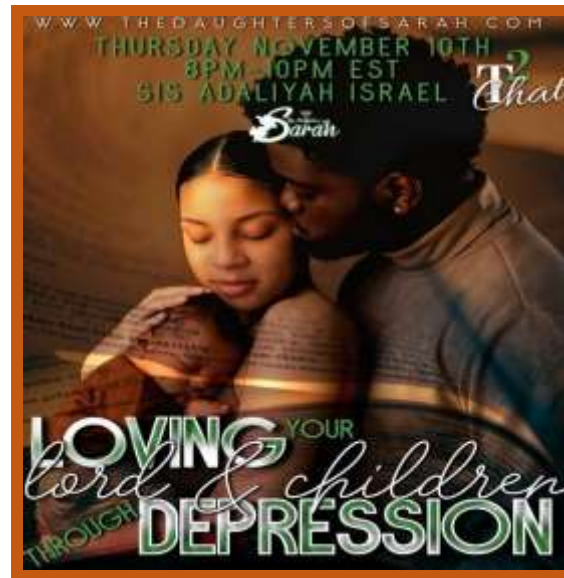


Event: Titus 2

Topic: Loving your lord and children through depression

Host: Sister Adalayah house of Captain Amaziah

Date: November 10, 2022



Sister Adalayah House of Captain Amaziah

Shalom Family Most High and Christ Bless you all, My name is Adalayah and today we are going to talk about depression. This is something that a lot of women are dealing with, have dealt with, or will deal with in the future. Some may not have been touched by it all, but Lords will, it will still be edifying. Today's class is called loving our lord and children through depression. Some of us hve dealt with minor depression and some have dealt with major depression. Even if you think you have ever been depressed you probably were. I f you have ever felt like you just couldn't get out of bed, if you don't want to answer any phone calls or emails, that is a form of mild depression.

For some of us we may need a day to recharge or to meditate, recollect our thoughts, our feelings, our energy. For the repenting woman experiencing bouts of depression, the work does not stop, there is always something to do for us. So today lords will, we will, we will touch on how to make it through those times when you have had enough and just can't go any further, and just want to curl up in a ball in the corner and hope no one sees you.

I do have to put out a disclaimer, and this is something I am going to say more than once because people log in late, sometimes people get booted out and come back in things like that happen. Seek professional help if needed, there are times when fasting and prayer need to be aided by professional help, maybe therapy, maybe therapy plus medication. If you are feeling like you want to hurt your self or others, seek professional help.

So we are going to start of with a quick video:

Tarji P. Henson being strong

<https://www.tiktok.com/t/ZTRx1n6yp>

Taraji made some pretty important points in this video, this feeling of heaviness comes from 400 years of oppression, and then some. All of her should know what the 400 years of oppression is right? It's the curses; something that the most high put on us for not following his laws statutes and commandments.

- We don't want to be strong all the time
- The media, the other nations, and we ourselves put forth the strong woman facade, you are supposed to be tough, you can do bad all by myself, you don't need a man, get that degree, get that job, strap that baby to your front and get it done. There is no vulnerability, there are no moments of just needing to be silent
- We all need to take the time to recharge , take a moment to ourselves and be fully feminine. Being a woman of man, not a man , but of man.
- Being human means we have layers, and does the Bible speak of depression? Of course it does Taraji said the word she said "the feeling of heaviness", depression is a spirit and it can linger, it can spread to other people.

**Isaiah 61:3 KJV**

**3To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness, that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.**

**This is a condition we are in at this time, those years of oppression, the curses that are put on us, so all of us have made the conscious decision to repent, so if we are right here right now, we are wearing our headwraps and fringes , we have our bible and apocrypha you should have the desire to make it to the end, The Lord will be glorified.**

- **The Sprit of heaviness we spoke of, not knowing our purpose, it comes from not having a true connection with the Most High. So should we be heavy? Or should we be joyful? Should we have balance? or should we have an unhealthy understanding of what it means to have faith?**

**We are going to discuss some examples of depression in the Bible, how to deal with our lords and our children , and we are going to go over some tips on how to maintain while we deal with this heavy spirit.**

