



Teacher: Deacon Wives

Date: May 20, 2020

Start: 8:50 pm EST

Topic: Q & A from Questionnaire

Survey: What do you struggle with most during COVID19?

Sister Zuriel

Q: How do you Focus while studying?

A: Focus on scripture cut off all distractions. You have children wake up before children get up. Don't work study with a sister

4 chapter reading on zoom with some sisters

A: Some get up before children gets up

A: Turn off phone while studying

A: Headphones soundproof you can use them

A: study with children to set up a time

Sister Mehidah

A: bible study with children when you have a newborn or child that nurse now

A: have flash cards with children

Sister Naamah

A: write scripture over and over

Example- Love = 1 John 5:3- keeping the commandments writing it over and over and focus

A: after every comma try to understand what it means

Example: What thus saith the Lord? God is speaking

Sister Deborah

A: having a dictionary nearby. Simple words mean can mean big

A: Thesaurus

Sister Naamah

A: walk track double stroller make something for the children and wear headphones listen to class

A: turn off lights and play a class or audio of bible as you fall asleep you can still hear the class and focus

A: it must be important to you

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.



If you don't study how can you prove yourself to God

Rightly dividing the word - as you study you will learn what situations goes with a story from the Bible

Sister Anna

Q: Time Management

Define - the ability to use one's time effectively or productively, especially at work.

If you must sit down and work out a schedule that is best for you

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?

When you build a tower, you must plan out everything you need. Same way you must manage your household you need a schedule.

If you don't have a schedule you going to go crazy. You going to put it off to tomorrow

James 4:13 Go to now, ye that say, Today or tomorrow we will go into such a city, and continue there a year, and buy and sell, and get gain:

You can't put stuff off until Tomorrow. Tomorrow is not promised. Your lord asks you to do something and then a sister ask you to do something and now you overwhelmed

Setting a goal- write down things you want to accomplish

Scheduling - write it out

Delicate your job to your children

A: Delicate chores you your children it teaches them how to deal with life

Scheduling - helps keep things in order

Around your lord's schedule. Dinner must be ready by certain time

A: Make a List and it keeps you organized and if you like to check off it will work. Every Sunday you can make a list and check it off each day. You can see self-making progress at the end.

Planner - Franklin Covey



A: Use your time wisely. Plan ahead
3 P's- Purpose Plan Practice

Good time management plan you will have more time to spend with your lord and family

Sister Deborah

Q: Finances - due to pandemic you want to congregate but you can't

A: everyone is going through financially. Take advantage of what's being given. Another stimulus coming and apply for unemployment. Resources on IUIC website. Schools have pantries in place

1 Corinthians 7:31 And they that use this world, as not abusing it: for the fashion of this world passeth away.

We to use the world does not abuse it. Use it to get on your feet to help you and your family. Take advantage of that. Small business helps there get counsel. We should be helping each other. That's your alms deeds
Don't get caught up in the world. Depend on the Most High and know he got you

Matthew 6:25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Most High said birds are provided for how much more he will provide for you. Do what you must do to stay prepared thus saith the Lord

A: no one should be in the house starving or need and you say nothing because you are quiet. We are family. Don't use money unwisely right now.

But what you need not what you want

Think for the future like next few months. The speaking about food shortage

Q: Trying to get sisters to come together who are is not working and scared to catch the virus and not working?

A: You must have faith and follow the law of the land with large groups

If you can get together and no one is sick and not sick come together. Think about your sisters. Use zoom or the phone. Use wisdom.

Be creative you don't have to be isolated

Sister Naamah



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

Lord said he didn't give us the spirit of fear. You are running around scared you do not focus on the commandments. Focus on the commandments. If God didn't give you that fear who gave it to you Satan

Deuteronomy 32:39 See now that I, even I, am he, and there is no god with me: I kill, and I make alive; I wound, and I heal: neither is there any that can deliver out of my hand.

Most High says he kills Most High takes accountability. He makes alive. If he wants, you to live you will. You can go to every doctor you want and eat healthy if he wants you to die you will die

Psalms 91:1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

Most High if you dwell in the secret place and you applying these commandments you will be save

Question: Are you studying and applying.

You are worrying so What about the fire on judgement day that is coming

If you are fearful your faith is weak

Sister Deborah

Revelation 21:8 But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.

Those who are fearful currently. Most High tries your faith by the fire. You must have the faith. No faith you don't believe Most High don't have you. You in the same bucket as the unrepentant.

This is the time of your faith with the Most High

Ecclesiasticus 2:11 For the Lord is full of compassion and mercy, longsuffering, and very pitiful, and forgiveth sins, and saveth in time of affliction.

Most High is compassion, faithful pitiful, forgive, and saves in time of affliction



Ecclesiasticus 2:12 Woe be to fearful hearts, and faint hands, and the sinner that goeth two ways!

Most High woe means to death to those who are fearful. What you say Most High is not in control. He can kill you anything with anything

Ecclesiasticus 2:13 Woe unto him that is fainthearted! for he believeth not; therefore shall he not be defended.

If you scared and you don't put your trust in the Lord, I will not defend you. He always helped us

Be afraid of the commandments you are breaking daily

Proverbs 29:25 The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.

