



Event: Titus 2

Topic: Spiritual Sobriety

Hostess: Adaliyah Israel

Date: August 9<sup>th</sup>, 2022

The poster features a woman with dark hair in a bun, wearing a large gold earring and a leopard-print coat, shown in profile facing left. To her left, the word "Spiritual" is written in a large, elegant, black script font, and "Sobriety" is written below it in a smaller, matching font. A red and white circular graphic surrounds the beginning of the "S" in "Spiritual". Above the woman, the text "T Chat" is written in a stylized font, with "T" in black and "Chat" in red. To the right of "T Chat", the text "P r e s e n t s" is written in a bold, sans-serif font. Above "presents", the text "Hosted by: Adaliyah Israel" is written in a smaller, italicized font. Below "presents", the website "WWW.THEDAUGHTERSOF SARAH.COM" is written. In the top right corner, there is a small logo for "The Daughters of Sarah" with a red heart and a yellow flower. At the bottom left, the text "TUESDAY AUGUST 9TH 8PM-10PM | EST" is written in a bold, black, sans-serif font. Below this, the Zoom.us logo is displayed, along with icons for social media platforms: Instagram, Facebook, Pinterest, Twitter, and YouTube.



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

**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 want to take out of this is verse 4. They (the aged women) teach them to be sober. What does it mean to be sober?

Sobriety is usually thought with overindulging in substances. We should get a firm grip on what being sober is and make sure we ourselves are sober and identify it when other sisters are and are not sober and be able to help them.

### **Are you spiritually Sober? Are you capable to teach others to do so as well?**

**Sober 1:** Being not affected by alcohol / Not drunk. This is the definition that is not being talked about in this instance.

**Sober 2:** Serious, Sensible, ad solemn.

**Sober 3:** (Biblical Term) To be disciplined, controlled, and of a sound mind.

**Synonyms:** thoughtful, dignified, level headed, self-controlled, down to earth, conservative, no non-sense, realistic, straightforward.

**Antonyms;** Light hearted, frivolous, Emotional. If you are still letting your emotions get the best of you, you are not sober.

In essence a spiritually sober sister is in control of her thoughts, emotions, and actions. An unsobriety sister is foolish and emotional. She is flighty, frivolous, and lets her knee jerk reactions get the best of her.

But, we all made the conscious decision to repent right? We are keeping laws and have an end game in mind. **Getting the kingdom.**

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### FIRST VIDEO DISCUSSION

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**BIG DREAMS. BIG STRUGGLE.** This road to spiritual sobriety is not going to be easy and getting through the trials and tribulations is a struggle. We have a HUGE end game, I said it



earlier, getting the kingdom, that's HUGE. Because it's such a huge deal our path getting here is going to be difficult. Our victory is obtaining that rest, right?

The scriptures tell us to be ready for temptations. Maybe drinking in excess isn't something you had to worry about. Maybe smoking weed wasn't the thing you had to get over. Maybe cocaine, meth, or whatever hard drug of choice was not your hang up.

- People can be addicted/ have addictions with pride, food, anger, family, fornication, your mouth (argumentative, having to have the last word), greed. These are all things we must bring into subjection and overcome.
- Having these addictive traits can prohibit us from getting the kingdom. These traits are referred to as **non-substance** addictions
- Some other addictions are; Gambling, the internet, social media, shopping, cell phones, exercise, plastic surgery, caffeine, rebellion, procrastination.
- All of these things can be an addiction for some. So how do you know you are addicted to fussing and fighting? Or addicted to loading up your She-In cart?
- Some symptoms are that you are an compulsive excessive and repetitive engagement with it is something you do al the time. You're unable to stop! You can't stp with self-hatred or you can't take a compliment, you have to tear yourself down first, you can't just say thank you.
- If you have impaired judgment where you pay for a bill and the money hasn't come out yet, but you buy something anyway and risk having that \$35 overcharge.
- You crave the activity, you have to wake up and check facebook. You might want to go on a cell phone detox because that should not be the very first thing you do as soon as you open your eyes. You're unable to recognize the consequences of your actions for indulging into these habits.
- You have strained personal relationships because of the activity, your friends and family are tired of you and your addiction/habit.
- You have an inappropriate emotional response. You *have* to get with a man. It doesn't matter who he is or if he's married, single, you got to have it!
- So let's take a moment to sit back and think on if you are in fact addicted to something that you are supposed to let go of whenever you made the conscious decision to repent.
- Sex, food, gambling, the internet, social media, cell phones, shopping, anger, fear, exercise, plastic surgery ( you walking around looking like Lil Kim today instead of Lil Kim 20 years ago), caffeine, sugar.

