



Event: Titus 2

Topic: Keepers at home; Are you her?

Hostesses: Sister Salome, Sister Adaliyah, Sister Ariela, Sister Ioanna



Speaker: Adaliyah

Is your mind fashioned to your home?

First Video Discussion

Titus 2:3-5

V3 The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things;

V4 That they may teach the young women to be sober, to love their husbands, to love their children,

V5 To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.



What we're focusing on today from these scriptures is to teach young women how to become keepers at home.

And that phrase translated from the Greek means dwelling and to guard. So we as women are to guard our dwellings

So what does this look like? What does it entail? We have broken this down into five different categories, and today we'll focus on two and do the following three in the next part.

The Job of The Conscious Is To Make The Unconscious Conscious

This is our goal today being senior sisters in the congregation, and speaking to you all to help give you some pointers in how to guide your home.

Proverbs 24:3-4

V3 Through wisdom is an house builded; and by understanding it is established:

V4 And by knowledge shall the chambers be filled with all precious and pleasant riches.

At the end of these two meeting we we'll all have some extra wisdom imparted onto us and our homes will be filled with goodly rich things.

Speaker: Tirtsah

That video really hits home with me, that sister in the video was me. In order to be a keeper of your home you have to be a keeper of yourself first. Essentially you're the manager. Your husband is the CEO and you're the manager, you take care of his needs and the children's needs and the home.

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

Essentially your family is your business, and we have to run it like one. In order to be an effective manager we have to have certain skills. If you're a manager that's not trained in certain areas your business is going to crumble and your husbands house is going to crumble.

Sirach 14:5 He that is evil to himselfe, to whom will he be good? he shall not take pleasure in his goods.

If you don't love yourself? How can you love your family? If the house is dirty, kids are dirty, and you're dirty? You don't love yourself?

So, what is our purpose? To be a helpmeet to our husbands. This is inclusive of taking care of his needs, the kids needs, an keeping the house in order.

The good is that we don't have to look for our purpose. The most high has given to us in the scriptures.

Because we know our purpose we have to set goals for ourselves. So when you think of a keeper at home you want to measure yourself up too all the things in Proverbs 31.



Proverbs 21:19 It is better to dwell in the wilderness, then with a contentious and an angry woman.

We must have a vision, and our vision should be Proverbs 31. Knowing your purpose and your goals gives you a sense of direction, guides you and lets you know where to focus your energy.

One thing we have to do is we have to know our weaknesses

So, we're going to measure ourselves up to each one of those things in Proverbs 31 to see where you fall

Some of us are good in certain areas, but none of us has gotten the whole thing down yet. We are a work in progress.

One of the things I like to do is write everything down. It helps me to visually see what my issues are and I find scriptural solutions to help me with those things.

Questions to the Panel

- How do you work on your weaknesses?

Speaker Ariela

For my weakness I got to my Lord and ask him because he is straightforward and if I see it he sees it. He will sit me down and give me some good scriptures and examine myself. Then a few days I will go back and ask if he's seen the change. If he has not I don't take it to heart and cry I would just have to work harder. I did used to cry and think he was being mean, but I learned to except that he is trying to help me grow.

Speaker Ioanna

I write everything down too. I have a Day of Atonement book that I write things down and examine what I'm still dealing with or mark one off because I'm doing good. Sometimes while with class I hear things that I'm dealing with and write those down as well. The environment that I am in helps me figure out what it is and being honest with myself.

Speaker Adaliyah

A combination of writing things down and communicating with my husband. I will tell anyone that my husband makes me a better person. If I were left to my own device's sisters would not want to be associated with me. Surrounding yourself around people that are gonna check you when you need to be checked and being open to that correction is important.



Speaker Salome

Mine is also a combination of what each sister has mentioned. My husband is the person I spend the most time with since I am home most of the time. He sees my weakness and corrects me and we deal with it together. I am still dealing with correction because sometimes I cry, but at the same time it's something I have to constantly work on.

