



**Topic: Princess Quarantine: Memories or Mayhem**

**Host: Mother Shamarah**

**Event: Titus 2 Chat**

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**3 John 1:2 (KJV)** Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

- We should know the state of the flock; don't let pride keep you from reaching out to people

**Matthew 8:14 (KJV)** And when Jesus was come into Peter's house, he saw his wife's mother laid, and sick of a fever.

- Even in the midst of being sick, she got up and still ministered to the sick
- The work doesn't stop
- The dead in Christ shall rise first

**Sirach 38:16-21**

**vs 16** My son, let tears fall down over the dead, and begin to lament, as if thou hadst suffered great harm thyself; and then cover his body according to the custom, and neglect not his burial.

**vs 17** Weep bitterly, and make great moan, and use lamentation, as he is worthy, and that a day or two, lest thou be evil spoken of: and then comfort thyself for thy heaviness.

**vs 18** For of heaviness cometh death, and the heaviness of the heart breaketh strength.

**vs 19** In affliction also sorrow remaineth: and the life of the poor is the curse of the heart.

**vs 20** Take no heaviness to heart: drive it away, and remember the last end.

**vs 21** Forget it not, for there is no turning again: thou shalt not do him good, but hurt thyself.

- It's okay to mourn for relatives that passed;
- We are given scripture on how to grieve/mourn
- For sisters unable to handle grief, seek counsel on how to mourn

**Quote: Turn your wounds into wisdom >>> Appreciate every little thing**

**Roman 1:19 (KJV)** Because that which may be known of God is manifest in them; for God hath shewed it unto them.

- Find comfort in the little things
- Honor your friendships

**Mark 12:31 (KJV)** And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.

- Celebrate & honor the relationships you have

**2 Corinthians 1:3 (KJV)** Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;

- Our Father is full of mercy

**Romans 12:15 (KJV)** Rejoice with them that do rejoice, and weep with them that weep.

- Those who are grieving we weep with you but also we must move forward
- When someone you love becomes a memory, you begin to treasure your memories

**Isaiah 33:6 (KJV)** And wisdom and knowledge shall be the stability of thy times, and strength of salvation: the fear of the LORD is his treasure.

The fear of the Lord = is the ultimate treasure

### **Acts 9:36-42 (KJV)**

**vs 36** Now there was at Joppa a certain disciple named Tabitha, which by interpretation is called Dorcas: this woman was full of good works and almsdeeds which she did.

**vs 37** And it came to pass in those days, that she was sick, and died: whom when they had washed, they laid her in an upper chamber.

**vs 38** And forasmuch as Lydda was nigh to Joppa, and the disciples had heard that Peter was there, they sent unto him two men, desiring him that he would not delay to come to them.

**vs 39** Then Peter arose and went with them. When he was come, they brought him into the upper chamber: and all the widows stood by him weeping, and shewing the coats and garments which Dorcas made, while she was with them.

**vs 40** But Peter put them all forth, and kneeled down, and prayed; and turning him to the body said, Tabitha, arise. And she opened her eyes: and when she saw Peter, she sat up.

**vs 41** And he gave her his hand, and lifted her up, and when he had called the saints and widows, presented her alive.

**vs 42** And it was known throughout all Joppa; and many believed in the Lord.

- Dorcas was full of good works (She had a reputation for doing good things);
- The people had memories of the good things Dorcas did & gave to them

### **Article: 4 Reasons Younger Women Need Older Women In Their Lives**

1. Your presence gives us a strong model of biblical femininity
2. Your testimony gives us a tangible model of God's faithfulness
3. Your stories give us the freedom to live by grace and not perfection.
4. Your stories give us an unwavering path to follow.