**Deuteronomy 6:1 Now these are the commandments, the statutes, and the judgments, which the Lord your God commanded to teach you, that ye might do them in the land whither ye go to possess it:**



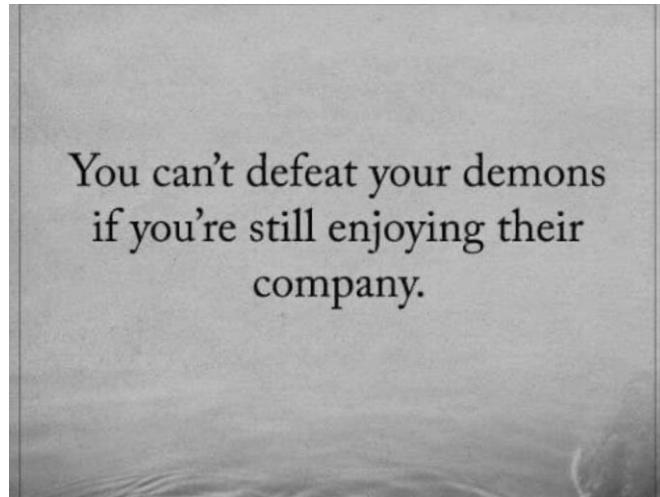
**V2 That thou mightest fear the Lord thy God, to keep all his statutes and his commandments, which I command thee, thou, and thy son, and thy son's son, all the days of thy life; and that thy days may be prolonged.**

- So, staying sober isn't easy, keeping the commandments and staying on the straight and narrow path isn't easy. The flesh is weak right?
- What we're discussing today is not the same as I'm not going to drink anymore and I'm going to go to a 12 step program. The more strategies you learn to maneuver through your new life the better.

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### PHOTO DISCUSSION

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- All these addictions are covering up something like a band aid on top of whatever the real issue is you need to deal with. Something to make you feel good and release whatever it is you need to release.

**Matthew 5:30 And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.**

- Spiritually sober means give up that nagging spirit that you have that makes you wanna cock your head to the side, put your hand on your hip, and point the finger into people's faces. If you gotta chop that pointer finger off wouldn't you rather be four fingered instead of not making the kingdom? I know I'll take it.



- This is how we have to look at it. It seems like a small thing, but it's not. In the long run it's worth purging and letting go. It's a step by step process, right? You don't just fly off the handle, you don't just say you know what, let me pull up my amazon and hit order for the million things in my cart. You have to identify your personal triggers you have to know how you go there
- There are always going to be some external factors, whether it's people, places, things, music, situations that bring stress. Emotional distress that is going to trigger you to indulge in said non-substance addictions. You must recognize these relapse warning signs before it even comes around.
- That emotional relapse, that mental and physical relapse, whatever it may be, you have to find your way to it before it even gets to you. And this is not something that people can specifically help you with. The scriptures tell us to examine our own selves.
- So today is just about the steps to help us all to get on the path of getting ourselves straight. And remembering that it is not going to be easy, because we have a huge victory and huge struggle.

