



Event: Titus 2

Topic: The Mindful Woman

Hostesses: Sister Eliora Israel and Shamarah Israel

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The Daughters of Sarah

T² Chat

The
MINDFUL
Woman



Segment One: Understand Mindfulness

Today's Titus 2 is called The Mindful Woman. What does it mean to be a mindful woman?

- A mindful woman is a virtuous woman, and the scriptures talk about how a virtuous woman's price is far above rubies, and she is much to be desired. We will talk about what that looks like to be a virtuous wife and how we can have that mentality and be mindful in all things.

Mindfulness: The quality or state of being conscious or aware of something. A mental state achieved by focusing on one's awareness on the present moment by calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations as a therapeutic technique.

- Let's break this down, in the beginning it says a mental state achieved. So, mindfulness is a level that you actually have to reach. It's not something you can do or get instantly you have to learn to be mindful. Maybe you have an experience, and you look at that experience with different eyes and that makes you mindful for the future so you don't fall into the same trap or go down the same path. It's something when we read the scriptures or read about our forefathers and the good and bad examples and what paths not to take, this is a way to be mindful too. Mindfulness is a level you're going to reach in your walk.
- The second part says, acknowledging and accepting. This is a big one, the scriptures talk about it all the time. So, acceptance of all their attributes, positive and negative. When you're mindful you also have to be mindful of yourself too. The scriptures say to consider ourselves also. We have to look at ourselves, we can't tell somebody something and we're not doing that ourselves. This is called being a hypocrite and God does not like hypocrites.
- Be mindful always. That's why it says to acknowledge and accept who you are as a person and your faults. Nobody can ever say I have it together and I know everything, and I'm the perfect wife and mother.
- Now, the things to be mindful in yourself, in the definition it talks about; feelings, thoughts, and bodily sensations.
- Your feelings. We are very emotional people, and we have to be mindful of our emotions too, we can't let them rule us. We have to be able to set boundaries for ourselves.

Psalms 94:11 The LORD knoweth the thoughts of man, that they *are* vanity.

- This is one thing that the Lord knows about our thoughts. That they're vain. We have to be mindful of our thoughts because we're not always right. We may have a wicked thought and we have to be mindful of that and not entertain it.



Luke 24:38 And he said unto them, Why are ye troubled? and why do thoughts arise in your hearts?

- Sometimes our thoughts can trouble us. Everything starts in our mind and sometimes it can get the best of us. This is another attribute of being mindful and that's minding our thoughts.
- So, the next topic in the definition is bodily sensations.

Colossians 3:5 Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

- Bodily sensations are the sinful and lustful sins within us. Naturally we have urges that's why the scriptures say get married. So for people who aren't married or married that get tempted that are not mindful give themselves up to bodily sensations such as; fornication, uncleanness, inordinate affections (ruinousness affections that are sinful to God), evil concupiscence (strong lustful desires), covetousness (lusting after another's possessions i.e.; husbands, lifestyles) which is idolatry or the beginning of sin.
- When we're not mindful we fall into these things. It states that mindfulness is a therapeutic technique. Which means it's a prevention and will keep you from falling into sin, being overcome with your emotions, troubling thoughts, or letting your bodily sensations rule you.
- So, the meaning of therapy is basically a treatment, It is something that will actually heal you. The scriptures are healing right? We know that. It tells us ways we can heal ourselves mentally of the thoughts in our head by verbal communication and interactions. The scriptures say to speak often to one another. This helps us stay in the spirit because if we say something off another sister will look at us crazy and tell us when we're out of the spirit. With interactions, the scriptures tell us to congregate for a reason. When we are around one another it will keep you in a straight path. This will help us be mindful of our ways.
- The very act of acknowledging, examining, and communicating your thoughts, feelings and bodily sensations are therapeutic and healing. So now we understand the jest of what mindfulness is and that we see it in the scriptures.
- We are trying to pattern ourselves after the mindful woman constantly to be able to maneuver our way through this wicked world because Satan is everywhere and always ready to attack.
- So, I'm going to go into vigilance in being focused and not at ease. This is one of the attributes of mindfulness.
- Vigilance: Having knowledge or perception of a situation or fact is what vigilance basically means. When we watch and pray is being vigilant, being aware of the times we're living in.

Matthew 26:41 Watch and pray, that ye enter not into temptation: the spirit indeed *is* willing, but the flesh *is* weak.



