

Title: Building Up Your sister

Event: T2 Chat – Sunday

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Host: Mama Ana Israel



Songs:

We are Family by Sister Sledge

<https://youtu.be/LKfIQn-ieDU>

Mama Ana: Shalom, how is everybody doing today? AP to the Most High it is a good day.

I want to talk about how we are going to build each other up.

It is never too much for us to emphasize the word unity. Some people do not know how to do unity. Unity is a bond with sisters together getting along with each other and helping each other.

The sisterhood is important, it is a gift. It is golden and is a blessing from the Most High. In the world we do not have that sisterhood, so being Israelite and the Proverbs 31 Woman Daughters of Sarah, we need to unite as one.

Sisterhood is having a best friend when you need one. Someone that can give you comfort and share your tears and laughter with. A sisterhood is someone watching over you, you can hold you tight and when you fall, she will pick you back up. Sisterhood is having someone to talk to so that you can heal. It is stronger than magic.

The Most High says that we are the chosen people, the Daughters of Sarah, and the Daughters of Zion. We are a holy nation.

Deuteronomy 7:6 - ⁶For thou art an holy people unto the LORD thy God: the LORD thy God hath chosen thee to be a special people unto himself, above all people that are upon the face of the earth.

The Most High says we are above all people; we are His favorites. We are special, we are unique, we are precious. We are the greatest people to walk the earth. Why is it so hard for us to be united? We do

not unite; we are telling the Most High that we do not want to be together. We are supposed to be a team, one body, one nation. It is so hard for some sisters to do that and I do not understand why.

Esau does it, the other nations do it, why can't we; Israel, do it? We can not seem to unite. It seems that everyone wants to be us, and look like us. They want to take our music, wear our fashion, cook the foods we cook.

I remember walking outside of the store and saw another nation with fringes under the dresses!

Sirach 25:1 - "In three things I was beautified, and stood up beautiful both before God and men: the unity of brethren,..." Ecclesiasticus 25:1 "In three things I was beautified, and stood up beautiful both before God and men: the unity of brethren, the love of neighbors, a man and a wife that agree together."

Unity of Brethren – He did not mean have one or two sisters, or have your little click, He means the unity of everybody. We are a team.

The love of your neighbor – We have to love each other. We have to come together as a nation.

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

God says wait, look and view how pleasant it is for us to come together. The Most High rejoices in that, He loves that seeing His people together. We have to get it together, fellowship! We must talk to our sisters; communicate. Unity is so powerful we need to come together in heart and in mind.

Incredible things can happen when we unite and come together. For example: When Esau get together, they have parties, their wives dress up for football, etc. why can't we do that? Why do we fight when we come together? Even when having babies, with us it is a big mess. This one does not want him in the hospital, that one is fighting

because someone else is in the hospital, etc. I do not understand why our people are this way.

We need to start building each other up and stop breaking each other down. We should be looking for unity instead of looking at our differences no matter what. We are all Israel; we need to come together.

Yes, we have differences, but that is no excuse. We are family. It is like a tree with different branches, but we all come from the same tree.

Ecclesiastes 4:9-10 - Two are better than one, because they have a good reward for their labour.

¹⁰For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

Remember we are not alone in this; we have all been through things. If one sister has a problem, we refer that sister to another sister and so on. It is like a chain, if a link in a chain breaks, it does not work anymore, thus are we the chain, if we have missing links, it breaks our strength.

If we fall there should be a sister who can lift you up, to comfort you to edify you. That is not right to know someone needs your help and you do not help. The Most High will not like that. Usually when a sister is going through something, we can sense it and we are supposed to reach out. It is not right to let her fall. If we do not help her, help each other, who will? That is what we are here for.

Through are trials and tribulations we must always have somebody. There is many of us, one can never say I did not have anyone to help or that I could reach out to. Being the Proverbs 31 Daughters of Sarah woman (that we all say we are) we are supposed to have the same mindset.

Philippians 2:2-3 - Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind. ³Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

The Most High commands us that two are better than one, we should have like minds and esteem each other better than ourselves. We do better together. We are to do this without fighting, bitterness, hatred, or conflicts. We have to be humble, have dignity and get rid of the prideful spirit. We have to endure together, because trying to do it alone is not going to help you. Living in the bond of peace, having patience, and caring for each other is what we must do. If you do not have certain skills, get with a sister who has those skills and learn from them. We have no excuses.