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### SECOND VIDEO DISCUSSION

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What he's saying is that he's four years sober and that being sober is hard because now you have to deal with all of the trauma and all the things that caused you to run towards overindulging. So now you're feeling all the emotions and the things that make you want to go gamble, ie to someone you love, to steal. You're aware, you're present now because you have taken away the things you know makes yourself feel better.

So what are your warning signs? Think about if I am having this old thought pattern over and over again, that I can do bad all by myself, that's a warning sign there that you're getting ready to indulge.

If you have this compulsive behavior when you got money in your pocket, yet you go in the store and see a pack of gum you want to slip in your pocket. Why? You want to feel the thrill the rush that you made it out of the door. You're seeking out situations of evil that you know you shouldn't

That old flame that you know you got in your back pocket sent you a DM about how nice you look in those dresses you wear now. Why? To feel whatever it is you want to feel. You're thinking less rational, behaving irresponsibly and finding yourself in situations where the only way you can escape is that unsober behavior.



Right bout now we should be very clear and hve a full understanding of what being spiritually sober is and is not. What does it look like and what to look out for to keep us in that straight and narrow path.

So now the next thing whenever I was going over this topic, I asked myself why God listed this thing to teach other sisters? It's the first thing that comes up.

Being sober is something you should kno before how to love your husband and your child. What does that mean, it boils down to our state of mind. If you're not sober you cannot love your husband properly or your children.

**Ephesians 5:15 See then that ye walk circumspectly, not as fools, but as wise,**

**V16 Redeeming the time, because the days are evil.**

**V17 Wherefore be ye not unwise, but understanding what the will of the Lord is.**

**V18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;**

- We have to be circumspect What does that mean? To be careful and consider all circumstances and consequences. So, you're fully aware that if you do ABC, DEF is going to happen. If I indulge in this sin I am not going to make the kingdom. Other words for circumspect are; cautious, discreet, and wise.
- We have to walk wisely, cautiously, and discreetly. Looking back at the book of titus God mentons the word sober numerous time both in reference to men and woman likewise The aged man, bishops, young man and are all told to be sober as well just like we are. Our men are expected to be of sound mind, vigilant, alert, wise in judgment, and to also be discreet like we are. So in essence both wmen and men have to be cautious of our deeds, words, and actions.
- Let's think about that, how else are we to be one flesh? In marriage you're two individuals coming together you got your issues and he has his own issues and you both are trying to get yourselves together. It would behoove us to get ourselves together.

**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.**

- When is that? In the kingdome. We want that little bit of struggle and big victory. No, you got big struggles to match that big victory. We hve to subdue our own understanding and the ways we thought worked. Cuaes that's ultimately what it is various coping mechanisms, trauma, and misteching by our parents in the world, family, or lac of family structure that tell you it's okay to ball out even when you don't have it. Don't worry that your baby looks thrown away you make sure you look fly girl. Your baby can have the knock offs while you wear the name brands.
- You can go be with Bob, Joe and Tom and have 50 kids with 50 baby daddies. **NO**, we must subdue that, renew, become a new person, new flesh new way of life.



- So, we as women we have emotional baggage, the ups and the downs, kids, husbands, jobs, your own business, school. But let's check that emotionalism at the door and cross over into a new threshold. Spiritual Sobriety. We can't forget, what are the synonyms for being sober? Dignified, level headed, down to earth, self-controlled, realistic.
- So, if you're on the internet all day, you can't possibly be cleaning your house. You can't possibly be teaching your children. You can't, those things don't go together. Not only are we spiritually sober but we are sober women in Christ. It's not just about the alcohol and drugs, or things of that nature. YouTube, TV too.