- The scriptures tell us to be mindful, to be vigilant and to watch and pray. We are not at ease all the time. With vigilance we can look back at scriptures when it was stated that we need to remember Lot's wife.

Luke 17:32 Remember Lot's wife.

V33 Whosoever shall seek to save his life shall lose it; and whosoever shall lose his life shall preserve it.

- Lot's wife was trying to preserve her own life. She did not want to lose her possessions and therefore she was not being mindful of that spirit. She was not mindful and was overcome with her feelings and her thoughts and her thoughts were troubling her. This led to her ultimately being killed. This is an example for us to not be at ease, to be vigilant and mindful of the times.

Isaiah 32:9 Rise up, ye women that are at ease; hear my voice, ye careless daughters; give ear unto my speech.

- God is telling us to be mindful, when we're mindful we're taking heed to what is written.

2 Esdras 16:40 O my people, hear my word: make you ready to thy battle, and in those evils be even as pilgrims upon the earth.

- We are living in perilous times it is not time for us to be at ease or to be comfortable. It is not time for us to allow our feelings, thoughts, and bodily sensations can get the best of us. We really have to be mindful of the things within ourselves by constantly praying and applying. Yes, our emotions, thoughts and feelings are always going to be there, but we have to set scourges in place so that we can focus on what's prevalent in this fight that we're in.
- We are going to be dealing with these little fights until this big fight comes up like 2 Esdras says. This will be the real test and these fiery trials are nothing compared to the real fiery trials will be. We have to get our mind, body and spirit prepared for the battle because it is not going to be easy.
- Right now, it is good for us to be building memories and bonds with each other, our sisters, family and children because right now is the best we're going to have it. Cherish your sisters, your husband, your children because they could be gone. We can't be at ease or oblivious to that fact.
- We're living in the last days and judgement is near. So, be vigilant to watch for Satan also. This is a big one because Satan will attack the marriage and your children. He is trying to get your soul. So, if you're not mindful constantly and the reason being is if you pray 3 times a day you have to self-examine yourself. This is important because it will give us the necessary girth for what's to come.



- Let's talk about self-awareness and examination and also confessing your faults.

Isaiah 17:10 Because thou hast forgotten the God of thy salvation, and hast not been mindful of the rock of thy strength, therefore shalt thou plant pleasant plants, and shalt set it with strange slips

- The mindfulness that was talking about is the scriptures. Be mindful constantly of ourselves and how we align with the scriptures. Are we constantly reverencing our Lords? Because it says we forgot, then we fell, went into captivity and this happened over and over again. It is important to be mindful, God wants us to constantly acknowledge him, pray without ceasing and acknowledge our ways constantly because we're not worthy.

2 Peters 3:1 This second epistle, beloved, I now write unto you; in *both* which I stir up your pure minds by way of remembrance:

- So, when we acknowledge Gods law's we have to be mindful. Basically, we are following into the path of that pure mind that God wants us to have and is setting us up for.

Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

- This is the perfection and renewing of your mind, that pure mind.
- God has created his model of the perfect women in his eyes. Do the things that are beautiful unto him.
- A mindful woman is first and foremost mindful of herself, acknowledge her short comings, vigilant of prophecy and times and taking heed of the warnings. Vigilant in girding herself up with the word and fighting to not destroy what she's built. As woman we are building a lot. We are pouring into ourselves, our husbands, children, and relationships.

Segment Two: Wisdom

Wisdom: is the quality of having experience knowledge and good judgment. The soundness of an action or decision in regards of the application of knowledge, judgment, and experience.

- That's why it is important to be mindful of what we go through and to be mindful of that so when we come across it again, we can acknowledge it.
- Mindfulness is ultimately wisdom and wisdom is a beautiful thing. It is not just about being beautiful but actually having a beautiful mind, being discreet, having wisdom, that's a mindful woman that God is talking about in the scriptures.



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.

- When you're in the scriptures and doing what you have to do and not in any sin there is soundness within you. Being able to stand before the Lord blameless is a beautiful thing and this is exactly what God is preparing us for. No one wants to stand before the Lord guilty of the sins we did knowing he has seen them.

Sound mind: When your state of mind is in good condition. Our good condition is the laws.

Psalms 111:10 The fear of the LORD *is* the beginning of wisdom: a good understanding have all they that do *his commandments*: his praise endureth for ever.

- That is exactly what wisdom is, fearing God.