Division among us is unacceptable, we have to work together. We stand together and if we fall, we all fall together. It is not like we all have our separate problems. If one has a problem, we all have a problem.

Amos 3:3 - ³Can two walk together, except they be agreed?

Example: If you talk the talk and do not walk the walk, we are not a team.

Example: You have a bus and two steering wheels. Each person must do their part of else the bus will not go straight.

Scriptures say we should all speak the same things.

1 Corinthians 1:10 - ¹⁰ Now I beseech you, brethren, by the name of our Lord Jesus Christ, that ye all speak the same thing, and that there be no divisions among you; but that ye be perfectly joined together in the same mind and in the same judgment.

Zephaniah 2:1 - ¹Gather yourselves together, yea, gather together, O nation not desired.

The Most High says gather, we need to come together as sisters. Watch for each other, unify, on one accord as a team without conflict or fighting.



TeamSisterhood.mp4

This is going to be a long journey my sisters and being in this truth is not easy. We are going to go through a lot of trials and tribulations. We are going to meet sisters who have many different types of spirits. Such as strange, unpleasant, arrogant, rude, prideful, jealous, and fake. Even some that love to fight and argue or that are FBI Agents, some may be weak, confused, undisciplined, liars and sometimes a little crazy. Just be mindful that we should be able to handle these types of sisters with a loving and humble spirit. Yes, they may drive us crazy, we have probably all been there. They may even get us out of the spirit, but you need to correct them with the scriptures. We can not act the same as them or there will be no solutions.

1 Thessalonians 5:14 - ⁴Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men.

We should all seek counsel when dealing with these types of sisters. Sometimes you will find that they are certainly out of order. Some of them just need direction, they may feel weak. Do not let them fall apart or give up.

Ephesians 4:32 - ³²And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Be compassionate one to another. Forgive. The Most High gives this to us, why can't we treat each other in this way? We are forgiven and must forgive as the Most High does. He is not the author of confusion He is the author of peace. Remember to love your neighbor as you love yourself. The Most High is watching, and we need to walk in the right path. Practice the righteous acts.

The Most High is going to test us, but guess what? The devil is going to test us even harder, so we need to practice the righteous acts. In order to successfully do this, we need to have some kind of foundation, be Godly and have Godly attributes.

Having a Godly foundation:

1. Watch how you speak to other sisters, build sisters up not tare the down.
2. Watch how you act and the way you express yourself
3. Be responsible
4. Be mindful of the way you dress – how you feel internally reflects how you act and dress.
5. Use your wisdom, have virtuous mindset, and have strong morals and principal.
6. Do not been vain or prideful – it is not all about ourselves.
7. Teach and love each other
8. Trust and cherish one another, say thank you
9. No hating or slandering or keeping tabs
10. Forgive one another and have faith in each other that we will do well
11. Pray for each other

The Most High says those that fear Him will be praised. So, beauty is having a beautiful mind, beauty is having a beautiful soul, beauty is being you. Show yourself friendly. Do not hold grudges. Keep it real and keep moving onward.

Having Charity

1 Corinthians 13:3 - 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.

We can have many works, attributes, longest fringes, best headwraps, etc., but if you do not have Charity you have nothing, there is no profit.

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

Love: The first love is the Most High and Christ and we must love our sisters

Joy: Be joyous when you see each other; rejoice

Peace: Be in peace with all men, no fighting, no arguing with each other

Longsuffering: Patiently we are all enduring same things here together. Like we say in NC "hold the line"

Gentleness: Be compassionate with each other. Use sweet words, learn how to speak to your sisters. Goodness: Do not do evil, but rather do good.

Faith: Believe and trust in the Most High

Meekness: Be humble and be quiet. We look prettier when your quiet

Temperance: Have self-control, be disciplined. Be calm, cool, and collected. Everything is going to be okay.

John 13:34 - A new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another.

The Most High gave us a commandment, why is everyone having such a hard time doing this? Because I love you, love Israel. Because I love you, love your neighbor. Because I love you, love your sisters. It is time we do this! Every camp has some type of hatred and envious spirit, but we must do better.

Hebrew 10:24 - ²⁴And let us consider one another to provoke unto love and to good works.

We have to make a conscious decision that we are going to show one another love and caring. The Most High will reward us and bless us. This is a form of charity.

Colossians 3:14 - ¹⁴And above all these things put on charity, which is the bond of perfectness.