The next thing we need to do is make sure we are staying studying. We can't be a supporter to our husband or our children if we aren't studied in scriptures.

1 Peters 5:8 Be sober, be vigilant: because your adversary the devil, as a roaring Lion walketh about, seeking whom he may devour.

We have to always stay on guard. If we stay ready we won't have to get ready. Demons know who to play with it, so if you're not studied know for sure Satans coming for you. We know that Satan's primary target is the women, and its been that way generation after generation because its true and Satan knows that it works. If he wants to tare the family down he's coming for you. So we have to make sure we are staying studied and using the things God has given us.

The tools, Bishop recommends that everyone does their four chapters a day. Stop making excuses, we make time for everything else ad put the bible to the side. Whether your listening to the bible or reading all four chapters. Two in the morning and 2 in the evening whatever you need to do. Make it work. Another thing is we have classes, any class that you can think of we have it. We used to wait for the next class to come out, but now y playlist is so full I can't keep up. God is giving us everything we need.

Make sure we Pray and fast. If we look at our foremothers in the Bible they were some praying women and God answered their prayers. We have to make sure we're doing the things required of us so when we do pray he answers our prayer.

Another resource that God has given us is being able to phone a counselor or a senior sister. I don't know if it's a pride thing but sisters don't always use that. We have to remember that God doesn't want us to fail. How do you know that sister hasn't walked in those same shoes and overcame her issues. There is a reason why God assigned you that sister.

Proverbs 19:8 He that getteth wisdom loveth his own soul: he that keepeth understanding shall find good.

This goes back to loving ourselves. I like the part where it says keepeth understanding. S this shows me that it can be taken away. In order to keep we have to be studying and watching classes because God will take it away. You have to be consistent because you will lose it.

We have to remember we can't be lukewarm when it comes to our family. God will spew you out, so either you will be hot for your family or cold. Which one will you do?

Next thing is Time Management, and this is something I think a lot of people struggle with. It's something we have to make sure we are working on



Psalms 90:12 So teach vs to number our days: that we may apply our hearts into wisdom.

Time is short. We do not have a lot of time. If we can't take care of the basic things how are we going to be ready for what's coming. We have to learn how to maximize our time and run our schedule and not let our schedule run us.



- Wake up Earlier

Proverbs 31:15 She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.

This Proverbs 31 sister gets up and is organized. She gets up before the sun, she has her Husbands lunch ready and is working on dinner. She does not sleep all day in the bed.

Going to bed early, you can't wake up before the sun if you sleep late.

- Prioritize your work/Daily To Do List

A good thing to do is planning. It is a great tool to use, but sometimes it can be hard. You could make a daily list by writing everything that need to be done in the day by importance. Somethings may not get done, and get put aside for the next day. But things that need to get done will get done. Check off everything you've done so you can visually see what you've accomplished.

- Meal/Grocery Plans

Plan to go to the store. Have a plan for the week that way you have time to do other things.

Make yourself a grocery list and meal plan.



- Eliminate Distractions

Sirach 37:27 My son prove thy soul in thy life, and see what is evil for it, and give not that into it.

Get rid of social media. Some of us do not have the self-discipline to have and still do what you need to do for your house.

Another way to eliminate distractions are phone calls. Sometimes sisters its okay to say you'll call someone back.

You know you have some sisters that will keep you on the phone for 2 hours and you haven't cooked your dinner or cleaned your house. You have to make sur you are taking care of your Husbands house first.

- What distractions do you eliminate?

Speaker: Sister Adaliyah

My husband's desire is how I prioritize. Once I I started prioritizing wht my husband deemed important first made life a whole lot easier. I knew I wasn't disappointing him and whatever I wanted to do was not most important if I didn't get to cross everything off for the day

Speaker: Sister Ariela

When my husband is home, I put my phone on silence. Sometimes he'll see who's calling and I can answer it.