**Video #2 Jennifer Lewis**

**<https://www.instagram.com/reel/ChVi4mIDhN7/?igshid=MDJmNzVkMjY=>**

**You can't run, this is our reality, highs and lows come with life, but you will still be looking at yourself in the mirror after your response to the high's and lows, whether you responded in a righteous way or an unrighteous way, whether you are dealing things in your past that you are still holding on to, whether you are un sure about your future, these are all worries and fears that can occur, but you still need to be able to live through them.**

**Last week sister Yoella had an amazing class, similar topic, so you all are getting a double dose, learning how to stay in the spirit and to move forward. Are you allowing yourself to reach your highest achievement of being Godly woman? The scriptures say that we are to be keepers at home. If we are righteous and we are keeping the laws, whether you are a married, unmarried, children or no children. Can you still be a keeper at home, or will you let these things steer you off your course? The simple answer to that is no, you can't.**

**So what is depression? Depression is a mood disorder, it negatively affects how you feel, the way you think and how you act. It causes sadness and causes you to lose interest in the things you once enjoyed, it and will decrease your ability to function properly in all areas of life , if left unchecked. We already know that women are emotional creatures, so that tips the scales in terms of whether we are going to be hit with a bout of depression, especially compared to our men**



**Examples of Moods or feelings or things that clue you in to possibly being depressed:**

- **Sadness**
- **Hopelessness**
- **Despair**
- **Emptiness**
- **Loss of pleasure in daily activities**
- **Significant weight gain or loss**
- **Change in appetite**
- **Disruption in your sleep pattern**
- **Fatigue**
- **Loss of energy**
- **Feeling worthless**
- **Having self-hatred**
- **Diminished**
- **Ability to think or concentrate**
- **Mild anxiety**
- **Possible suicidal thoughts**

**Again, get help if you are feeling like you want to hurt yourself, or hurt someone else.**

**These are some symptoms of depression, it is a mood**

**There is a total of 10 different types of depression:**

1. **Major Depressive Disorder (MDD)**- Has all of the symptoms above all the time
2. **Persistent Depressive Disorder(PDD)**- all the symptoms above but they come and go.
3. **Minor Depression**- a few of the symptoms but short
4. **Substance or medication induced depression**- you are drugging yourself into depression, it could be from alcohol, drugs, or prescription drugs
5. **Depression due to a medical condition**- you can be diagnosed with a terminal illness and that can send you into a depression
6. **Pre- menstrual dysphoric disorder**- yourPMS symptoms are extreme and you go into a depression.
7. **Bipolar disorder**- manic depression with extreme moods , super hi to super low
8. **Post-Partum depression**- this can happen within 1 year of childbirth, and that can start while you are pregnant.
9. **Seasonal affective disorder**- this occurs during the dark winter months and is very common
10. **Psychotic depression**- involves having delusions and hallucinations.



### **Psalms 34:18(KJV)**

**18The Lord is nigh unto them that are of a broken heart: and saveth such as be of a contrite spirit.**

Those of us who have experienced any of the ten types of depression, are of broken heart and contrite spirit. Contrite means you are remorseful. But what is the scripture telling us that the Most High, He, the Lord, is closest to you.

What should you do when you get in this spirit? you should be seeking him 10 times more.

### **Sirach 30:21-23(Apocrypha)**

**21 Give not over thy mind to heaviness, and afflict not thy self in thine own counsel.**

**22The gladness of the heart is the life of man, and the joyfulness of a man prolongeth his days.**

**23Loue thine own soul, and comfort thy heart, remove sorrow far from thee: for sorrow hath killed many, and there is no profit therein.**

Let's not forget what depression is, it is a mood disorder that disrupts your mind, what you think, how you think, what you think is real, so you should definitely not be taking your own counsel.

Another word for depression is heaviness and another word for heaviness is sorrow. As we've read this spirit can absolutely take you out, and it can also spread, it's like if you are near someone who yawns, you won't be tired, but you will yawn too. If you are around someone who is depressed it's like they can suck the air out of a room.