Put on the spirit of charity like you put on your garments every day. This is how we can get together and be perfect. Applying and practicing the scriptures will help us to be in the bond of perfectness. Study, Pray and Apply. Applying is the most important part! Practice and apply being friendly, loving each other, uplifting the other and helping each other. These seems easy, but some sisters do not practice this. We should become the pillar of hope. We need to be strong and endure. The storms will not be here for long.
Learn from yesterday, live for today and hold on to hope for tomorrow.

We have to team up and obey the laws of the Most High.

Have you heard the phrase “birds of a feather, flock together”?

https://m.youtube.com/watch?index=13&list=PLAJO_o7ackWJTnv2Tn0Uipq0_3RYsnyZK&v=brrh4ZQhf1_s

Animals are very smart; they know how to work together. When it comes to us, we are a whole mess! We do not know how to do that; come together. We must raise up and realize the goal it be united; this is what the Most High wants. We need to be motivated and persevere together.

If you are having trouble, find a sister or a group of sisters that you can learn from. We are supposed to share skills and talents.

Another part of charity is communication. Communication builds us up. Good words are worth much. Example: You can call a sister and ask her how she is doing. Tell some jokes, laugh, and interact with each other. Without communication, we have nothing. Please try and reach out to each other. Please seek help when you need it. Please talk to each other and build each other up.

Never be ashamed, embarrassed, or scared to talk to each other.

Galatians 6:2 - Bear ye one another's burdens, and so fulfil the law of Christ.

We collectively will work together to help one another. Do not have the mindset of “well it is not my problem I am not going to help”. We achieve more if we do it together.

One body

1 Corinthians 12:20 - ²⁰But now are they many members, yet but one body.

It is like a tree with many branches but are yet from the same tree. We need to work together. One body, caring for each other. One body keeping the faith, one body under Christ, one body one nation. Use your superpower and like Deacon Abbayael says “Fix Ya Face”. We need to be proactive, be a positive example, be a sister keeper. Is that who you are?

<https://m.facebook.com/OWNKeepItReal/videos/sisterhood-is-celebrating-your-highest-wins-together-and-being-there-for-each-ot/1895602097246844/>

Proverbs 3:17 - ¹⁷Her ways are ways of pleasantness, and all her paths are peace.

We have to keep good behavior amongst ourselves and examine ourselves daily.

Remember Faith without works is dead. If you do not have charity and are not working with each other, you have not faith. Faith is your attitude towards each other. Keep the hope which is the anchor of your soul. Keep the love which is the brightest of all. Be a good example, be a true sister, be a teacher, be genuine, be the Daughter of Sarah that we are supposed to be.

Examples of how we build our sisters up or how you may have built a sister up.

1. Sister Aye’let- I help with their singing talents. I have offered free lessons on fine tuning their singing talents and pointing out their strengths to help them feel better.
2. Sister Elizabeth House of Officer Gadelyiah – On of the things I think is important in building up each other, our sisters and ultimately you are recognized that everyone has talents and gifts and has something to offer. Whatever that it is vitally important to the building of our nation. Once you help people find that talent that they have, whether they think it is small or insignificant or not help them understand that it is vital to our nation. We should help them in utilizing an expressing that talent. It is not a me centered movement; it is a nation centered movement.
3. Sis Yedidah from the Orlando camp – when I talk to my sisters, I listen to every word that they are saying a see if there is something I can do to help out. I do what ever I can do to help anyone. Physically or financially.

Mama Shamarah

Sisterhood has always been a topic of conversation that has been ongoing because most people say, based on the scriptures “am I my brothers’ keeper”. The fact of the matter is we should all be our brother’s keeper. (sister’s keeper).

Sisterhood definition – means loving and accepting someone where they are, but consistently inspiring them to their highest potential to fulfill God’s will for their life.

So, in forums like this where we recognize where we all are spiritually and consistently helping each other to reach our fullest potential. So, when I talk about leveling up within the sisterhood, that is what I am referring to. All of us need to reach up to our potential that the Heavenly Father has made a calling upon our lives. I believe that I have different sisterly, spiritually, motherly relationships with so many beautiful sisters that I have learned and have had the privilege of meeting over the course of some years.

The relationship that mama Naamah and I have is not necessarily the relationship that me and a younger sister may have. There are different levels of friendship too. Sometimes there can be friendships of sisters that could be more of a daughter/mother relationship.