Proverbs 4:7 Wisdom *is* the principal thing; *therefore* get wisdom: and with all thy getting get understanding.

V8 Exalt her, and she shall promote thee: she shall bring thee to honour, when thou dost embrace her.

- Wisdom is a principle thing. It is the foundation, take these words, eat these words, digest them and become wisdom. This is the perfect model in Gods eyes.

Wisdom of Solomon 8:1 Wisdom reacheth from one end to another mightily: and sweetly doth she order all things.

V2 I loved her, and sought her out from my youth, I desired to make her my spouse, and I was a lover of her beauty.

V3 In that she is conversant with God, she magnifieth her nobility: yea, the Lord of all things himself loved her.

V4 For she is privy to the mysteries of the knowledge of God, and a lover of his works.

V5 If riches be a possession to be desired in this life; what is richer than wisdom, that worketh all things?

V6 And if prudence work; who of all that are is a more cunning workman than she?

V7 And if a man love righteousness her labours are virtues: for she teacheth temperance and prudence, justice and fortitude: which are such things, as men can have nothing more profitable in their life.

V8 If a man desire much experience, she knoweth things of old, and conjectureth aright what is to come: she knoweth the subtilties of speeches, and can expound dark sentences: she foreseeeth signs and wonders, and the events of seasons and times.

V9 Therefore I purposed to take her to me to live with me, knowing that she would be a counsellor of good things, and a comfort in cares and grief.



V10 For her sake I shall have estimation among the multitude, and honor with the elders, though I be young.

V11 I shall be found of a quick conceit in judgment, and shall be admired in the sight of great men.

- When you hear about wisdom its written in a feminine sense. I've asked my husband about this, and he said wisdom gives you clarity, she gives you peace of mind in the house. There is a lot of things that wisdom and women have in common; wisdom is graceful, and women are graceful, wisdom is comforting, and women are comforting, wisdom is beautiful, and women are beautiful.
- A mindful woman knows her nature, strength and power that she has and displays this wisdom about her.

Speaker: Sister Shamarah

When I think of being mindful I think of being alert. The scripture that comes to mind is

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

- The point is to be sober and vigilant. When we think of things in the animal kingdom and you see the gazelles drinking water and looking around they are always alert in order to not be eaten. So, as women being mindful you need to be alert spiritually. You need to be alert in your marriage, your children, the congregation, and be alert and self aware. Being self aware is powerful because you are able to correct and determine the things you yourself need to work on.
- In Wisdom of Solomon 1:4 it says that wisdom will not enter into a malicious soul. So, we have to be aware of ourselves. Are we reigning in our body and subjecting sin like the scriptures say? This is really important as we discuss what a mindful woman is; ask yourself are you modeling these characteristics of a mindful woman on a daily basis? You cannot be mindful if you're not doing the check off every single day. Apart of that being mindful is praying 3 times a day doing that will make you Intune with yourself, your marriage, and dealing with your children as well.

James 1:3 Knowing *this*, that the trying of your faith worketh patience.

- We don't want to be like a weed blowing to and fro, so it's important that we ask and that's where prayer comes into play. A lot of time when people see a woman that is being mindful in terms of the application of the scriptures. We think where did that come from? That didn't just automatically appear from out of the sky. That came through self-awareness, observation, study, praying, and applying and asking God to give you wisdom according to his word. You have to do the work, nothing comes freely.
- One of the things I asked the Lord for was wanting to be an old wise lady, so the books I fell in love with are Sirach, Wisdom of Solomon, Proverbs. Titus that helped me throughout my daily life. I wasn't into prophecy like that. I just wanted to be able to function and give answers as needed.



You have to realize that since the truth is not small anymore and people are now understanding what it is to be a repented Israelite the focus is going to be on repented Israelite women. The man are doing a marvelous job getting the truth out so it is very important that you be an example.

- Like Sister Eliora said, sometimes you are the bible just by your appearance, the scriptures do say a man will be known by his looks. It is important that we uphold what that image really is.

1 Esdras 3:10 The first wrote, Wine is the strongest.

V11 The second wrote, The king is strongest

V12 The third wrote, Women are strongest: but above all things Truth beareth away the victory.

1 Esdras 4:1 Then the second, that had spoken of the strength of the king, began to say,

V2 O ye men, do not men excel in strength that bear rule over sea and land and all things in them?

V3 But yet the king is more mighty: for he is lord of all these things, and hath dominion over them; and whatsoever he commandeth them they do.