Fear the Most High and you will be saved

B: I don't know because the sisters I congregate with the chat on the chat but taking long to accept my family

A: consult with your leadership big sisters at your camp

Q: I am separated from my husband and he don't want to reconcile back to marriage

A: consult with leadership in your school your big sister

1 Corinthians 7:10 And unto the married I command, yet not I, but the Lord, Let not the wife depart from her husband:

1 Corinthians 7:11 But and if she depart, let her remain unmarried, or be reconciled to her husband: and let not the husband put away his wife.

If he's an unbeliever let him depart. Two types One for believing couples and one if you married to an unbeliever. We need to know more about your situation to help you

1 Corinthians 7:13 And the woman which hath an husband that believeth not, and if he be pleased to dwell with her, let her not leave him.

Please dwell mean while husband don't believe you're setting a good example. You must win him over. You can't keep the commandments sometimes and then be unrepentant sister at times. That's not a good example.



You can win your husband over by kind video's and conversations

You can't be a hypocrite. He not going to know who he's laying with a woman of God or the devil

1 Peter 3:1 Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives;

1 Peter 3:2 While they behold your chaste conversation coupled with fear.

Talking about win him over. Hold your line with the Most High towards your husband. He's still the lord in your house with respect. Don't go against the Most High never stay steadily and let your light shine with actions

She built him up and stayed true to the Most High

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

1 Peter 3:9 Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

1 Peter 3:10 For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:

1 Peter 3:11 Let him eschew evil, and do good; let him seek peace, and ensue it.

1 Peter 3:12 For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil.

This is telling us how to have compassion even when it seems rough. Have compassion for one another. This is for men to love they wife as brethren same for us love our lord as we love our sisters

Bless him and pray for him to the Most High Will Bless and heal the marriage. Check your spirit with the Most High it can be you

Love life and seek good days stop your tongue and lips of speaking guile or lies. It's a lie with a little of truth it's still a lie.

Do good deeds.



Most High sees and hears everything

If he says something out the way you stay in the spirit.

Don't do wickedness. God-Christ- Man-Woman

Who's above the husband Christ

Seek peace and remember verse 12.

B: Different artist idea and people not willing to change especially when everyone says you are mean until they get to meet you

Are you friendly, Are you sitting with screw face? Somehow you not giving off a good countenance in your spirit if you say everyone think that of you. When you have this type of spirit it affects others.

Depress spirit can make someone else spirit be depress

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

If you said people look at you mean until they get to know you. What you think your husband think of you. That's your representative as well.

If you not having beauty of a woman in your countenance for him check your spirit. Your countenance is not beauty on the outside or inside

1 Samuel 25:3 Now the name of the man was Nabal; and the name of his wife Abigail: and she was a woman of good understanding, and of a beautiful countenance: but the man was churlish and evil in his doings; and he was of the house of Caleb.

Abigail a woman of good understanding. She kept the laws and had a beautiful countenance

Judith had a beautiful spirit

Your face people will be attractive to that and go by that.

Practice your face expressions in the mirror. Smile genuinely. Practice in conversations and mean in your spirit will Change. That spirit is probably what's pushing your husband away



Practice your face expression and glance at it when no one is looking at you.
That tells a lot about you

If you look like you going to go off, we going to say shalom and keep it moving

Don't wait for people to come to you first train yourself to be friendly with the sisters as well

When we go back to school you see a Sister sitting by herself move her in and talk to her.

How to strike a conversation: taking the focus off you and put it on them.
What did you do this week and how did you do that? How did your family like it?
Then that can lead to next week a phone call.

A lot of sisters don't let the past go. Don't be the bag lady

If we think negative, we think someone else is doing the same thing

Q: Loneliness no one to talk too and having alone time dealing with different attitudes

A: **Proverbs 18:24** A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.

Show yourself friendly and you have no one to talk too should not be the case.
Show yourself friendly.

Join the different groups we have

You must show yourself friendly. You are sitting with your arms folded you look as being closed off. Body language is important. Don't wait until sister come to you.

Countenance and gentleness

Stay away gossip, backbiting and clique mentality. You see it stand off

Sis why you are sitting off by yourself you mind if I sit with you

B: Gossiping, lack of communication, Taking advantage of charity

1 Peter 4:8 And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.

We must the charity for each other



If you have a perception of someone already you can't hear what they are saying because you already have a perceive notion of them

1 Corinthians 13:4 Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

1 Corinthians 13:5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

1 Corinthians 13:6 Rejoiceth not in iniquity, but rejoiceth in the truth;

1 Corinthians 13:7 Beareth all things, believeth all things, hopeth all things, endureth all things.

What we need to have charity with each other. Charity suffers long it's patience. Once you get a friend you will work with patience to keep that friendship. This is where the work comes in at. You will have disagreements but are you going to throw each other away. Be kindness in the tongue. You not jealous. Envy is something you have something somebody has you can't get. You can if you work on self. Don't be puffed up prideful. That's not charity

Define Unseemly- poor behavior

You not looking for your own agenda
A lot of people get friends of their own agenda

Everything is not going to set you off and you can't handle it

You saying you don't have patience for this and that that's not of the Most High

Evil surmising- before they do it you are thinking evil of them already

Something happens to a sister and you rejoicing because of the evil ummmm hummmm

Rejoice in truth- you rejoice in the Most High says and operate through that in the laws

Continue to endure in this truth in all things

Having patience read history of Moses and Aaron in Numbers they had to have patience dealing with Israel



Gossip

It's a way how we speak and convey something in your tone

Example- sis you speak to X, Y and Z. You can say Yes or No, or you can say Ummmm Humm which one is persuade as gossip.