If you don't have a care for yourself, you should certainly have care for your brothers and sisters, and certainly have a care for our lords and our children.

Now that we have identified the symptoms, and different types of depression, how do we live from day to day? Often with depression you only have a little energy throughout the day. So you have a moment when you feel like you can do everything, your doing dishes, you're ironing, folding, you feel good, then you hit a brick layer and you're done,

This is method that will tell you what you can do with the energy you have:

**Video Spoon Theory**

<https://youtu.be/2t5S9iPX9xg>



**So how many spoons do you have? Do have for spoons? Five spoons? Lords will you don't have zero. I have a quote:**

*Pay attention to the things you silently give yourself permission to do , and ask yourself why am I giving myself permission to do the thing that I know shouldn't do?*

**We need to apply this to ourselves. We are going to think of our spoons not only as the opportunity to do physical to get us through the day. Let's take it back to scripture. Think of your spoons as works, let's not forget the thought of what it is that we are supposed to be doing. We are supposed to be fulfilling our highest achievement of being a godly woman.**

**What are the things that you are supposed to do? The depressed state is a physical manifestation of your disconnect with the Most High and his plans for you**

**James 2:14-26(KJV)  
mercy, & mercy rejoiceth against judgment.**

**14What doth it profit, my brethren, though a man say he hath faith, and have not works? can faith save him?**

**15If a brother or sister be naked, and destitute of daily food,**

**16And one of you say unto them, Depart in peace, be you warmed & filled: notwithstanding ye give them not those things which are needful to the body: what doth it profit?**

**17Euen so faith, if it hath not works, is dead being alone.**

**18Yea, a man may say, Thou hast faith, and I have works: shew mee thy faith without thy works, and I will shew thee my faith by my works.**

**19Thou believest that there is one God, thou doest well: the devils also believe, and tremble.**

**20But wilt thou know, O vain man, that faith without works is dead?**

**21Was not Abraham our father justified by works, when he had offered Isaac his son upon the altar?**

**22Seest thou how faith wrought with his works, and by works was faith made perfect?**



**23And the Scripture was fulfilled which saith, Abraham believed God, and it was imputed unto him for righteousness: and he was called the friend of God.**

**24Ye see then, how that by works a man is justified, and not by faith only.**

**25Likewise also, was not Rahab the harlot justified by works, when she had received the messengers, and had sent them out another way?**

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

**So we are reading this and this passage to me says one word, resist. Resist the temptation not to follow through with the whole picture, faith and works. Are you going to put in the work and do what you need to do with your spoons? Are you going to apply your highest self, as being a wife and a help meet for your lord?**

**Are you going to apply your spoons to the body? Are you going to apply your spoons to your children? Or are you wasting spoons? are you on your phone playing all day lying in bed, wasting spoons? When you need to get outside and get fresh air?**

**When a call to action is put on telegram that there is a couple at the hospital who just had a baby, and they can't get any food and it's the new moon, who can meet them at the hospital? These are the questions we have to ask ourselves.**

**So have a tangible idea to hold on to, yes we are depressed we are human we have layers. We are not the strong black woman we have our vulnerable days and vulnerable moments. And you should take as much time as you need to get it together. As mama Shamara said have your five emotional moments, sit, cry, wash your face, slap on some nice lip gloss and put those spoons to use. I know its not that easy but at least we have a starting point.**

## **Husbands**

There are two words I want to focus on when it comes to you loving your husband, and loving your children.

- For loving your husband, the word that I want you to keep in mind is support.
  - The definition of support is bearing all or part of the weight
  - This goes both ways our husbands support us and we support them, we are their pillar the keepers of the house
  - For help meets and future help meets, our first line of defense in this spiritual war is your lord. Marriage is the essential part of the nation, without he family there is no nation.
  - If your are in that depressed state you can forsake you natural God given role to support.

