



Topic: Q&A w/ Mother Shamarah
Host: Mother Sharamah & Leadership Wives
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Q. How do you learn submission?

1 Corinthians 14:33-35 (KJV)

vs 33 For God is not the author of confusion, but of peace, as in all churches of the saints.

vs 34 Let your women keep silence in the churches: for it is not permitted unto them to speak; but they are commanded to be under obedience, as also saith the law.

vs 35 And if they will learn anything, let them ask their husbands at home: for it is a shame for women to speak in the church.

- **If they learn anything let them ask their husbands at home**
- **Learn from your Lord how to treat and reverence him**
- **Women must learn in silence from our own husbands**
- **Marriage is an institution created by the Most High**

Tobit 8:7 (KJV) And now, O Lord, I take not this my sister for lust but uprightly: therefore, mercifully ordain that we may become aged together.

- **Growing old together**

1 Peters 3:7 (KJV) Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

- **Being heir together**

Hebrews 10:36 (KJV) For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.

- **Marriage requires a lot of patience**
- **Change the things that bother you >>> leaving the toilet seat up vs show can we make it into the kingdom together**
- **Build positive memories with your lord while you all are young**
- **Ask yourself what you are doing/contributing to your marriage to make it successful**
Things that bothered you 10 years ago shouldn't bother you now.
- **Everyone can have a successful marriage when you apply the commandments**

****Definition of surrender:** Cease resistance and submit to authority; to give oneself up
learn from your husband how he wants you to be



James 4:7 (KJV) Submit yourselves therefore to God. Resist the devil, and he will flee from you.

- **Submit yourselves therefore to God resist the devil and he will flee from you**
- **Pray & Fast**

Romans 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.

- **Be renewed**

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

- **Humble yourself**

Philippians 3:13 (KJV) Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

- **Press toward the mark don't be a bag lady**

Q. How to handle a lord that doesn't work, doesn't want you to work and is fully in debt?

- **Speak to your Leadership**
- **Pray & Fast**

Q. Should my Lord still be friends with his ex-girlfriend?

- **NO!**
- **Is there a child involved? This will change the situation**

1 Corinthians 14:40 (KJV) Let all things be done decently and in order.

Q. Can I do special things on my wedding anniversary?

- **NO!**
- **You don't need a special day to do things with your lord**
- **Take pride in things that will get you to the Kingdom:**

Q. How do I prepare myself after coming out of a long abusive worldly relationship?



2 Corinthians 5:17 (KJV) Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

- **You're new creature**

Philippians 3:13 (KJV) Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

- **Forgetting those things which are behind**
- **Tell yourself shut... the... hell... up**

Q. How to help younger sisters get excited helping the body get things done and having more zeal while doing it?

2 Corinthians 9:7 (KJV) Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

- **The Most High loves a cheerful giver.**

Romans 10:17 (KJV) So then faith cometh by hearing, and hearing by the word of God.

- **Faith comes by hearing the word of God**

Hebrews 6:10 (KJV) For God is not unrighteous to forget your work and labour of love, which ye have shewed toward his name, in that ye have ministered to the saints, and do minister.

- **The Most High will not forget your works**
- **Keep pushing**

Q. How do you know your rooted in the truth?

Colossians 2:6-7 (KJV)

vs 6 As ye have therefore received Christ Jesus the Lord, so walk ye in him:

vs 7 Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.

- **Rooted and built up and established in the faith**
- **Receive the things that have been taught to you**



Mark 4:6-8 (KJV)

vs 6 But when the sun was up, it was scorched; and because it had no root, it withered away.

vs 7 And some fell among thorns, and the thorns grew up, and choked it, and it yielded no fruit.

- **Got choked out**
- **Burned out**
- **This person did not have any root**

vs 8 And other fell on good ground, and did yield fruit that sprang up and increased; and brought forth, some thirty, and some sixty, and some an hundred.

- **Seeds**

Galatians 5:22 (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.

- **Ask yourself am I showing fruits of the spirit**

Matthew 13:6 (KJV) And when the sun was up, they were scorched; and because they had no root, they withered away.

- **Because they had no roots, they withered away**
- **If you're not rooted, you'll wither away**

Hebrews 12:15 (KJV) Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;

- **Root of bitterness >>> might spring up and defile you**
Usually shows up during trials and tribulations.
- **If you're not about this life ... Get the hell out right now!**
- **This is rehearsal time**
- **Time to go forward not backward**

Q. Stopped taking birth control about 2yrs ago now. Since then before and after my monthly cycles I either get a yeast infection or what seems like bacterial vaginosis. Are there any natural remedies for this or foods to help combat these things?

- **You need a Medical Doctor to evaluate and diagnose**
Natural recommendations
- **No sugars, fried foods and alcohol >>> these are breeding grounds for a yeast**



- Increase water intake... Lemon water (gets rid of mucus)
- Oregano oil, garlic, cayenne shots
- Exercise
- Fasting
- Probiotics (If you struggle with sugar)
- Echinacea (boosts immune system)
- Parasite cleanse

Q. My son did a backdoor marriage with a sister twice his age. They've only been proving for less than 4 months. I am having a hard time dealing with the whole thing. I'm struggling with forgiveness. What should I do?