**No matter how you feel - always keep going  
Keep yourself in check \* By the Scriptures! \***

**Ask yourself: Are you investing in the life of someone younger than you?**

**Titus 2:3-5 (KJV)**

**vs 3** The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things;

**vs 4** That they may teach the young women to be sober, to love their husbands, to love their children,

**vs 5** To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

- This is a lot; we have a big undertaking

**Article: 5 things I wish More Older Women Would Teach**

1. How to have a happy marriage

**Question: How do I remain kind when he's not?**

**Colossians 3:12 (KJV)** Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

- In your marriage, you must be a forgiving person
- Put on forgiveness, every day, wake up with a forgiving heart

**Question: How to keep things fun/exciting while @ home w/ my lord?**

1. Prioritize him!

**Sirach 40:23** A friend and companion never meet amiss: but above both is a wife with her husband.

- Above a friend companion is a husband/wife

**Things to do with your husband:**

- Annual cabin trip
- Take a walk/ bike ride/ stargaze
- Picnic together
- We must teach our lord's how to love us

**Meme: Women grow differently when love properly  
mint green differently when love properly.**

## Question: As leadership wives, how do you keep the intimacy going?

Keep it sexy! Lingerie, music, candles, etc.

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

- Make it a priority to look good for your man
- Care enough to put in the time/energy for your marriage

**1 Peter 3:5 (KJV)** 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:

- We are to be adorned and in subjection to our husband

**Ephesians 5:33 (KJV)** Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.

- Reverence your lord; show respect for him and his house

**Genesis 2:18 (KJV)** And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.

- The purpose of a helpmeet

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

- Be a pillar of rest

## Question: How do you manage it all?

1. The Most High's work has to be done
2. Plan your day >>> prioritize your task have a daily routine
3. Nonessentials can wait

Example:

- Set a day to meal plan
- Set bedtime

### Don't leave for tomorrow what you can do today

4. Multitask
  - Clean as you go
  - Have the kids help
  - Save deep cleaning for a specific time

- Teach the kids time management

**Proverbs 22:6 (KJV)** Train up a child in the way he should go: and when he is old, he will not depart from it

- We are commanded to teach the kids these things
- Get up and get dressed even if you're not going out

### **Remember proverbs 31; We are built for this**

- It's beautiful when the men help but remember it's not their job
- We are to manage the home
- Our first job is to be the keeper of the house

Young women want to know how to properly study

### **1 Timothy 4:12 - 15 (KJV)**

**vs 12** Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

**vs 13** Till I come, give attendance to reading, to exhortation, to doctrine.

**vs 14** Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery.

**vs 15** Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.

- This should be our focus

**Titus 3:3 (KJV)** For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another.

- We are sometimes foolish

### **Quick study habits:**

1. Color coordinated Bible
2. Make a Precept book: First three pages categorize as section A next three pages and categorize as section B

### **It's your sword figure out how you can get to the scripture easily**

3. Writing helps retain info

Study time:

- If this is the hardest thing to do, it should be done first thing in the morning
- If worldly ambitions come before the Most High or your lord's house is has to go

### **The Most High finds beauty in how a woman orders her house**

## **Jealousy/Envy questions**

**Question: How to overcome evil thoughts about sisters?**

**Roman 12:2 (KJV)** 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.

- The most high says to put on the new mind some sisters still need time to grow we must put on charity

**Matthew 5:16 (KJV)** Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

- Learn to remove yourself peacefully during affliction

### **1 Peter 3:8-9 (KJV)**

**vs 8** Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:

**vs 9** Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

- Don't repay evil with evil
- Ignore
- Give the scripture and walk away
- You get the blessing when you please God.
- Foolishness that could be avoided isn't worth the kingdom

**Exodus 20:17 (KJV)** Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

- Covetousness (neighbors' husband); lust = Realize covetousness will get you nowhere
- Once the sin is done Satan leaves
- Pray and fast to remove this spirit

### **A lustful spirit leads you nowhere**

**Psalms 133:1 (KJV)** Behold, how good and how pleasant it is for brethren to dwell together in unity!

- It's good and pleasant to be in unity (agreement, harmony)

**Galatians 5:26 (KJV)** Let us not be desirous of vain glory, provoking one another, envying one another.

- We need to get it together stop doing this

**Mark 12:31 (KJV)** And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.

- Love your sister as yourself
- Apply the scriptures, don't just watch videos and classes

### **Sisters being barren and staying in the spirit**

**Psalms 113:9 (KJV)** He maketh the barren woman to keep house, and to be a joyful mother of children. Praise ye the LORD.