V4 If he bid them make war the one against the other, they do it: if he send them out against the enemies, they go, and break down mountains walls and towers.

V5 They slay and are slain, and transgress not the king's commandment: if they get the victory, they bring all to the king, as well the spoil, as all things else.

1 Esdras 4:6 Likewise for those that are no soldiers, and have not to do with wars, but use husbandry, when they have reaped again that which they had sown, they bring it to the king, and compel one another to pay tribute unto the king.

V7 And yet he is but one man: if he command to kill, they kill; if he command to spare, they spare;

V8 If he command to smite, they smite; if he command to make desolate, they make desolate; if he command to build, they build;

V9 If he command to cut down, they cut down; if he command to plant, they plant

V10 So all his people and his armies obey him: furthermore he lieth down, he eateth and drinketh, and taketh his rest:

V11 And these keep watch round about him, neither may any one depart, and do his own business, neither disobey they him in any thing.

1 Esdras 4:12 O ye men, how should not the king be mightiest, when in such sort he is obeyed? And he held his tongue.

V13 Then the third, who had spoken of women, and of the truth, (this was Zorobabel) began to speak.



V14 O ye men, it is not the great king, nor the multitude of men, neither is it wine, that excelleth; who is it then that ruleth them, or hath the lordship over them? are they not women?

V15 Women have borne the king and all the people that bear rule by sea and land.

V16 Even of them came they: and they nourished them up that planted the vineyards, from whence the wine cometh.

V17 These also make garments for men; these bring glory unto men; and without women cannot men be.

1 Esdras 4:18 Yea, and if men have gathered together gold and silver, or any other goodly thing, do they not love a woman which is comely in favour and beauty?

V19 And letting all those things go, do they not gape, and even with open mouth fix their eyes fast on her; and have not all men more desire unto her than unto silver or gold, or any goodly thing whatsoever?

V20 A man leaveth his own father that brought him up, and his own country, and cleaveth unto his wife.

V21 He sticketh not to spend his life with his wife. and remembereth neither father, nor mother, nor country.

V22 By this also ye must know that women have dominion over you: do ye not labour and toil, and give and bring all to the woman?

V23 Yea, a man taketh his sword, and goeth his way to rob and to steal, to sail upon the sea and upon rivers;

V24 And looketh upon a lion, and goeth in the darkness; and when he hath stolen, spoiled, and robbed, he bringeth it to his love.

V25 Wherefore a man loveth his wife better than father or mother.

1 Esdras 4:26 Yea, many there be that have run out of their wits for women, and become servants for their sakes.

V27 Many also have perished, have erred, and sinned, for women.

V28 And now do ye not believe me? is not the king great in his power? do not all regions fear to touch him?

V29 Yet did I see him and Apame the king's concubine, the daughter of the admirable Bartacus, sitting at the right hand of the king,

V30 And taking the crown from the king's head, and setting it upon her own head; she also struck the king with her left hand.



V31 And yet for all this the king gaped and gazed upon her with open mouth: if she laughed upon him, he laughed also: but if she took any displeasure at him, the king was fain to flatter, that she might be reconciled to him again.

V32 O ye men, how can it be but women should be strong, seeing they do thus?

V33 Then the king and the princes looked one upon another: so he began to speak of the truth.

V34 O ye men, are not women strong? great is the earth, high is the heaven, swift is the sun in his course, for he compasseth the heavens round about, and fetcheth his course again to his own place in one day.

- There is so much in a woman that is desirable that there is power in that. Even to the point where woman will use that power for evil like Jezebel. We don't follow that example but use our femininity in righteousness. A mindful woman will regard the following above all.

1 Esdras 4:35 Is he not great that maketh these things? therefore great is the truth, and stronger than all things.

V36 All the earth calleth vpon the truth, & the heauen blesseth it, all works shake and tremble at it, and with it is no vnrighteous thing.

V37 Wine is wicked, the king is wicked, women are wicked, all the children of men are wicked, and such are all their wicked workes, and there is no trueth in them. In their vnrighteousnes also they shall perish.

V38 As for the trueth it endureth, and is alwayes strong, it liueth and conquereth for euermore.

V39 With her there is no accepting of persons, or rewards, but she doeth the things that are iust, and refraineth from all vniust and wicked things, and all men doe well like of her workes.