- The Scriptures are very plain when it comes to love. In rehearsing these righteous acts, and rehearsing what it is to fully get elevated to our righteous roles, because we are coming out of Babylon, we are washing our minds, we are moving forward.
- In Marriage we have to keep in mind that we can't make a promise to fix one another, but you can promise to that you will not be out there alone, because the scriptures say the two become one
- So we have to put in the work to fix ourselves , but our lords are there with us through that journey.
- **What does support Look like?**
  - Deacon Yoshua had a class recently , and he said that women need to change the way that we view the small things that your man does for you.
  - **Support can look like:**
    - Changing a diaper
    - Breakfast being made
    - Waking the kids up on time
    - Taking the trash out
    - An unexpected kiss on the forehead
    - Giving you time to take a Hadassah bath( we all Like that)
    - Support can look like silence, sitting together and being silent

**James 1:17(KJV)**

**Every good gift, and every perfect gift is from above, & commeth down from the Father of lights, with whom is no variableness, neither shadow of turning.**

- The thing that we have to remember is your lord is your gift, your husband is your gift to you. So how many spoons do you have for your gift.

**Video**

<https://www.instagram.com/reel/CqAZGyoFAtE/?igshid=MDJmNzVkMjY=>

**Sister said a word, we are at war so you have to equip yourself with empathy and principality, and if you are depressed, he needs to how else is he going to deal with you.**

- When you are sitting in your mind state and thinking all of your thoughts, and you are looking at your lord like, he knows I'm stressed, he knows I'm not feeling well, no he doesn't he is not a mind reader.
- So when you make you king a plate and bring it to him, and he asks you for some salt, in your mind you hear that you are a horrible cook , and now you are trying to kill him with the salt. He didn't say you were a horrible cook, your perception is off.



- Depression causes you to misread situations. Your misconceptions are a reflection of what you actually think about yourself while you are in that depressed state.
- Remember the lion is walking around ready to devour. And the scriptures tell us that the first thing to that was attacked was marriage
- **Now that we are equipped and we have spoons specifically for our lords, and spoons specifically for our children. Here are four tips use:**

**1. don't believe everything your mind says.** You are in an altered state, try to treat things in black and white

**2. Don't make any assumptions,** is it the 7 years old traumatized responding? Or the repented you?

**3. Connect with him over the Bigger picture,** keep it real and let him know that you may not need to discuss what you are thinking in your mind right now because you are not all the way right now, and when you come out of that fog, and you are still upset

**4. Except his help and Support,** we are a support to him, and he is a support to us what you have to remember is that support comes in different ways. So if you are unable to describe or put into words what it is you might need, you still have to be able to accept how the help comes and be thankful for it, because at least he is trying

**5. Be patient** with him , yourself and remember the order, God, Christ, Man, and then you. It's fourth place in the world you might not get a trophy, but we are talking about spiritual fourth place you still get a seat at the table, honor him as your gold place ticket. That is how we are going to get to the kingdom sisters, when the book is opened up by the lord he is not going to say "you were very disrespectful to your lord, but that's ok you were depressed" That is not how that is going to go.



### Judith 12:14(Apocrypha)

14 Then said Judith unto him, Who am I now, that I should gainsay my lord? surely whatsoever pleaseth him, I will do speedily, and it shall be my joy unto the day of my death.

**Sisters marriage is forever but depression is not.**

**Video: Five tips to make a man feel loved**

<https://www.tiktok.com/t/ZTR5T2ygh>

I like this video when I found it ,because our men, a repented man is going to eat all that up.

Our first example of depression in the bible is our foremother Hannah.

### Samuel 1:15-19(KJV)

And Hannah answered, and said, No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the Lord.

If you are not familiar with our foremother Hannah, she was baren and her lord was trying to convince her that his other wives had kids, an he loved her, but she was so sorrowful and she poured out her sorrows to the Most High, and he blessed her womb abundantly, and that is another example of the Most High being close to those that are of broken heart.