- Pray & fast and confess your faults one to another
- Don't be prideful
- Have your lord as well get checked
- Let your sisters know what's going on

Decorum:

- Don't inquire of a woman you don't know
- Don't ask sisters about the fertility.
- Remember we are family >>> All the women that love you will ask
- If you don't tell family, they won't know to pray
- We must apply the fruits of the spirit when dealing with one another
- Be gentle when asked (if you're having trouble), let people know you need prayer
- Asked leadership to anoint you
- Ask them to pray for you

### **How to properly discipline toddlers?**

Have the proper mindset

1. Ensure you're disciplining for the right reasons

**Proverbs 22:15 (KJV)** Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him.

- Foolishness is bound in the heart of a child, know your child will mess up

**Sirach 42:5** And of merchants' indifferent selling; of much correction of children; and to make the side of an evil servant to bleed.

- Know that you're going to be a broken record

**Sirach 30:12** Bow down his neck while he is young, and beat him on the sides while he is a child, lest he wax stubborn, and be disobedient unto thee, and so bring sorrow to thine heart.

**Question: How to discipline your child?**

- Have punishments sets prior to disciplining your child
- Don't spank your child for doing child things

**Tools for disciplining:**

- Pow Pow
- The Eliminator
- Licks her years of age

**Dealing with Unruly Teenagers >>> You must teach them**

Teenagers are a reflection of the things you taught them  
The commandments must be firmly planted

**Hebrews 10:25 (KJV)** 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.

- Don't forsake the assembly of ourselves together, utilize technology to connect

**Don't neglect the young women in the church:**

**What Habits Younger Women Need Older Women To Teach Them**

1. To love their husbands/children

**Question: I'm struggling with consistency >>> listening to my lord without having something to say**

**1 Peter 3:3-4 (KJV)**

**vs 3** Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel;

**vs 4** 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.



- Lose the need to always speak
- You see the most fruits when you close your mouth and listen

### **Ephesians 4:2-3 (KJV)**

**vs 2** With all lowliness and meekness, with longsuffering, forbearing one another in love;

**vs 3** Endeavouring to keep the unity of the Spirit in the bond of peace.

- Endeavor to keep the peace

**Colossians 3:12 (KJV)** Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

- Be long suffering; meekness

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

- We don't always have to defend ourselves, God is our defender
- Hold your peace and have faith
- Let the Most High deal with it
- Our first works is to change how we think

**Isaiah 7:4 (KJV)** And say unto him, Take heed, and be quiet; fear not, neither be fainthearted for the two tails of these smoking firebrands, for the fierce anger of Rezin with Syria, and of the son of Remaliah.

- Take heed and be quiet; fear not
- Don't be faint hearted
- If you have fear you don't trust the Most High

### **Galatians 5:22-23 (KJV)**

**vs 22** But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

**vs 23** Meekness, temperance: against such there is no law.

- Have charity (kindness); be meek
- Be long suffering

### **1 Corinthians 13:4-5 (KJV)**

**vs 4** Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

**vs 5** Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

- What charity is quietness and kindness go along way just be kind

## Consistency >>> When we are consistent it matters

**1 Corinthians 15:58 (KJV)** Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

- We are to be steadfast
- Be consistent
- Have the Most High integrity and rely on Him

**1 Corinthians 10:13 (KJV)** There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

- You will continue to be tested until you pass the test
- You will be tested until you learn to overcome it with the Scriptures

Tip: Learn your facial expressions when in certain situations  
Practice in the mirror or with a friend... Role-play

### **Read Ephesians 4:1-32 (KJV)**

\*\*Watch video on grudging in marriage\*\*

#### **Sirach 28:1-12**

**vs 1** He that revengeth shall find vengeance from the Lord, and he will surely keep his sins in remembrance.

**vs 2** Forgive thy neighbour the hurt that he hath done unto thee, so shall thy sins also be forgiven when thou prayest.

**vs 3** One man beareth hatred against another, and doth he seek pardon from the Lord?

**vs 4** He sheweth no mercy to a man, which is like himself: and doth he ask forgiveness of his own sins?

**1 Corinthians 7:34 (KJV)** There is difference also between a wife and a virgin. The unmarried woman careth for the things of the Lord, that she may be holy both in body and in spirit: but she that is married careth for the things of the world, how she may please her husband.