We did a Titus 2 years ago where we talked about the different types of friendships you should have in your life. For example:

1. Younger women – I like having friends with younger sisters because it keeps you young, it kind of keeps you vibrant, on your toes with the latest trends and the things that are going on like the latest technology.
2. More mature women – because they have various levels of life experiences that I do not necessarily have or have not yet achieved.
3. Little girls – because they bring out the playful side of me. (jump rope, hopscotch etc.)

Each of these have the ability to bring something unique to your life. The purpose of friendships is to bring you to your higher selves, but you need to be able to adapt to the different personalities and different spirits that are in the room.

As mama Ana is talking about teamwork and acknowledging the best that is within all of us that helps to build and strengthen friendships also.

I believe that you should be the type of friend that you want to have. If you do not meet that criteria yourself, you need to figure out how you can work on that.

What type of friendships do people want that they do not necessarily have?

1. Treat others how you want to be treated. Easily said, but do we do it? Scripture says with actions.

Mama Ana

I want to talk about how Mama Naamah always talks about being your sister's keeper. If a sister is in the hospital, she will run out and go. She does not care about the weather or anything, she will be there.

Sister Lemma she gave birth, and she is going to need help for a week. Everybody collectively brings food. We all are helping each other that is what the sisterhood is about.

Titus 2:1 - But speak thou the things which become sound doctrine

We need to speak the same things and teach the knowledge of what is good. We need to have good characters and attitudes.

Titus 2:3 - ³The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things.

Titus 2:4 - That they may teach the young women to be sober, to love their husbands, to love their children,

We need the younger to be serious, teach them to love their husbands and their children.

Titus 2:5 - To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

We have to teach other sisters to be humble, modest, virtuous, and meek. Make sure that you are taking care of your own house, being obedient to your own husbands. Do not be liars, do not do evil, but do good. Be the Proverbs 31 Woman that we are.

Sisters let your light shine. Just like Deacon Malachiah said yesterday "what kind of sisters are you? Are you going to help your sisters? Are you going to help your brothers? Are we a team? Are we a nation?"



RISEUP.MOV

Are we one body?" We need to rise up as sisters.

Question and Answers/Tips/Comments:

“Currently, I am proving a brother and I am really excited and learning. My question is my sisters are not as supportive as I thought they would be. Is it because I am new, and I do not know anything? How do I deal with that? I am an older sister. I have been married before, so I know what to do, but I am in the Truth now, so I want to do it right.

Mama Ana Answer: Do you think there is an age group difference? Maybe you are much older than them.

Sister: Yes, there is.

Mama Ana - Sometimes you try your best to connect with them, but they need time to prove you or they are shy to say anything to you. You should just try and be there for them. Show yourself friendly enough. How long have you been in the truth?

Sister: 3 years.

Mama Shamarah: The sisters that you are trying to establish a relationship with, how long have they been in the truth or is it different ranges?

Sister: They have been in the truth a long time.

Mama Shamarah: There is where you are having a disconnect. When you come into the congregation you are a new creature in Christ like 1 Corinthians says. Just like a newborn babe drinks milk, you are not able to take on steak and different things like that. So, even though you have been in the congregation for 3 years you would not be by leadership standards an elder sister or a senior sister. So, if you are trying to establish a relationship with a senior sister or some one the aged women in the congregation, that have been here for 7 years or longer, it is going to take time for you to establish a true friendship with them. There is a difference between befriending sisters and them being your friend. There is going to be a proving process that is going to take years for that to happen. There is also a difference between you being on friendly terms with someone and/or possibly saying that there is a click involved.

For instance, for me I see all of my sisters as beloved sisters in Christ. Am I on friendly terms with everyone? I would say mostly, but do I consider them my “friends”, no. That is going to take years. Do not put yourself in a bubble thinking your older and have life experiences and why won't they accept me as their friend. That is not going to happen like that.

Friendship is going to take some time so when the scriptures say “to prove a friend” that is exactly what needs to happen. Naamah likes to use the analogy that when you prove something you have to put them through something. Some people are close by age, by what they do for a living, their likes and dislikes in terms of music and food things like that. But when we break it down scripturally, to have a friend we have to do what the scripture says.

I had friends in this truth who are no longer in the body of Christ. We are no longer on friendly terms, so it takes awhile to prove a friend. There is a difference and you, my sistah will be able to find your tribe, your circle of friends. The fact that you are now proving a brother in the congregation that proves that you are a good sister and you have proved yourself and you are keeping these commandments. Honestly, you would have established friendships along the years but give it time.