- Shop Online

Putting your order's in for groceries ahead of time can maximize your time.

- Learn to delegate

Put your children to work. Start them off young, even if they mess up, to cook and clean.

- Ask for help

You may have just had a baby and you have little ones running around the house and it's hard to clean you house. There is nothing wrong with reaching out to a sister for help. We are body and we help each other.

Speaker: Sister Ionna

Being a keeper at home is teaching your daughters how to care for the house, and also teaching your sons basic necessities for their household.

- Self-Care

Sirach 30:15 Health and good state of body are above all gold, and a strong body above infinite wealth.



We put our focus on other things but put our health on the back burner. We don't eat right or exercise, but tang care of your temple is just important. If you're not taking care of you how can you take care of your family?

Another way to help with self-care is stop negative talk. As women we are so hard on ourselves. We have to learn how to speak life into ourselves instead of death.

Proverbs 23:7 For as he thinketh in his heart, so is he: Eat, and drink, saith he to thee, but his heart is not with thee.

So, if you speak positive things long enough you'll start to believe it.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report: if there bee any virtue, and if there be any praise, think on these things:

Anytime I start feeling down or negative there is always a positive. God always says to think on the good things

- What are some of thing you do to treat yourself?

Sister Tirtsa

I like pens and notebooks. Stickers. I will buy myself a pack of pens and be happy.

Sister Ariela

When I need my me time, I give myself a pedicure and facials.

Sister Adaliyah

I also give myself facials and I use face mask. I get my me time at 2am when the house is sleep and just do m hair and wear a face mask.

Sister Salome

I'm so busy that I haven't been able to take time out for self-care. I do enjoy a lot of things but at the moment I don't have time and I do need to find time for myself.

Sister Ionna

Gardening makes me happy. Having little plants out there and seeing my produce growing. I'll take pictures and it makes me feel good. It is very therapeutic

Ecclesiastes 3:12-13

V12 I know that there is no good in them, but for a man to rejoice, and to doe good in his life.

V13 And also that every man should eat and drink, and enjoy the good of all his labor: it is the gift of God.



It's okay to treat yourself. We work hard as mothers. Taking care of the house, your kids and your husband. Treat yourself. If you like expensive things make sure you get permission firsts,

We also want to critique ourselves and ask for feedback. Your husband and your children know you best and will keep it real with you. Sister Shamarah said God will not bless mess. You can only hide for so long before God exposes you. It can show up in your marriage, your children, and with the sisters in the congregation.

We have to make sure we are taking care of ourselves. Failure is a choice. God gives us everything to succeed. If you are failing, you are **choosing** to fail.

Matthew 7:17-20

V17 Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit.

V18 A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit.

V19 Every tree that bringeth not forth good fruit is hewn down, and cast into the fire.

V20 Wherefore by their fruits ye shall know them.

Speaker: Sister Adaliyah

So, now that we are attempting to get ourselves straight and our spirits in check to be capable to get our house in check, what about your relationship with your Husband?

We are also keepers of our husbands, our men are busy and it is up to us to set the tone for a happy home.

We have to get rid of the stigma. Lord Willing we are dealing with repenting men and not Tyrone on the corner somewhere. But a brother who is studying and trying to become the best version of himself thus saith the Lord.

Yes, we do it all. We take care of the home, the children, and ourselves and everybody else. Another thing to add to the list is nurture your relationship with your husband. Embrace and secure your natural and righteous role. Like we mentioned earlier the number one person to get attacked is the women. So as the women who is guarding her dwelling you have to be aware OF your level of intimacy, security and love within you home with you husband.

So, lets figure out how to achieve and esteem Domestic Tranquility in your home.

Second Video Discussion

Women are crazy. The brother was like okay, and it was done. No more fussing and we are going to enjoy the rest of the night. We believe we are to receive something in return instead of the acceptance of her apology.

We can't expect our husbands to respond the way we want them to respond.