### Children

- Who has ever heard of mom burn out? Mom burn out is when you are so overwhelmed you feel like you are drowning. This is a form of depression ,we are trying to do all of the things, the perfect proverbs 31 woman, home school, wife, sister, chef, seamstress, housekeeper. We can be forgetful it can cause you to yell easily and quickly. It can cause to be angry and resentful, you are reactive instead of pro-active. How many spoons do you have for your children?
- The word for loving your husband was support, the word for loving your children is balance.
- **The definition of balance** is stability produced by an even amount of weight on both sides of an axis.
- **An alternate definition for balance** aesthetically pleasing integration of elements. What are the elements? Faith and works



Video: Issa Rae- Failure

<https://www.instagram.com/reel/Cj5wfpwJPjk/?igshid=MDJmNzVkMjY=>

- We have to keep going, when it comes to children, we can fail over and over again.
  - You forget to give the kids vegetables, give them the chicken nuggets that have extra vegetables in it , if you kid only likes to eat cereal, get the cereal that does not have a bunch of sugar in it and add some fruit.
- We have first time moms out there, the moms that just repented, the moms with crazy teenage daughters, the single mom, the blended family mom, we go through it, trial and error , but we can't stop raising our children. You laid down and now you have kids, you got married and now you have kids, they didn't ask to be here. This is a whole person that you are going to help mold and lords will become a productive member of society, lords will become a productive member of the nation of Israel
- Who is this spirit back on the earth that is put in your care? It could be one of our forefathers, one of our foremothers, we have to recognize not only is it a big responsibility, but you have a large role in the progression of our nation.
- There are four stages in child rearing. You have to know what stage you are in and you can be in multiple stages at one time depending on the age of your children.
  1. **Caregiver Stage**- this is when they are babies you are a caregiver they cant do anything for themselves at all. You are breast feeding bottle feeding
  2. **Cop Stage**-when they are a toddler you are baby proofing, everything is a no
  3. **Coach stage** – you are helping them figure out how
  4. **Consultant**- when they are adults lords will they are still coming to you for advice.

**Another disclaimer, you can be depressed, but it is unacceptable to have a hoarder house, your children are hungry and unkept dirt under the fingernails, dirty diaper that sags to the floor. Uneducated whether they are homeschooled or public school, you are not checking homework. That is unacceptable, we have to be on top of those things regardless of what's going on with us.**

**There are laws against that, if the wrong person sees your baby's diaper hanging to the floor, you can lose them.**

- **Parenting is hard, it is hard out here for person who is not afflicted with depression at all, but even more so if you are suffering from the spirit of heaviness.**
- **Here are some tips to help love your children through depression stage**
  1. **It's ok to be good enough-** attempting to perfect can lead out into depression. Everyday is not going to be that Pinterest perfect day, you know some moms have to have the perfect lunch and perfect breakfast where the pancake is perfect with the smiley face. Everyone in my family loves pancakes, and I am a decent cook but I can not make a pancake, I can make small ones.
  2. **Find your circle-** we all need a tribe people you can call and turn to when your baby won't stop crying and you can't take it any more. Be cognitive enough to know when you need to make that phone call, get that sister that will tell you to snap out of it.
  3. **Forgive yourself and your children-** everyone makes mistakes especially your kids they are going to spill the milk, they are going to trip and the ground is going to reach up and grab them, they are going to smudge the walls, if you have a boy he is going to pee up the bathroom after you've cleaned it. Patience is key control your response to things and think before you speak, you don't want to spaz out and take things out on the kids. Don't forget depression is a mood disorder and it alters the way you think and feel
  4. **Lighten up-** get a change of scenery, maybe you don't need to watch the news, do some arts and crafts play with some Legos. Experience things with and through your kids. They see things differently than we do, they have the rose-colored glasses on and skipping through the lilies. They don't see all of the drama, they don't think about bills being paid, they don't care about what happened to you when you were seven. Get down on the floor, even if you have boys who like to play rough, be that mom that goes on the floor and wrestle, go play with some trucks. You have a little girl go to the dollar store and buy a little tea set pour some apple juice in the tea cups.

This is not some that we do, and when I say us I mean Israel, we always say that we are breaking generational curses, in a lot of our homes we sweep things under a rug and we don't talk about certain things.

5. Let your children in – its ok to have age appropriate conversations, it's ok to say mommy get's sad sometimes, don't have your babies sticking their hands under the door trying to get to you because you are stuck in the bathroom for hours, and you are letting the TV raise them.