V40 Neither in her iudgement is any vnrighteousnesse, & she is the strength, kingdome, power and maiestie of all ages. Blessed be the God of trueth.

V41 And with that he held his peace, and al the people then shouted and said, Great is trueth, and mightie aboue all things.

- A women's strength lies in the truth and that's what a mindful woman is going to know. Yes, she will use like Judith and Esther but they used it with wisdom. When we have the guidance of wisdom with us then we're right, we are nothing without God.

Proverbs 14:1 Every wise woman buildeth her house; but the foolish plucketh it down with her hands.

- Right now, us women are building our house. We lay our bricks with intention. The foundation of our house needs to always be Christ

Isaiah 33:6 And wisdom and knowledge shall be the stabilize of thy times, and strength of salutation: the fear of the Lord is his treasure.



Luke 14:28 For which of you intending to build a tower, sitteth not down first, and count the cost, whether he have sufficient to finish it?

- When we're building this house we have to count the cost. It takes sacrifices, tribulations, sleepless night. Can you endure that? You signed up for this to be a wife, a mother, and if you're single follow after the footsteps to one day be a wife. It's not easy to be a wife, a mother and it's not easy walking in this truth

Matthew 7:24 Therefore, whosoever heareth these sayings of mine, and doeth them, I wil liken him into a wise man, which built his house upon a rock:

- Right now, Christ is our rock, let your foundation be Christ. That's what's going to allow you to say hey, I counted the cost I can do this. H gave you a contract and it has everything written in it and you signed the dotted line. Now, we have to live up to that.

Matthew 7:25 And the rain descended, and the floods came, and the winds blew, and beat upon that house: and it fell not, for it was founded upon a rock.

V26 And everyone that heareth these sayings of mine, and doeth them not, shall bee likened unto a foolish man, which built his house upon the sand:

V27 And the rain descended, and the floods came, and the winds blew, and beat upon that house, and it fell, and great was the fall of it.

- This is the scourges and trials beating at your house. Satan is beating at your door to try and break your house down. But if your house is built upon a rock, it's not coming down. But if you build your house with your own understanding without Christ it's not going to stand and Satan will come at the right time and your house will fall.
- We are nothing without God and Christ and a mindful women will know that. She will be intentional with how she lays her bricks and how she moves. That's why it's written she has to be vigilant because who is trying to get in? Who is trying to break that house down? Satan.
- Like Bishop Kani said, you're looking at one little incident, but the play is two years down the line. You have to step back sometimes and look at the bigger picture. You have to be able to see Satan and his devices and what he's trying to do.

Segment Three: Discretion

Speaker: Sister Shamarah

- I want to read-on something that Eliora sent me before asking me to speak.

Romans 8:6 For to be carnally minded, is death: but to be spiritually minded, is life and peace:

- We have to be able to separate the carnal woman from the spiritual woman. If we want to be the mindful woman then we have to make sure we are applying the laws of God in our daily practice so that we can grow spiritually and separate ourselves from the carnal.



Speaker: Sister Eliora

- This exactly what I was touching on when talking about that mindfulness because within ourselves we have these thoughts, feelings and bodily sensations that are carnal. But when you're mindful of these things you set these scourges in place that will allow you to be vigilant, watchful while praying, and to always be self-aware and examining because you can never grow if you're not acknowledging what you're dealing with.

Sirach 26:13 The grace of a wife delighteth her husband, and her discretion will fat his bones.

- The discretion of a wife to fulfill her husband. Basically, she has the self-awareness she reads spirits, she knows there is a time for everything.

Proverbs 7:11 (She is loud and stubborn; her feet abide not in her house:

- We need to have discretion and be preserved so that Satan will not take us.
- Why is this significant? Because God of the heavens and the earth, the ultimate power founded the world off of wisdom. He stretched forth the heaven using discretion and wisdom is the foundation of life, it is a principle thing. This goes back to acknowledging your maker, we are nothing without God. That's why we have to constantly seek out God.

Speaker: Sister Shamarah

Discreet: Careful and circumspect in one's speech or actions. Especially in order to avoid causing offense and gain advantage.

- This is important for a mindful or wise woman to have discretion.

Titus 2:3 The aged women likewise, that *they be* in behavior 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.

- Talking about the mindful woman, the woman that is alert or focused on the commandments of God these are characteristics that we all must uphold.