- **Mind your business**

1 Thessalonians 4:11 (KJV) 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 be quiet and worry about your business**

Ephesians 5:31 (KJV) For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.

Matthew 19:4-6 (KJV)

vs 4 And he answered and said unto them, Have ye not read, that he which made them at the beginning made them male and female,

vs 5 And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh?

vs 6 Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder.

Q. How does a promiscuous woman now lead a repentant life and prove?

- **Marriage won't solve it**
- **Your lord may we travel for months at a time**
- **What are your triggers**
- **Conquer it while you're still single**

Q. What are some situations where a woman can separate from her husband? How long is the period/timeframe for separation?



1 Corinthians 7:10-11 (KJV)

vs 10 And unto the married I command, yet not I, but the Lord, let not the wife depart from her husband:

vs 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.

- **Separation is designed to be short term**
- **The point is to reconcile with your husband**
- **The Most High did not design divorce**
- **You should be applying the scriptures to your marriage**

Q. Is a maid and help meet the same thing?

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.

- **There is a difference between a wife and a virgin**
Maid/Virgin
- **A “virgin” that is keeping the commandments are concerned with doing things pertaining to the Lord.**

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.

Help Meet

- **Getting rid of the independent woman mindset**
- **Understand the definition of submitting**
- **Make your mind according to his mind**
- **Be able to dialogue with him about his interest**
- **Utilize time in the car to discuss scriptures**

1 Peters 3:7 (KJV) Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

- **Do not hinder your prayers by not knowing the divine order**



Q. How do you become submissive and train your mind to not have that “independent woman” mindset?

Ephesians 5:32-33 (KJV)

vs 32 This is a great mystery: but I speak concerning Christ and the church.

vs 33 Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.

Define Submissive: ready to conform to the authority or will of others; meekly obedient or passive.

- **Whatever you Lord likes you need to be on the same page with him and find an interest in it as well.**
- **Reverence your husband. Have the upmost respect for your lord**

1 Peter 3:1-6 (KJV)

vs 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;

vs 2 While they behold your chaste conversation coupled with fear.

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.

vs 5 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:

vs 6 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.

- **Think of a meek and quiet spirit being the most valuable ornaments you have possession of.**
- **A meek and quiet spirit is the most beautiful thing that you could be wearing. More beautiful than clothing, hairstyles or jewelry**

****Ask yourself: Does my lord see the meek and quiet spirit in me?***

Q. Lacking good communication skills as far as not being able to communicate things in my mind. It tends to hinder my counsels at times as it may be hard for me to communicate what is going on. What are some steps to improve my communication?

- **Communicating better**
- **You must Study, Pray & Apply**



Proverbs 10:19 (KJV) In the multitude of words there wanteth not sin: but he that refraineth his lips is wise.

- **Don't use many words**

Proverbs 18:13 (KJV) He that answereth a matter before he heareth it, it is folly and shame unto him.

- **Don't answer before you know the answer**

Colossians 4:6 (KJV) Let your speech be alway with grace, seasoned with salt, that ye may know how ye ought to answer every man.

- **Know how to answer**
- **You must work on your communication skills**

Q. What is the best way to end the proving process with a brother that has too many red flags?

- **Notify leadership**
- **It's okay to stop courting, you are just getting to know him...you are not betrothed.**
- **Don't ignore the red flags**
- **Do not shame the brother**
- **Do things decently and in order**
- **Do not counsel with sisters outside of your camp/congregation since they do not deal with you on a regular basis and do not really know you or your character.**

Q. Childbirth

Leviticus 12:1-5 (KJV)

vs 1 And the LORD spake unto Moses, saying,

vs 2 Speak unto the children of Israel, saying, If a woman have conceived seed, and born a man child: then she shall be unclean seven days; according to the days of the separation for her infirmity shall she be unclean.

Vs 3 And in the eighth day the flesh of his foreskin shall be circumcised.

Vs 4 And she shall then continue in the blood of her purifying three and thirty days; she shall touch no hallowed thing, nor come into the sanctuary, until the days of her purifying be fulfilled.

Vs 5 But if she bear a maid child, then she shall be unclean two weeks, as in her separation: and she shall continue in the blood of her purifying threescore and six days.



- Days Unclean
- Man Child (Boy)- 40 Days
- Maid Child (Girl) 80 Days

Q. Irregular menstrual cycles. Please explain the 7-day waiting period and purification

Leviticus 15:18-19, 25 (KJV)

vs 18 The woman also with whom man shall lie with seed of copulation, they shall both bathe themselves in water, and be unclean until the even.

vs 19 And if a woman have an issue, and her issue in her flesh be blood, she shall be put apart seven days: and whosoever toucheth her shall be unclean until the even.

vs 25 And if a woman have an issue of her blood many days out of the time of her separation, or if it run beyond the time of her separation; all the days of the issue of her uncleanness shall be as the days of her separation: she shall be unclean.