Who else suffered from depression in the Bible? King David suffered from depression

**Psalms 38:4-11(KJV)**

For mine iniquities are gone over mine head: as an heavy burden, they are too heavy for me.

5My wounds stink, and are corrupt: because of my foolishness.

6I am troubled, I am bowed down greatly; I go mourning all the day long.

7For my loins are filled with a loathsome disease: and there is no soundness in my flesh.

8I am feeble and sore broken; I have roared by reason of the disquietness of my heart.

9Lord, all my desire is before thee: and my groaning is not hid from thee.

10My heart panteth, my strength faileth me: as for the light of mine eyes, it also is gone from me.

11My lovers and my friends stand aloof from my sore: and my kinsmen stand a far off.

There is much sadness in those verses and all you can do is cry out to the Most High. And draw near to him during those times.

**Image that states:**

**A negative attitude about situations is a choice. Focus on the promises of Go more than your problems.**



Remember the video we watched, with Jennifer Lewis you will meet yourself there, you can't run away from our problems. We have to focus in the Most High and the Most High says if we do what he says, then we will be rewarded with a crown. That is what we have to focus on, we are not supposed to be afraid. The scriptures say that we do not have the spirit of fear

Hear is a good analogy to put in our mind a ship doesn't sink because of the water around it, a ship sinks when the water get into the ship. You are the ship and you have all of the materials you need to fix the ship, but you won't fix it Only you can allow the water to get in to the ship.

**Deuteronomy 31:8(KJV)**

**8And the Lord, he it is that doth go before thee, he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.**

Who is in the boat with you? You the Most High, your Bible, your Apocrypha, your boat fix a flat, you've got spoons.

**Psalms 42:11(KJV)**

**11Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God, for I shall yet praise him, who is the health of my countenance, and my God.**

The Most High is the health of your countenance, we are talking about a mental health issue, how do you maintain your ship from sinking.

**Video: Steve Harvey**

<https://www.tiktok.com/t/ZTRx9cndk>

What you have is substantial, a house to cover shame, clothes on your back, food to eat. Gratitude, don't allow the water to get in.

**1Thesalonians 5:18(KJV)**

**18In everything give thanks: for this is the will of God in Christ Jesus concerning you.**

Gratitude! Being thankful for even waking up, to be able to count how many spoons you have for the day, for all the things you have done. We don't even deserve to be here, but you are, and you are basically spitting in the most High's face. We should be grateful to even have a lord, to have a child, to have brothers and sisters in this truth, to not be alone in this walk, because it is not for the week.

- If the Most High is allowing you to go through these bouts of depression, you should be able to withstand it. He is not going to give you anything that you can't handle. You have all the equipment you need in our ship. The Most High always puts people in our path, we've got classes 24 hours a day. There is always something to help you. Whether you recognize it and take the help, that is up to it's your choice.
- So what we need to do is those anxious and depressing thoughts that enter our minds that cause us not to allow the support that our husbands give us comfort us. That don't allow us to love and have fun with our children to take pride in the things that we do every day that allow us to elevate to our highest, godly, repented woman self.
- Are you going to let your thoughts allow you to spiral out of control? Nobody has time for that, you can't fill yourself with the what if's and the what was, so you have to change that, flip the negative into a positive. Breath and count down from 10 to 1 and reset. We have to discipline ourselves, we discipline ourselves to keep the Sabbath. I am a coffee drinker I drink coffee everyday, when the Sabbath comes and I making myself a cup of coffee? No, that's discipline, plus I know I can have it when the sun goes down.
- Self Discipline, Priorities we have to avoid complaining, we have to avoid comparing and we have to get some vitamin "N", this is a new phrase I came up with "N" stands for No. when you are running low on spoons, when you don't have the time, the answer is no. Its okay, because we want to make sure we are putting fourth our faith and our works.
- If you are on edge if your temper is at an extreme level you need to take a step back.