#### **2 Timothy 3:6-7 (KJV)**

**vs 6** For of this sort are they which creep into houses, and lead captive silly women laden with sins, led away with divers lusts,

**vs 7** Ever learning, and never able to come to the knowledge of the truth.

- Silly woman amongst us >>> We must understand what this is (they don't take heed to the Scriptures)

## **Our daily actions could be blasphemous: Watch the example you show**

- Single sisters' actions with married brothers >>> Have personal space, adhere to protocol

### **Mission of Titus 2**

#### **Philippians 2:1-4 (KJV)**

**vs 1** If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies,

**vs 2** Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.

**vs 3** Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

**vs 4** Look not every man on his own things, but every man also on the things of others.

### **Trust and Responsibility**

Ask yourself: Are you creating positive memories or Mayhem in the body?

### **Things to build up your faith:**

Study our foremothers

### **Question: What is a Clique >>> Excluding others**

Know the difference >>> between being around your sisters who's been there from the beginning... it's nothing wrong with. Know everyone is not going to be able to sit at your table

Example: a gossiper/ back biter will sit with their like

### **Question: How to deal with each other in the sisterhood**

- We need to be practicing this every day
- There is a level of respect that you give everyone
- speak to people with kindness
- Be respectful no matter what your lord rank is
- It's general courtesy

**Sirach 3:18** For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ:

- The greater you are, the more you humble yourself
- You will find favor with the Lord

- We are not called to abuse of one another
- There is a learning lessons in betrayal: it opens your eyes it makes you stronger and better
- Prove a friend; Prove your one counselor of 1000
- You should be friends with you lord (he is your #1 counselor)
- What's Proving: To test and wait for results

### **Question: How to deal with pre-teens (especially girls)**

#### **Wisdom of Solomon 4:9-12**

**vs 9** But wisdom is the gray hair unto men, and an unspotted life is old age.

**vs 10** He pleased God, and was beloved of him: so that living among sinners he was translated.

**vs 11** Yea speedily was he taken away, lest that wickedness should alter his understanding, or deceit beguile his soul.

**vs 12** For the bewitching of naughtiness doth obscure things that are honest; and the wandering of concupiscence doth undermine the simple mind.

- Living amongst sinners can transform you, watch the environment

**Sirach 26:10** If thy daughter be shameless, keep her in straitly, lest she abuse herself through overmuch liberty.

- What you would do with a shameless daughter >>> be watchful

#### **Read Wisdom of Solomon 12**

- The wondering minds of children need task
- Be aware of what your children watch (check phones)
- Know your child
- Be your child's best advocate
- Endure the troubles of education

### **How slothful woman cripples the house**

**Proverbs 20:13 (KJV)** Love not sleep, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with bread.

- Love not to sleep, lest you come to poverty
- Your kids will mimic your slothfulness

**Sirach 11:28** Judge none blessed before his death: for a man shall be known in his children.

- A man is known in his children
- Discipline is needed for children

**Ephesians 6:4 (KJV)** And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

- Provoke not your children

**Colossians 3:21 (KJV)** Fathers, provoke not your children to anger, lest they be discouraged.

- Fathers, provoke not your children

### **Make learning fun everyday**

**Deuteronomy 6:7 (KJV)** And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

- Ask questions; Life is an adventure
- All your children don't learn the same

### **Teach your children the history >>>**

#### **1 Maccabees 2:4-5**

**vs 4** Judas, who was called Maccabeus:

**vs 5** Eleazar, called Avaran: and Jonathan, whose surname was Apphus.

### **Ask your children questions during this quarantine**

1. What 5 words do you think best describe you?
2. What do you love doing that makes you happiest?
3. What do you know how to do, that can teach others?
4. What is the most wonderful/worst thing that happened to you?
5. What did you learn from the most wonderful/worst thing that happened to you?
6. Of all the things you are learning what would be most useful as an adult?
7. If you could go back in time three years ago what would you tell yourself?
8. What are you grateful for?
9. What do you think your life will be like in the future?
10. Which one of your friends do you think I would like the most and why?
11. If you could grow up and be famous what would you want to be famous for?
12. How could you change the world if you could?
13. How can you help someone today?