Be mindful of how we deal with one another. Most High is watching

Most High is watching and what do Most High think of this

Sister Mowriyah

Sisters that feel loneliness

You must learn how to learn how to do good to yourself and have a healthy balance. Now you don't have a choice to deal with yourself. Don't act like you busy to not deal with other sisters

Ecclesiasticus 14:11 My son, according to thy ability do good to thyself, and give the Lord his due offering.

Emotional Intelligence- the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

help you understand your feelings and navigate

It's not other sisters' responsibility to comfort you first. Learn how to control your emotions and nurture self-first. That can offset some of the loneliness you have

Learn how to eat the scriptures, pray and genuine learn how to be a friend to self-first

Self-care is important

Sister Deborah

With the pandemic is a test to keep the commandments when no one is there



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.

Most High is giving you a chance to work out your own salvation alone not in front of everybody but with the Most High or do you constantly need someone reminding you of the commandments.

Most High is proving everyone right now

Sister Mehidah

Loving yourself - people has not learned how to enjoy themselves how can you expect other to love you

Feed yourself spiritual first

Mantra- it's okay.

Mother you get mom guilt. It's okay

It's not against the law it's of the law. Love yourself

Making sure your priorities is in order and taken care of

Mom sets the vibe of the house.

If you not doing things that makes you holy, then you going to be snapping at your lord and the children it will Continue to trickle down

Same way you don't respect your spouse your children won't respect you

Same way your lord doesn't have to make you happy another sister doesn't have to make you happy

What makes you happy

Water your own grass

Sister Anna

It's COVID19, it's a storm and it won't last forever.

We need patience

Romans 5:3 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;



We must gain faith in this tribulation

We will have hard times, but we must have patience

Romans 5:4 And patience, experience; and experience, hope:

Patience is an action word- be calm and cool. You must practice patience

1 Corinthians 13:7 Beareth all things, believeth all things, hopeth all things, endureth all things.

Bear all things not something All things. Keep Enduring in all things

He will give us wisdom during this time

Q: A sister I am not lazy, and she lives with her mom and mom not in the truth. She wants to get married and have a family. She feels discouraged living in your mom asked. She feels like an outcast

A: if she's underage you must live there and respect your mother. Don't give up and be discouraged

James 4:10 Humble yourselves in the sight of the Lord, and he shall lift you up.

Pray to the Most High you are going through these troubles and he will lift you up. Don't bring up conversations that will cause a fight.

Haters will be haters

Speak to your sisters. Read your Bible

On due time the Most High-will Bless you with a lord if it's his Will. Observe from a sister who is married how she handle her household

Marriage is not easy marriage is a job

Challenging being alone

Stay busy in the Lord

If you stay idle Satan waits for that

Fellowship with sisters and connect. For Most High to help you must help self

Purpose, Plan, prepare and practice



You must have a vision

Genuine - you must prove a friend it takes time. You not going to make everyone happy.

Matthew 7:15 Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves.

Proving a friend beware of ravening wolves and as Jezebels. Can't judge a book by its cover. Some people are just haters.

You can't invite everyone to your house either

You always meet your representatives

Q: Sister balancing children, not congregating overwhelmed

Plan take heed and make a schedule. Carry your burdens to the Most High. We can't be idle

Buy games for the children and make games. Set time aside to make it fun with your children

Know each of your children weaknesses and make their weaknesses their strength

We can do it because Most High said so

Teach your children

We must build the children up

Q: Sister having evil thoughts

Romans 12:21 Be not overcome of evil, but overcome evil with good.

Overcome deal with it. Those evil thought overcome it if idle, Satan will find you

What is good. **Romans 7:12**. Read your Bible every day.

Seek the Most High for strength.

Q: She feel empathy to understand other sisters



Proverbs 3:13 Happy is the man that findeth wisdom, and the man that getteth understanding.

How you going to get wisdom reading the Bible.

Any kind of spirit you are battling with find scriptures on it

Seek the Most High first

Share your feelings with other sisters that will help you

Be grateful to the Most High, Be kind, Be interested
Don't make it hard for self

Q: Lusting

Matthew 26:41 Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

Mind yourself if you don't stay in the scripture's temptation will catch up to you.
Satan is always working nonstop

If you don't fast and pray Satan will come knocking at your door.

Don't be entice Satan is writing for you

Proverbs 25:28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.

You need to be able to have self-control mentally. Make the right decision to know what's right and wrong. You must stay focus.

Temptation is a strong spirit. Don't give up call your sisters. Let someone know.

Most High and Christ Bless

Notes taken by Sister Zaylia
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