2nd Sister – I am thankful for these Titus 2 classes because it gives me hope that I will not have to make the same mistakes. What I wanted to share was I am an aged sister, I am 56 and I have been in the truth since 2013 and I have found when you are proving a friend (I have had 4 girlfriends-so I am capable of having a friend) but it takes time. I love exhortation, what I saw in the word is what I would practice, I love to see my sisters smile.

Mama Ana – Thank you sis for sharing. Anyone else?

3rd Sister – I am 41 and recently had a baby a couple of months ago (it has been 19 years) I was having issues after I came home with swelling and I got engorged and she was no latching on correctly. A younger sister reached out to me she was so gentle and so kind, she exhorted me and offered to come over and check on me. Sometimes there is that disconnect, but a lot of times the younger sisters are there for us. Get to know them on a personal level.

Mama Ana – All praises. You will find that sister who you know she will be there for you. Of course, there is boundary for proving the sister, but she will be there for you genuinely.

4th Sister (Houston camp) One of the things that help me gain these sisters trust was I let my guard down and I was able to be myself fully around them. Giving birth in the Truth I realized that I did not know a lot about breastfeeding, about natural remedies, about Eczema and the sisters were so willing to offer advice and to help. It was a pleasant experience. We had movies in common. I think it was easier if you see the older sisters as a motherly companion. Even though you may be the same age as one sister, or you have been in the truth longer, you still have to see her as your big sister

that is protecting your soul and your spirit. They are genuinely concerned about you. It makes you appreciative. I have been with the congregation for about 2 ½ years now.

Sister #5 – It is wonderful to hear that there are so many sisters that are willing to help. I wanted to share the flip side of that. I have been with the body for about 6 years now and I wanted to share about the part of being able to serve, about being able to be there for your sisters. It boils down to being able to minister to your sisters. Do not be selfish. There is a standard in the scriptures. We say that we examine ourselves, but do we really? Do we really look to the scriptures and apply? Are we applying the Fruits of The Spirit? Are we looking at Charity? Being there for someone may be uncomfortable, you may not feel like babysitting at this time, etc., If a sister needs help, I need to be able to be there, we need to be able to be there. Stop being selfish, just do it for that family, do it for that sister. We have to be there for each other even when it is not comfortable.

Mama Ana – All praises, thank you for sharing. I love that story. Your right even when we do not want to, we have to be there because we love the sister, we love the family and should help if we are able. She will appreciate that.

Sister #6 - Since we are talking about friendship, I wanted to say I have been in the truth for almost 2 years now and at first, I was very reserved and, in the background, because that is kind of where I am comfortable. Slowly but surely, I started to reach out to sisters just to check on them because that is what I would want. Then sisters started checking on me. It is interesting that Mama Sharmarah came on the call today because when I was new to the truth I traveled really far to headquarters. I asked her what the best way is to get home. Security was tight so you could not really leave. They were asking where you are going, why are you leaving. I thought to myself, wow they care that I get home safe. That is not something I was used to. I went to ask mama and she found me someone to go to for ways to get home. The sisters that she introduced me to, we are pretty cool up until this day. Friendships take a long time to build and you have to continually prove the person. TMH will do what He is going to do regardless, and He will lead you to certain people. You have to have the willingness to follow. We have to also focus on the Motherhood-ship because we have leadership wives that we all have access to, and we should utilize them. Mama Shamarah always makes time to at least guide you (us) in the right direction, even though she is busy. It is her spirit that makes her capable of this and she cares.

We should remember to be patient and endure. Examine ourselves and see why it is that TMH put you in the situation. Take time to listen to what your sister is saying.

Mama Ana – Your right communication is a two-way street. That is how you relate to one another. Sometimes we have to come out of the cage, come out of the comfort zone. How are the sisters going to know you if you do not talk to them and vice versa? You do not call anyone, you do not text anyone, you do not speak to anyone.

Mama Ana – You need to prove the sisters. Sometimes they are just with us for a reason – to use you or get what they can get. Some sisters you will have to correct them, and they may be mad at you. We have to remember that correcting the sisters is out of love not to put down or criticize you. If you can find that sister that is correcting you, she is being real with you. Leave it up to TMH and pray that you find genuine sisters that you rely on.