Speaker: Sister Eliora

- This reminds me of the scripture of one who knows beheld his tongue. This reminds me of Abigail. She was discreet and did not bash her husband, she acknowledged him, revered him, and also understand there was an error in his ways but was discreet about it.



Jeremiah 10:10 But the LORD *is* the true God, he *is* the living God, and an everlasting king: at his wrath the earth shall tremble, and the nations shall not be able to abide his indignation.

V11 Thus shall ye say unto them, the gods that have not made the heavens and the earth, *even* they shall perish from the earth, and from under these heavens.

V12 He hath made the earth by his power, he hath established the world by his wisdom, and hath stretched out the heavens by his discretion.

- The foundation of this world is wisdom and discretion. When you fear God you acknowledge all these things, this gives you the wisdom because you're acknowledging where you come from. When you read about all our foremothers, they had an extreme amount of wisdom and understood God.

Isaiah 33:6 And wisdom and knowledge shall be the stability of thy times, *and* strength of salvation: the fear of the LORD *is* his treasure.

- A mindful woman is a woman of God, she reads therefore knows God, can maneuver through tribulations because she looks to the things written aforetime, she follows the good examples and remains cautious to avoid making the same mistakes written of. She takes heed to the words that are written and acknowledges the purpose given to her by her maker. Because she remains in the spirit she allows God to inform her and mold her to Gods model of the perfect woman.

Final Segment: Foresights of a Mindful Woman/Video Discussion

Special Guest Speak: Sister Shamarah

- I wanted to share a video from Tallahassee school. I wanted to start by letting everybody understand we are under attack. We are in the midst of spiritual warfare and that marriages is the fundamental of a nation. So, families have to be intact, marriages have to be intact, so we have to make sure we are doing our part to keep the marriages intact.
- In Romans 2:21 it says that when you teach you teach others so although I've been married for a long time we're constantly learning.
- So, as Eliora explained as mindful woman going back to Titus 2 one of the characteristics is the aged woman have to teach the younger women is to be discreet. So, in this video A Righteous Woman's Guide to being a Perfect Wife it talks about the characteristics of being prudent.



Prudent: Acting and showing care for the future. To be discreet, to be intelligent. That's one of the characteristics of a mindful woman.

- In the clip he says do you ever consider you husbands thoughts and feelings? Or is it just your own way? The scriptures mentioned were, Proverbs 19:14, Proverbs 15:10, these are things that we need to take into consideration to be mindful woman unto the Lord. It will not kill you to not always have the last word, you will not suffocate if you have to apologize. You will not die if you have to say thank you or show gratitude, it will not kill you to be humble before a man of the Lord. You do have the capacity to do it you just have to have the will to do it.
- So, if you want the kingdom you need to conform to these things. He's letting us know, according to the scriptures that these are the things that men want in order to make us a perfect wife according to the scriptures.
- I smiled when he said if he doesn't like the decorations then change it. Here's a little story, we get new furniture, and I didn't think it fit a certain way, so when the guys came to drop it off, I let them put it that way in concern of where it was going to fit. So, I came home after it's already been delivered and Bishop had already changed it, so I look around and go "okay, it's his house. He changed it, it is what it is." Don't make a big stink out of it, its decorations, it's furniture. He is the head of his house and has the final say. It's little things like that people take for granted and nitpick. You have to make a decision, is it worth the fight? Don't sweat the small stuff. Don't pick and nick and nag and do different things like that because it is annoying.
- I have done a lot of counsel in the past month. So, I thought what better way than have a prophet of God explain a righteous woman's guide to being the perfect wife.
- A couple of things that he said were, the moral of the story, don't be annoying. A mindful woman knows a time and place and will not nag and annoy. None of us is perfect and ere all trying to get right Don't let the devil tear your marriage apart.
- A lot of us can't see how great your marriage actually is and what a wonderful God-fearing man you have in your life.
- I think that all of us should take a moment to reflect on that and be mindful on the self-reflection.

1 Peter 3:1 Likewise, ye wives, *be* in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives;

- So many of us is focused on outwards appearance that we're not doing the work that's necessary to prove ourselves worthy to be beautiful on the inside.

1 Peter 3:4 But *let it be* the hidden man of the heart, in that which is not corruptible, *even the ornament* of a meek and quiet spirit, which is in the sight of God of great price.

- This goes along with proverbs 31. This in itself is a characteristic of a mindful/spiritual woman. A lot of us do a lot of pretending. There are a lot of hypocrites in the body, and we are pretending to be people in the body that we're not. One of the things that we should not do is be a hypocrite. The Lord hates that.