Have a list to compare and contrast that can either build or destroy your domestic tranquility. If your single practice the things not to destroy but build and if you are married do a self-check.

Everyone's household is different. This a pretty basic list that covers all grounds Lords Willing

Distractions V. Quality Time

Are you mindful of how attentive you are to your husband?

Are you taking advantage of those late hours to get a little bit of quality time with your Husband? You don't have to do it every night if you need to get your rest.

What are you doing to make sure you getting in that quality time? No phones, kids, and social media being a distraction. This is the time to kick it with your Husband.

1 Corinthians 7:34-35

V34 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.

V35 And this I speak for your own profit; not that I may cast a snare upon you, but for that which is comely, and that ye may attend upon the Lord without distraction.

Not only are you attending to God but your Husband. You are catering to him and making time that you tend to him first.

Misleading/Deception V. Accountability

If you mess up, clean it up, and hold yourself accountable. Or are you going to manipulate, lie, mislead, and go full Jezebel? Because at the end of the day we have to remember that we will be judged. Not only on our words but our actions.

Ephesians 4:29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

You want to make sure you are speaking in truth and dealing in truth when it comes to your Husband. Everyone one of us have a bit of Eve or Jezebel in us. Every last one of us know how to talk a certain way or look to get what you want. Is this the type of relationship you want with your husband? No, and if it is you have the devil on you.

2 Corinthians 5:10 For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.

You will have to answer for the things you do, especially towards the ma of God.

Shaming/Picking on your partner V. Encouraging your Partner



Are you helping to build him up or nagging him and tearing him down. Pointing the finger or feel they are better versed than their husbands in the scriptures. Focus on the good things not their faults. Be a pillar of rest not stress

Proverbs 27:17 Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

I hope you consider you husband as your friend and vice versa. Your own a path of becoming one flesh, You shouldn't be relishing in you husband's short comings be attempting to build up and encourage him on his strengths.

1 Timothy 6:6 But godliness with contentment is great gain.

There is a saying you have to meet people where they are at. Be content where you are. If you are in a little one room shack and your husband is busting suds in the back somewhere don't complain. Be content, and build together. Remember, nobody is perfect including you.

Unrealistic expectations V. Respect and showing love

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

I chose this scripture for this category because that's what ends up happening. You're gonna get mad and call them out their name. You're going back to who he was before when you should be staying in the present. He will not be 100 percent perfect we are striving to be. Put some respect on his name.

1 Peters 3:1-6

V1 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;

V2 While they behold your chaste conversation coupled with fear.

V3 Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel;

V4 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.

V5 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:

V6 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.

This is reality. Staring with verse one. There are going to be good days and bad days, but we are supposed to stay in our role.

Patience is what these scriptures equal out too.



Instant Gratification V. Growing Together and Enjoying life

Jeremiah 29:11-12

V11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

V12 Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.

God already has your course laid out. You will still decide whether you go left or right. If you're doing what you're supposed to do he will hear you.

Ephesians 4:2-3

V2 With all lowliness and meekness, with longsuffering, forbearing one another in love;

V3 Endeavouring to keep the unity of the Spirit in the bond of peace.

If you are full of unrealistic expectations, there will be no peace in you home. Be rea with yourself and who he is.

Third Video Discussion

Often times we project our own insecurities and self-doubt onto our partner. Always remembering that we're here because we made a commitment to God.

If either one of us decide to step out of keeping these laws God will deal with us

It Is not up to us to fix someone else but our job to ix ourselves and stay in our righteous role.

Defensive V. Listening

When you are criticized do you know how to communicate effectively. When you are checked by your husband do you accept the correction or start neck rolling.

When you are defensive now you are opening up doors to another dynamic in your relationship. When you get defensive the other person gets defensive as well. So now there are two defensive people bumping heads. If you take the time to listen, even if you don't agree, listen and consider what is being said to you.

1 John 1:8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

If you're not open to recognizing you are not right. What are you doing this for?



