resentment is refusing to forgive

- Fear (Future)

- Don't want to accept what the future holds

- Anger (Present)

- Don't want to deal

11. **Trials and Tribulations**

Sirach 2:1 1 My son, if thou come to serve the Lord, prepare thy soul for temptation.

-Constantly endure

12. **Self Aware**

- Know

- Recognize

- How feelings and emotions deal

-Learn

-Be open

13. **Report cards with your sisters**

-Trustworthy

- Do what you say you will do.

- Admit your mistakes

- Takes tough stances
- Make sure things get done
- Adapt to changes in the body

1 Peter 1:6-10 6 Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations:

7 That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:

8 Whom having not seen, ye love; in whom, though now ye see *him* not, yet believing, ye rejoice with joy unspeakable and full of glory:

9 Receiving the end of your faith, *even* the salvation of *your* souls.

10 Of which salvation the prophets have enquired and searched diligently, who prophesied of the grace *that should come* unto you:

Judith 8:27 27 For he hath not tried us in the fire, as he did them, for the examination of their hearts, neither hath he taken vengeance on us: but the Lord doth scourge them that come near unto him, to admonish them.

- Trials of faith is more precious than gold

1 Thessalonians 4:11 11 And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you;

- Study to shut up.

14. Time Discipline

Titus 2:12 2 That the aged men be sober, grave, temperate, sound in faith, in charity, in patience.

- We need to avoid worldly lust and live godly in this present world.

-Discipline leads to greatness. Thoughts become action. Maintain discipline when things are not going your way; it is the trying of your faith.

- One moment of lack of discipline can ruin your reputation.

Ezekiel 14:14 14 Though these three men, Noah, Daniel, and Job, were in it, they should deliver *but* their own souls by their righteousness, saith the Lord GOD.

Romans 8:6 6 For to be carnally minded *is* death; but to be spiritually minded *is* life and peace.

-To be carnally minded is death.

Galatians 5:22 22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

-The fruits of the spirit (You can't give what you don't possess).

2 Corinthians 10:5 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

-Cast down any thought that is in opposition to TMH.

1 Corinthians 13:11 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.

-When I became a woman, I must put away childish things.

Matthew 5:30 30 And if thy right hand offend thee, cut it off, and cast *it* from thee: for it is profitable for thee that one of thy members should perish, and not *that* thy whole body should be cast into hell.

-Are you willing to be cast into hell?

-A lot of people get mad at the results they don't get

VIDEO CLIP LINK:

<https://youtu.be/0egh5-QLVEY>