**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.**

**John 7:24 Judge not according to the appearance, but judge righteous judgment.**

- So, sound and disciplined minds are what is needed to navigate life. This repentant righteous life. You must be able to think clearly, your brain cannot be fogged up with all the BS that comes along with where you were. How else are we going to truly be able to follow while we're being led. You're led by your husbands if you're married, by leadership, the men over you congregation. How else can you do that 100% with cloudy and unsobey minds?
- Remember, these men are also being called into sobriety. So we too ave to jump on that train and fall in line. We could be drunk on emotions, our own personal desires, our own self-righteous behaviour, that I'll do what I want to do, I'm grown spirit, complacency and overall just sins of the world. Things that we can get drunk off of.

**Titus 2:11 For the grace of God that bringeth salvation hath appeared to all men,**

**V12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;**

This is something we have to do now in order to receive that end goal. Right now, Today.

*Maturity is working through your trauma and not using it as a never-ending excuse for poor behavior*

Being late is another addiction. My husband is a huge stickler about being late. Time just seems to get away, you must plan properly, blaming the kids won't always work.

You're not just being mature in age but mature in your mind, your spirit. You must work through your own trauma and be able to identify it, recognize it and your triggers, know when you're about to have a relapse and get to it so that you are not behaving poorly like the quote said and using it as an excuse to say my bad you know me, you can't tell Christ that in that day.



If we are to see Christ in one another, and have the desire to be aged in the truth and be a help to our nation and to fully become who God has preordained us to be from whenever he formed us in the womb. We have to have our minds and our emotions rooted in God.

The word of the day is; **ENDURE**.



- This photo is called the decision matrix. What we are going to do now is discuss ways to help us stay in the fight and manage our lives as we grow and accept the new while getting rid of the old. While we go through out our day we make decisions on what to do and how to deal with things.
- These are four quadrants that every decision you make can fit into these four quadrants. We have four categories of time management and four tips of sobriety
- For the first quadrant the key word is manage. They are important and urgent short term crisis and immediate problems you have to deal with right then and there no matter what else is going on at the time. An example is if you're at home homeschooling the kids and your husband calls you and says he needs you to do something. The books will be closing, the activity will be postponed for the day and you set off to get what he needs done.

#### Sobriety tip #1 **REMEMBER YOUR WHY**

- You want to visualize the result of making the kingdom.



**Isaiah 14:3 And it shall come to pass in the day that the Lord shall give thee rest from thy sorrow, and from thy fear, and from the hard bondage wherein thou wast made to serve,**

- We are serving, we may not be serving the same bondage our foreparents served but we are still serving.

**Psalms 144:12 That our sons may be as plants grown up in their youth; that our daughters may be as corner stones, polished after the similitude of a palace:**

**Acts 14:22 Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through much tribulation enter into the kingdom of God.**

**Matthew 7:13 Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat:**

**V14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.**

- Second quadrant; FOCUS. Things to focus on. These things are important but not urgent. These are your long term strategic goals. You want to lose some arm fat so you strategically work out and eating properly though it necessarily won't happen overnight. These are usually opportunities to learn self improvement which is a good thing because since these things are not urgent you're more first quadrant things will happen and throw off the things in the second quadrant. For example, your washing clothes but your husband needs you to do ABC, so you have to stop and leave them in the washer to do what he needs. You might have to rewash them when you get back, you don't necessarily like it, but it's okay. This is why I say these are things that will help you in your own self improvement because when unexpected things happen you must check your attitude.

Sobriety tip #2 **KEEP TRACK OF YOUR ACCOMPLISHMENTS**

- The good things you have done and your own self examination.

**James 2:26 For as the body without the spirit is dead, so faith without works is dead also.**

- We should not neglect to be active in our congregation. There is always something to be done. I am sure there is a broom that needs to be picked up, a fork that needs to be folded in a napkin, someone's children that needs to be watched. There is something to do.