We are trying to be perfect and are trying to get ourselves together. In this journey the people who know you best will be your husband and your children. If they see something about you it's true. No one should be trying to say they have it all together.

Matthew 12:36 But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment.

When you're defensive and denying what is being told to you you are liable to say anything.

You will throw stuff in people faces from ten years ago.

Are you a listener? Do you hear fully and completely. Not hearing what you want to hear. Hearing in its entirety and communicating effectively will build the trust in your relationship

Ignoring your past V. Taking Responsibility for your baggage

What are you doing? You can't ignore the things that have happened to you that made you who you are. You have to take it head on, deal with it, and get passed it. Some of us have dealt with horrible things in the past, but we are supposed to be new creatures.

Philippians 3:13-14

V13 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,

V14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

We have to let go of the past and press towards the mark of making the Kingdom.

The scriptures are our medicine. We have many tools of living, walking, representations of what it is to get over certain hurdles.

1 Peters 4:12-13

V12 Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you:

V13 But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.

The things that have happened to you are molding you into who you are supposed to be. Someone who can help the next sister and become an example to the next sister.

Lord willing everyone is familiar with Sirach 2. If you've come to serve the Lord prepare yourself. Trials must come, and offenses must come.

If you don't know how to have these types of discussion with your Husband how can you have them with sisters around you?

Don't try to sweep your baggage under the rug like it's not there, because it will never get fixed.



Stonewalling V. Honesty

- What do you do when you get mad with you husband?

Speaker: Sister Tirtsah

I used to give the quiet treatment in the world.

Speaker: Sister Ioanna

I used to have to deal with it in the moment. I would pace him around the house with the finger too. Instead of giving the silent treatment we should be honest. We should have a well thought out and executed conversation.

You have to set the tone before you have the conversation. Sometimes you can't let it all out.

Sometimes sex is the apology. You may not get an apology but after sex you feel alright.

Psalms 19:14 Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Do not forget the power of prayer. Sometimes you may not know how to get your husband to hear you without him dismissing you as being overly emotional. Ask God to help you with that.

Be deliberate in your speech and come with a clean heart.

Proverbs 31:11 The heart of her husband doth safely trust in her, so that he shall have no need of spoil.

What you want to make sure you are doing is ceating trust in your marriage and your husband.

He shouldn't need anything from anyone but you.

Criticize V. Compliment

You didn't mow the lawn. I told you three days ago you know the home-owners association will give us a fine.

Or do you critique righteously or give compliments. Men like to be complimented. You have to remember is that critical spirit will drive a wedge through any relationship.

When you're overly critical it will push your husband away instead of drawing near to you.

The last thing you want is your husband emotionally detaching. You don't want him to sit in the driveway for an hour before coming into the house. Don't let that wife be you.

Hebrews 12:14-15

V14 Follow peace with all men, and holiness, without which no man shall see the Lord:

V15 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;



Your marriage will become defied. Anyone that is constantly picked will want nothing to do with you.

You want to be able to look at him and he gives you that side smile. You don't ever want to lose that.

Competition V. Making every day special

Are you keeping score or making everyday special?

Ecclesiastes 9:9 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.

We have it rough it enough and your husband is the person that's here with you to ride it out together. Do your best to enjoy the ride.

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

Sisters don't forget that man is not a man, he is a God. He is your personal representation of Christ right here and now. If you can't please him you can't please God or Christ and you will not make it.

Video Links:

First Video: !!URGENT Message For Homemakers Before 2020!! | Habits of a Homemaker

YouTube: <https://youtu.be/n8Me3XxkAuA>

Second Video: When She Tries To Take The Apology Back

YouTube: <https://youtu.be/bz1gZ4dekGo>

Third Video: I Do NOT Want to Cry! | Marriage Boot Camp: Hip Hop Edition

YouTube: <https://youtu.be/wO50I733A14>

Conclusion...

Shalom Most High and Christ blessed