Sis Sarai House of Officer Tobias – We always here the men talk about when you see them, we should see the real prophets in them, we should see Christ in them and see the forefathers in the scriptures because that is who they are. They are back to teach us. What we forget is the forefathers had wives, our foremothers. What we tend to do is not see our foremothers in our sisters. More specifically we really do not see our foremothers in our senior sisters. We really do not see that the most high has placed these sisters in this position for a reason. What ever spirit is has given them or guided them with so they can guide us, we look at them as if we are equal or we are peers. Instead of looking at our foremothers that are here (the senior sisters). When you start to see a sister like that, you get complacent. Me and my lord have been married for 16 years, we are still proving each other because who we are in this truth is not who we were in the world. True sisters are a treasure.

Mama Ana – Do you know how many times we have gotten corrected by Mama Shamarah? There was 7 of us. We did what we had to do. It was good for us. The correction is out of love.

Mama Shamarah – You all have no idea how easy you have it now. You all have it easy. It is the senior's sisters and the Deacons wives that are doing the correction right now. It is a kindness actually. We used to get corrected by leadership right on the spot. A lot of you are too new to understand what it was like to have actual gatherings with the congregation, actual fellowship in the house in Brooklyn.

I would come into the house on the Sabbath with a house full of people. When I open the door, the Bishop was like “there go my wife breaking the Sabbath again”. Put on blast, right on the spot in front of everybody. Questions like “name the house of the Maccabees”. Crazy stuff like that back then.

The fact that your sister now is able to say to you with love “may I speak to you for a moment” and actually have that Matthew 18 conversation really quietly in the back or outside let's do lunch or however it may go. That is a kindness. People say that they want to be corrected, but when men correct us, we do not want it that way, but you do not want it this way either so, how exactly would you like it? We have the ability to now have this conversation within the sisterhood where correction is part of the solution that we are all looking for.

Scriptures say that correction can be grievous, but the fact of the matter is correction is going to come.

The true level of friendship is going to be observed when you are able to accept correction and apply it. That is what will really make or break your friendship. I can tell you with all of the leadership wives I have had a tit for a tat with them at one time or another and back and forth with everybody. Generally, sometimes there will be a disagreement.

Recently leadership was discussing how Peter and Paul went at it. Also, Barnabus and Paul. Sometimes there will be disagreements, but at the end of the day the thing that is going to keep you together is the keeping of the commandments. That is where real friendship is built.

Mama Ana – Thank you Mama Shamarah that took me back to the basement in Newburg listening to you talking about that. We went through a mess. We all have to level up somehow. Leaderships wives. We are not going to stay on this earth forever.

Mama Shamarah – The friendship conversation I always going to be ongoing. This is a challenge for a lot of sisters, friendships grow and evolve, or they wither and die. There is the possibility that you and your friend can outgrow each other. You can outgrow one another's interest, works, deeds and faith. Those are the things that are going to help to prove the friendships that you have. I explain to sisters, that sisters are like a flower some are grow better in the sun, some grow better in the shade. So, grow but the need water all the time. They need a good dowsing of water and they are good for a while. Depends on what type of flower you are. Some flowers, some plants and some herbs do not grow well together. That is also part of the sisterhood. Some flowers are thorny, some grow above and cause shade which causes the other flowers to wither and die. You have to be able to evaluate various stages of your friendships and decide on whether this friendship is helping me grow in Christ or not. Am I able to be myself? That is what sisterhood is supposed to do help you to edify and to become the true woman (or flower in the analogy) that the Heavenly Father wants you to be. It is serious out there who you call your friends.

Sis Rebecca – Shalom mama Ana thank you so much for this class. I know this is a continuous conversation for my sisters and myself. It is a life service to be a sister. It is not just an October thing or a November thing. I love the analogy that you gave Mama Shamarah about the flowers.

Sometimes we can not see Christ in each other because all we see is Niggas. I can not give my sisters water when she is thirsty or when she needs clothes like in Matthew 25. We have to learn to overcome and see Christ in each other and our Foremothers in each other.

Sis Shaniah – I just wanted to piggy-back off of the sister who was talking about exhorting. The scriptures say that we do need to exhort each other daily while it is called today. You never know when you are going to need each other. So, we have to comfort each other, edify each other as often as we can. When you find a real friend in this truth you better hold on tight, because it will not be many that you will have like that. My circle is small, but I love the sisters that I am close to because we really do have one another back, we are there for each other and correct each other. That is what is needed in the truth. That is how we are going to grow. We have to be able to communicate and talk to each other. When you are out of the spirit, you need to be able to go to that sister so you can bring yourself back down and get your mind right.