**Romans 8:35-39(KJV)**

**35**Who shall separate vs from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

**36**(As it is written, for thy sake we are killed all the day long, wee are accounted as sheep for the slaughter.)

**37**Nay in all these things wee are more then conquerors, through him that loved vs.

**38**For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,



**39 Nor height, nor depth, nor any other creature, shall be able to separate vs from the love of God, which is in Christ Jesus our Lord.**

**Are you going to allow yourself to separate you from God? That depression that heaviness that sorrow will you allow yourself to cause you to be out of that number. He will say he never knew you, because instead of using your spoons for works, for doing what you are supposed to do as a godly women, loving our lord, loving your children being a help to our nation, you were sitting there lying in the bed, snapping at people, being unruly, not using the tools that are right here in front you to help you not allow your ship to sink.**

- So in order to be productive, love your lord, love your children, despite being depressed, we need to change how we view things , because it's real, it happens to best of us, and the worst of us, some major some minor ,therapy, you have to see it differently now. Look at it as a habit, like biting you nails, you have tendency rather than an illness. Because you have a tendency now you can control it. So let's say you are a nail biter, a way to stop biting your nails would be to apply garlic nail polish. When you put the finger to your face you smell it, and even if you make it pass the smell you taste it and then you stop because it tastes so bad. When you have intrusive thoughts you cleave to the Most High, your lord, your counselor, your therapist, you implement SPA, study, pray ,and apply, fasting.**
- You have to change your mindset, take a step back are you in a fixed mind state or a motivated mindset. Are you sitting on social media all day, are you preparing your lords house, do you only buy what you need for the week?**
- Are you forward thinking are you helping the body, are you bettering yourself, dive into that hobby that you have that could turn into something lucrative for yourself. Are you taking care of yourself physically? Be cause all of these things play a part , if your hormone levels are not correct you can spiral into depression.**

**Video: Forgive yourself**

<https://www.instagram.com/reel/Ckg5CIvAc-b/?igshid=MDJmNzVkMjY=>

**We have to forgive ourselves, we cannot stay in a depressed mental state, life happens, things happen, but all of those things are what shaped you to be the person that you are right now. We have to learn from these things. Make sure we are learning from the trials that we go through.**





**Make sure you are paying attention to what the Most High needs you to learn.**

**In order to treat the habit, because you have the tendency to sometimes be depressed, we are going to control it, we need to be consciously aware of what's going on around us, so that we can love our lords and your children.**

**1. We are not going to feed it, depression feeds on anger, fear, doubt, and negativity.**

**2. Focus on what you are doing and live in the moment**

**3. exercise- go outside**

**4. Maintain relationships, depression is a spirit of isolation, don't shut people out we need each other. The bible is one of the most social books you will ever read.**

**5. Savor small successes, trust your righteous instincts, make conscious and realistic choices and you will gain confidence give yourself a pat on the back.**

**The last example I am going to read in the bible is our forefather Elijah.**

**1 Kings 19:4-9 (KJV)**

**Jezebel was killing all of the prophets, and Elijah said he was going to leave**

**I wanted to read that because not only was he surprised, but along his journey Elijah was provided for by the Most High, he was given food and drink and did not die, and when he got to his destination the most high spoke to him. SO lets put that in our mindset and correlate that to us.**

**The thing the Most High told us to do is Titus 2:3-5 we should be teachers of good things, love our lords and our children. We should strive to be the best Proverbs 31 sister we can, nowhere in those lines does it say she just lay down and not take care of business. As long as we do well, we will get our just reward. We just need to endure.**

**John 16:13**

**34 A new commandment I give unto you, That ye love one another, as I have loved you, that ye also love one another.**

**Love one another, it's a commandment, we can not push our lord and children to the side, be selfless instead of selfish. Do you really want to make it? You should.**



**Revelation 21:4**

**And God shall wipe away all tears from their eyes: and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.**

**This is but a moment, and the grand scheme of things the right here and right now is but for a moment.**

**I have one last video for you all, Something to keep in mind when you are feeling down, you have to do something for yourself, and a song that brings me joy and that makes me happy is Ms. Whitney.**

**Shalom!**

**Video: Whitney Houston- I Wanna dance with somebody**

**[https://youtu.be/ynkaGd\\_zGwE](https://youtu.be/ynkaGd_zGwE)**