- Wait 24 hours to make sure it stops
- It's a difference between a running issue of blood vs spotting for a little bit

Need a Medical Doctor

- There may be things still in you after childbirth >>> Could be old tissue
- If issue continues, Make OB/GYN appointment
- Try to find a holistic doctor for medication

Pads

- Change your pads from the popular brands to 100% All natural/chemical free pads
- After postpartum period/bleeding, start your vaginal steaming

Take care of your inside

- Exercise >>> Strengthen your pelvic muscles
- Drink lemon water

Q. How to learn to really love my husband? Feelings are gone... We no longer have the same dialogue as we used to have

- Understand where the love went and how it left

Ecclesiastes 9:9 (KJV) Live joyfully with the wife whom thou lovest all the days of the life of thy vanity, which he hath given thee under the sun, all the days of thy vanity: for that is thy portion in this life, and in thy labour which thou takest under the sun.

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



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

- **All scripture is profitable, use the scripts...**

Ephesians 5:22-25 (KJV)

vs 22 Wives, submit yourselves unto your own husbands, as unto the Lord.

vs 23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.

vs 24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in everything.

vs 25 Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

- **You wouldn't say Christ is unbearable**
- **Submit to him and everything**
- **Being unable to submit will cause unease in your marriage**
- **We cannot pick and choose which part of the scriptures we want to apply**

1 Corinthians 13:1-13 (KJV)

vs 1 Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.

vs 2 And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

vs 3 And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

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;

vs 6 Rejoiceth not in iniquity, but rejoiceth in the truth;

vs 7 Beareth all things, believeth all things, hopeth all things, endureth all things.

vs 8 Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away.

vs 9 For we know in part, and we prophesy in part.

vs 10 But when that which is perfect is come, then that which is in part shall be done away.

vs 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.

vs 12 For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

vs 13 And now abideth faith, hope, charity, these three; but the greatest of these is charity.

- **Charity starts in your own house**



- In order to win your lord you need to know what works best for him

(Yamina H/O Captain Yadin)

Hebrews 13:16 (KJV) But to do good and to communicate forget not: for with such sacrifices God is well pleased.

- Do good and communicate
- You will have to constantly purge the independent spirit

(Sis Yoella)

- Have a game plan for the difficult times
- Pray and purge out that worldly woman
- Be willing to apologize
- Pray for favor and good judgment

Q. How do one deal with Sisters who are leadership wives and do not do anything in the body?

Galatians 6: 1-4 (KJV)

vs 1 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.

vs 2 Bear ye one another's burdens, and so fulfil the law of Christ.

vs 3 For if a man think himself to be something, when he is nothing, he deceiveth himself.

vs 4 But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.

vs 5 For every man shall bear his own burden.

- To much is give...much is required
- Women married to leadership must level up to your duty/calling and the assignments The Most High has given you
- Make sure that you are making your calling and election sure

Galatians 6:7-9 (KJV)

vs 7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

vs 8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

vs 9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.

- If you don't do anything in this truth, then how can anyone see your work



Q. Please just pray for my Endurance. 2yrs in truth, married 20+ years before and husband thinks I'm crazy.

Luke 18:1 (KJV) And he spake a parable unto them to this end, that men ought always to pray, and not to faint;

Colossians 1:9 (KJV) For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;

- Don't cease to pray
- Not studying will hinder your ability to communicate your faith to others
- We must continue to pray for one another

Q. How can a wife continue to grow spiritually with her husband if they do not study together? The wife will study on her own, but how can she spiritually be on one accord with her husband if he does not teach/study with her?

- Watch classes together
- Ask questions to husband later when time permits
- Remember to seek out our own souls and salvation
- Ask questions and give him time to get back with you later

Q. What's the best way to get rid of the spirit of procrastination?

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

- Fear is the source
- Stay faithful, holding the line

Ephesians 6:10 (KJV) Finally, my brethren, be strong in the Lord, and in the power of his might.

- Gird up

James 1:5-6 (KJV)

vs 5 If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.



vs 6 But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

- **Don't be double minded**

Q. When your Lord loses zeal how do you encourage him?

- **Keep the zeal in the home**
- **Decorate for the Most High**
- **Steam his Sabbath garments**
- **Have zeal in your conversation**

Q. Characteristics in your counselor of 1000

- **Honest, godly, reliable, good example, effective**
- **Look at people who have gained what you aspire to gain**
- **If you're married, it should be lord your aspire**

Proverbs 28:26 (KJV) He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered.

- **Don't trust in your own counsel**

Q. What can I do to be more consistent?

2 Corinthians 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?

- **Examine yourself**
- **What is your purpose in the truth?**
- **Are you committed?**
- **Make reminders for yourself?**
- **How do you study?**



Conclusion

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

>>>BE YE STEADFAST<<<