Philippians 2:12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

- You know what? No one can see you when you're acting out at home or acting out at work and so forth. So it's really important to reflect on being mindful women of the Lord. The scripture says not in my presence only. What are you doing at home when other people can't see you? Are you still being the God-fearing wife, God fearing mom, and are you being a righteous example to your children? That's part of being mindful. You want people to see you, not just the false narrative but that it really needs to be who you are.
- The spirit of integrity is that you say or do and you're consistent about it. Being mindful is being consistent in your words, actions and deeds. Marriage is a lot of work; my parents have been married for 55 years and the Bishop and I have been married for over 30 years. But a marriage is a lot of work.
- There is a quote that says marriage is not a noun it is a verb. A verb is an action word it isn't something that you get it is something that you do. So you need to do the work that is required of you and have a successful marriage.
- I'm going to paraphrase 1 Peter 3 about us being heirs together and that we do things so that our prayers are not being hindered by the things we are not doing. Meaning you are not willing to do the work that is necessary. This is part of being mindful. Mindful of the scriptures and the application thereof. So, when the bishop says, study pray and apply it actually has to be an action that you are taking day by day, minute by minute. The scriptures do say we repent daily but you have to keep doing it over and over again as we rehearse the righteous acts.
- I found an article about couples who have been married for over 50 years. One of the things was about the ability to keep the peace. You don't always have to have the last word or be right. You need to be able to keep the peace thus saith the ord. Make sure you and your husband are constantly growing. One of the detriments to a healthy marriage is that one person just gives up. Spiritually the two of you are just one flesh. You still need to spiritually grow together. Obviously, you will never be on the level of your husband because he is the leader of your household, right? But you need to be doing your own studying, your own application.
- You need to be a role model for other women, especially if you have daughters according to Ezekiel for as is the mother so is the daughter, it is really paramount to do the things that are necessary to be a positive influence in your daughters' life. If you don't have daughters there are spiritual daughters, aunts, mothers, etc. It is important that you show your love to your spouse, sometimes every spouse has different needs, you need to learn what your spouse actually likes.
- You do not keep score, meaning that you're not going tit for tat or holding grudges because that's what the scriptures says we're not supposed to do. If we're doing some of these things we need to cease and assists. Another thing that couples married over 25 years have learned is that they keep laughing, you have to be able to laugh and joke, everything can't be serious all the time.



- Don't sweat the small stuff, just married woman fussing about socks on the floor, dirty laundry and things like that; thank God you have dirty socks to pick up, a house to cover your shame, thank God you have a man in bed that loves you, right? Thank God for those children that he gave you. Don't sweat the small stuff, if you keep sweating the small stuff the small stuff becomes big stuff and then that causes problems in your marriage.
- Things I used to worry about 20 years ago I don't even blink an eye concerning them anymore. If it doesn't bother him it don't bother me so don't sweat the small stuff. Men also, apart. of there love language is respect. They look to respect. Women want love and men want respect. That's how they live, off of that. Men also want support; they want you to support them in their efforts.
- You have to ask yourself, if you're trying to be or your goal is to be mindful woman that you need to be supportive of your husband. Then, you need to make sure you keep your friendship alive. You and your husband should be friends. That's part of being a mindful woman. The scriptures say to prove a friend, for those of you who are married you know he changes you change but those of you who have done it right know you have a friend for life. You need to be able to support them through good times and trough bad times. I often counsel woman and say, you need to be creating good times. That way when there are bad times you have things to look upon and ponder about, to smile to laugh to joke about because you have all these things. Let me tell you something, the years go by in a flash. The scriptures say a day to the Lord is a thousand years, so for us as you get older time just passes by so quickly. So don't waste a minute of it being unmindful of the things you are responsible for as a wife, a mother, a helpmate and pillar of rest.

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

V10 That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God

- That's my prayer for you ladies, that you walk worthy of the Lord unto all pleasing, being fruitful (maintain the fruits of the spirit) and every good work and increasing in the knowledge of God. That, therefore so you will be able to be a mindful woman unto God and Christ.

Video Links

First Video: The Righteous Woman's Guide to becoming a Perfect Wife

YouTube: <https://youtu.be/eLf-kzOmyLA>

Time Stamps

28:20-39

36:00-41 49:25-51:30 58:00 – 1:02:25