Sister #10 - In this truth it is critical and vital that we have one another to depend on because we are all that we have especially since we do not have our wicked family members to depend on anymore. For me to really understand what the sister truly means and the friend I was longing for I read

Sirach 6:16-17 A Faithful friend is the medicine of life and they that fear the Lord shall find him. Who so feareth the Lord shall direct his friendship aright for as he is so shall his neighbor be also? That was paramount to me.

I had to send up prayers to the Most High – I said “I fear you Most High, I am a God fearing woman, how come I can’t find that friend, that sister that I would be able to pour out myself to or one to be in that mindset with. The Most High brought that sister to me. I treat it as it states in

Sirach 6:14 – A faithful friend is a strong defense and he that found such a one hath found a treasure.

This sister has been a treasure for me. The times that we have had has been real. She corrects me like nobody’s business. That is important because I am a proving sister right now but without having that hedge of a lord and you have that sister there for you it means the world. For any sisters who are longing for that, send that prayer up to the Most High and He will sincerely answer it.

Sis Zamora – I just had a situation a few years back where I thought I had a friend. We would be together every day. I was there for her when she had her child. My lords house got separated from the body but when I came back, I thought me and the sister had already established a friendship, but she fell back. I was meditating and I kind of caught feelings because she fell back in the face of adversity. I am questioning whether that was a friend, or should I keep her as an acquaintance because when I needed her, she was not there like I expected her to be. So, I need help with that because as I said

me and this sister was together every day, she was down for me, but when I needed her most, she was not there.

Mama Ana – Is the sister gone? Is she not in the body anymore?

Sis Zamora - No, she is here. I got separated and when I came back looking for that friendship and it was not there. She threw me to the side.

Mama Ana – She put you under the bus huh?

Sis Zamora – Right, she kinds of like separated herself from me.

Mama Ana - Have you confronted her or spoken to her about out what is going on or has she pushed you off to the side? You are not talking to her?

Sis Zamora – I still communicate with the sister, we okay. It is just not like it was and my spirit telling me you have to question that friendship because when you went through something she was not there. Scriptures say your friend is there through adversity. I am still that same sister to her, but she is not towards me.

Mama Ana – You will find sisters like that where you are truly a friend to them then all of a sudden, she just not there. You cannot force it.

Mama Shamarah – This happens a lot, more than I can even describe. The same way that you just shared, in front of hundreds of women, have you had the conversation with her? This is where Matthew 18 comes into play.

The hurt that I hear in your voice is that you want something that is no longer there. Maybe it is a misunderstanding, maybe you offended her, and she has not had the courage to express to you? The only way that you are going to be able to get passed it is to address the problem. You have to be able to accept whatever the outcome is of that conversation. There is a difference between I love you as my sister in Christ, but you are not going to be over at my house anymore. I have had various friendships over a 30-year period, where if I bump into the person in the street, I will say Shalom how are you? Nice to see you etc. How are your children? Etc. Then I am going to go on my way, and they are going to go on theirs.

For those of you who do not know the history from someone whom I thought was my best friend and she stabbed me in the back through to the heart. You have no ideal the emotional, psychological. Disconnect and pain. I can feel the fact that you love this sister, and you want things to be the way that it once was. Scriptures say in Sirach, there can be a reconcile as long as there are not certain things like upgrading, secrets and things of that nature. Then there is a possibility that the friendship can be revived to what it once was. If any of those things happened sis, it is not going to be the way that it once was. There is no way that you are going to be able to recover.

You can tell us whatever you want to tell us, but it takes two to tango. There is your side, there is your side and there is the truth side. The only way that you are going to get to the truth of why your friendship is not where it was is when you have that Matthew 18 conversation. It takes courage to have that Matthew 18 conversation. A lot of us, because we do not have courage, we do not say anything. You are not keeping the commandments of God if you do not address the issue. Have courage and address the situation. Do Matthew 18 as the Heavenly Father says to do in the scriptures.

I enjoy these conversations because they help me. "If Shamarah cuts you off baby you're done". I have had to have conversations with the Heavenly Father. There is something that heard, "you have to got to be willing to accept an apology that you never got". Scriptures say to wink at ignorance.

Mama Ana – Thank you to everyone for tuning in. I will Lords Will see you all again soon. Not sure when, but I guess 2 weeks.

Shalom MHNCB