**1 Peter 4:7 But the end of all things is at hand: be ye therefore sober, and watch unto prayer.**

**V8 And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.**



- Being charitable is something we should all aspire to be right? Remember what we are doing, keeping track of our accomplishments, to feel good about ourselves and build our self-esteem

**Sirach 9:11 Envy not the glory of a sinner: for thou knowest not what shall be his end.**

- I want to pinpoint this scripture because often times whenever you're back peddling and thinking about what was and what could have been you're often thinking of those in the world.
- If that person you used to run around with and hang out and drink and gamble. And you're vexed. But you don't know what's going on with her, she's out kicking it doing God knows what with God knows who and might end up with monkeypox. Don't glory in that, glory in the things you are doing, like the new moms. we have parties every month

**Acts 3:19 Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.**

I don't know about you all, but I need my sins blotted out. Whenever you are staying in your present and not foggy anymore and dealing with emotions properly you'll be able to fully be a participating member of the nation, a great and mighty nation at that.

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### THIRD VIDEO DISCUSSION

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We now have the mental clarity. When you give up whatever it is that is holding you back whether it be sitting on the phone all day, the internet, shopping etc. Now that you are letting go of those things and not doing them in excess. There is so many opportunities to truly live, you have the clarity to be productive, not only as an individual but productive in your home, congregation, for your children because you are a mom, and your husband.

This lady got up at 6 in the morning and got things done and that's what a proverbs 31 woman is all about right? You do all the things that's required of you in the house. Everyone has different requirements.

The Third quadrant is things to avoid. These things are urgent, but not important. The key words are they are urgent but urgent to whom? These things are distractions like people and children. I'll have sisters that call me with the world is ending which is urgent for them but not necessarily important. I have to decide am I going to answer this phone call or sit and have dinner with my family.

Is it worth the distraction and the cut of the quality time. If your mom is always calling you on the sabbath and starting stuff, don't answer.



### Sobriety tip #3 **SURROUND YOURSELF WITH THE RIGHT PEOPLE.**

Yes like spirits attract like spirits, but are those spirits going to check you when you need to be checked? Are they going to encourage you when you need to be encouraged? Are those spirits going to really get to know you and tell when you're not in a good space?

**Hebrews 10:24 And let us consider one another to provoke unto love and to good works:**

**V25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.**

We see the day approaching. The time is short and if you can't see that sisters there is something wrong with you. Now is the time to get it right.

**Exodus 18:18 Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone.**

Yes only you can get yourself into the kingdom. Yet, we are not designed to be alone there are too many feast days and holy days for us to sit in a space by ourselves being antisocial or standoffish. We must surround ourselves around the right people. You wouldn't have scriptures to tell us to teach the younger women if we were doing this ourselves

**Colossians 2:6 As ye have therefore received Christ Jesus the Lord, so walk ye in him:**

**V7 Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.**

That building up does not come by yourself. Being rooted in God comes with congregations and seeing the ups and downs that go on around you. It's always sad when someone you've grown close to is judged and put out of the body. It should make you examine yourself that it could have been you and make sure you're on the right path.

**1 Thessalonians 3:2 And sent Timotheus, our brother, and minister of God, and our fellowlabourer in the gospel of Christ, to establish you, and to comfort you concerning your faith:**

**V3 That no man should be moved by these afflictions: for yourselves know that we are appointed thereunto.**

**V4 For verily, when we were with you, we told you before that we should suffer tribulation; even as it came to pass, and ye know.**

I like this scripture because of verse 2. We need one another to make it through the ups and downs and the good and bad times. It's been written that tribulations must come, you shouldn't be seeing comfort outside of other righteous law keeping Israelites.



The fourth quadrant is limit. These things are not urgent or important. These are things you have to limit your time with like things that suck you in. My time wasting activity is candy crush, I have to time myself. You may watch mindless TV. You have your time wasters and yes we all need something to mindlessly do to decompress. But, we must limit those things.