14. If you could make one rule that everyone in the world had to follow, what would it be?

**Things to do during quarantine w/ the children:**

- Plant a garden
- Bake
- Tea party
- Science labs
- Fashion show
- Crafts
- Read aloud
- Work one table manners
- Puppet show

**\*\*Audio book: The Power of Moments (how to create memories)**

E = Elevates (Love letters, Kids drawings, Heirlooms etc.)

P = Pride (Trophies, Awards, Certificates of recognition)

I = Insight (Moments that you learned from photos/ social media)

**Our treasure chest should be Epic**

**Ephesians 4:15-16 (KJV)**

**vs 15** But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

**vs 16** From whom the whole body fitly joined and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

- We should all be fitly together

**Philippians 1:9-11 (KJV)**

**vs 9** And this I pray, that your love may abound yet more and more in knowledge and in all judgment;

**vs 10** That ye may approve things that are excellent; that ye may be sincere and without offence till the day of Christ;

**vs 11** Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God.

- These are major memories to establish for yourself
- If you have negative memories self-examine

**Be a change agent in your house; prompt change**

1. Are you a people person? You must be trusted

2. Do you connect the disconnected?
3. Do you see your dream and communicate it clearly and effectively?
4. Do you know when to hold them I want to fold them?
5. Are you courageous & enthusiastic?
6. Do you have sincere passion?

**1 Peter 3:6 (KJV)** Even as Sara obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.

- You must do well & not be afraid
- Characteristics of a change agent
- Clear vision being knowledgeable
- Lead by example
- Be persistent and patient
- Asked the right questions
- Build a strong relationship, built on trust

\*\* Book mentioned: Tipping Point\*\*

**1 Corinthians 12:11 (KJV)** But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.

- Not everyone has the same gifts
- Tap into the gift of others

### **Romans 5:1-5 (KJV)**

**vs 1** Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

**vs 2** By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.

**vs 3** And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;

**vs 4** And patience, experience; and experience, hope:

**vs 5** 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.

**Galatians 6:9 (KJV)** And let us not be weary in well doing: for in due season we shall reap, if we faint not.

- Don't grow weary in well doing
- Changes don't happen overnight (time & persistent)

**Romans 12:12 (KJV)** Rejoicing in hope; patient in tribulation; continuing instant in prayer;

- Be patient in tribulation

- Show how you should be to other people

**2 Timothy 2:24 (KJV)** And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient,

- Build trust to have the difficult conversations

**Psalms 146:3-5 (KJV)**

**vs 3** Put not your trust in princes, nor in the son of man, in whom there is no help.

**vs 4** His breath goeth forth, he returneth to his earth; in that very day his thoughts perish.

**vs 5** Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:

- Lean not on your own understanding

**1 Thessalonians 2:13 (KJV)** For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe.

- We must believe through faith
- Not because the man told you

**Study to get your crown!**

**Questions to ask yourself:**

1. Why did you come into the truth?
2. Where do you see yourself 15 years from now?
3. Who was the most influential person in your life?
4. If you could re-live your life what would you change?
5. If you had one wish granted, what would it be?
6. If you won the crown tonight, what would be the first thing you'll do?
7. What philosophy or value do you uphold most in life?

**2 Corinthian 13:5 (KJV)** 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?

**Titus 2:11-12 (KJV)**

**vs 11** For the grace of God that bringeth salvation hath appeared to all men,

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



**Revelation 3:11 (KJV)** Behold, I come quickly: hold that fast which thou hast, that no man take thy crown.

- Sisters don't let nobody take your crown!

**Philippians 4:1,3 (KJV)**

**vs 1** Therefore, my brethren dearly beloved and longed for, my joy and crown, so stand fast in the Lord, my dearly beloved.

**vs 3** And I intreat thee also, true yokefellow, help those women which laboured with me in the gospel, with Clement also, and with other my fellowlabourers, whose names are in the book of life.

- Stand fast in the Lord
- Do the work; Have your name in the Book of Life

**hashtag #princessinquarantine**

- Cooking / Baking
- Time with children
- Gardening
- Creating memories
- Spending time with your husband