#### Sobriety tip #4 **S.P.A.**

Study, Pray, Fast, and most certainly Apply. You know how God works, if you are praying and fasting to help rid yourself of some sin you battle internally God is going to put you in the thick of it to see if you're serious. If you want to stop stealing people will have their purses open and you'll be in a store with no camera in sight you better leave the money on the counter

**Baruch 4:28 For as it was your mind to go astray from God: so, being returned, seek him ten times more.**

How do we seek God? In these scriptures. We are apart of a congregation where you don't have an excuse. We have live classes, IUIC TV, DOS website, everything is literally at your fingertips.

**Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.**

**V7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**

**V8 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 be any virtue, and if there be any praise, think on these things.**

- Don't think about Pookie and Tyrone down the street.

**Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.**

**V29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.**

**V30 For my yoke is easy, and my burden is light.**

**Isaiah 41:10 Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.**

- We think it's difficult and it is! It's a spiritual and mental detox but God already said he got us



**Sirach 29:20 Help thy neighbour according to thy power, and beware that thou thyself fall not into the same.**

- I wanted to make sure to add this scripture into this. Remember Titus 2 we teach the young women to be sober. We can turn a blind eye we have to help our sisters.
- What we must remember is that the scriptures tell us there is a time and a season for everything. A time and season of being that old women overindulging in non-substance addictions. Anger, jealousy, food, etc. This is the season of the new you, a new way of thinking and a new way of dealing with things.

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#### FOURTH VIDEO DISCUSSION

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In this moment with that word she was on point. There is power in choice. We must make sure we are using our minds and our hearts together to make sure we are righteously rooted in the word and spiritually sober. We must stay in our today not the past. We have to go beyond what we already know, which is that comfortable space of not dealing with your trauma and using your never ending excuses, that's what you know already. We must go beyond that crossover to what's possible, and that making the kingdom and getting that real rest. We must train our minds to agree and use our power wisely.

**2 Corinthians 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ**

God is pleased when we are behaving and dealing in the way he has already set forth for us to play.

**1 Peter 5:8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:**

2/3rds is a big number, so when you think about the grand scheme of this walk and the things we have to shed and let go of to mature there is a lot of ups and downs. God is going to try us and prove us. Lord Willing he speaks his name out of his mouth and try you are you going to stay on that straight and narrow path or that wide and open gate.

**1 Thessalonians 4:6 That no man go beyond and defraud his brother in any matter: because that the Lord is the avenger of all such, as we also have forewarned you and testified.**

**V7 For God hath not called us unto uncleanness, but unto holiness.**

**V8 He therefore that despiseth, despiseth not man, but God, who hath also given unto us his holy Spirit**



So, do you despise the word, your brother, or yourself? I pray not. So if we indeed have the holy spirit God has given you will recognize that these scriptures are here to make us better. Stay in your present, deal with trials and stay sober.

I want to leave you with these words: Diligent, level headed, self-controlled, and realistic. Check the emotions at the door and crossover the threshold

### Video Links

First Video Link: Dream, struggle, victory

TIKTOK: <https://www.tiktok.com/@justinkprince/video/7118451429597138219>

Second Video Link: Being sober is hard

TIKTOK: <https://www.tiktok.com/@weareallonestory/video/7068193673481309487>

Third Video Link: Some things I've gained while sobering up

TIKTOK: [https://www.tiktok.com/@profitfromtrauma/video/7052970525676571910?is\\_from\\_webapp=1&sender\\_device=pc&web\\_id=7129280460308235819](https://www.tiktok.com/@profitfromtrauma/video/7052970525676571910?is_from_webapp=1&sender_device=pc&web_id=7129280460308235819)

Fourth Video Link: Word for the day

TIKTOK: [https://www.tiktok.com/@iyanlavanzant/video/7119279851982294318?is\\_from\\_webapp=1&sender\\_device=pc&web\\_id=7129280460308235819](https://www.tiktok.com/@iyanlavanzant/video/7119279851982294318?is_from_webapp=1&sender_device=pc&web_id=7129280460308235819)

Conclusion...

Shalom Most High and Christ blessed