

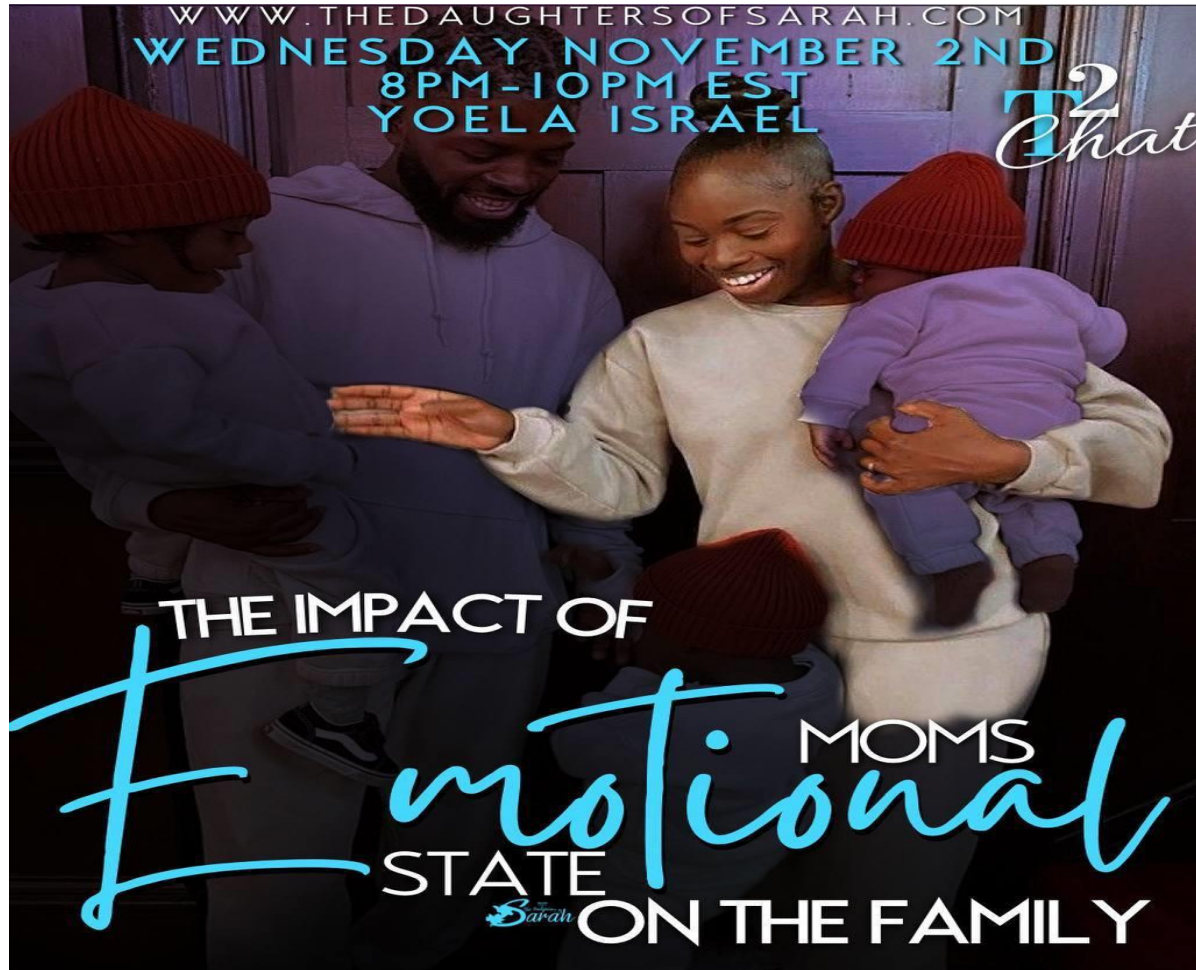


Topic: The Impact of Mom's Emotional State On The Family Pt-1

Event: T2 Chat

Date: November 2, 2022

Host: Sis Yo'ela H. O. Deacon Isaac



Sister's want to work, if our husband's want us to be in the workplace that's one thing; but our husbands are insisting for us to stay home and we are like " No, No, I just need to be at work" We don't view our home life as work. It's really undervalued.

We neglect our homes, and have a hard time accepting that being the keeper of the home is the highest Achievement for a woman: good wife, a good sister, a good daughter.

Our emotional state can be positive or negative. Our positive impact is if we exemplify all of these attributes that are mentioned in the scriptures that we go over week by week.

We will have a negative impact if we are the type of women with attributes of the world. Such as, wanting to wear the pants in the family or having that 'Babylon independent black woman spirit;' or thinking it's ok to get a divorce, or to be a dragon at home.



"Keep in mind who your parents are... "

Who do you feel like your real parents are?

Your parents have a lot to do with your success and the way you operate as a person.

We look at celebrities as our influences, but we have to look at the prophets as being even bigger and greater; they're doing more, they are the gods upon the Earth.

What type of influence are you making on your children, your husband, your sisters, your siblings?

We need to make sure we are really evaluating what we're doing in our homes.

"Now we are going to go into all the attributes of what being good is."

Proverbs 31:25-30 (KJV)

[25] Strength and honour are her clothing; and she shall rejoice in time to come.

[26] She openeth her mouth with wisdom; and in her tongue is the law of kindness.

[27] She looketh well to the ways of her household, and eateth not the bread of idleness.

[28] Her children arise up, and call her blessed; her husband also, and he praiseth her.

[29] Many daughters have done virtuously, but thou excellest them all.

[30] Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised.

These are scriptures that we read all the time. We have to make sure that we are constantly in the milk!

We need to constantly remind ourselves how we're supposed to conduct ourselves as women.

"We need to be strong. We're not going to say we're strong as in 'I'm a strong' black woman in the world..."

We are going to reclaim the word the Bible says that we need to have strength, when I think of strength I think of a mother and a wife and a good wife and a good sister a good daughter I think of the mother in Maccabees when I think of strength that's what I think of I don't think of the strong black independent woman that has been placed on us by society. " – Yo'ela

Strength refers to the ability to withstand great force. The ability that we had overcoming birth, illnesses, deaths in the family, healing, trials and tribulations.

Honor means high respect; we should be adhering to what is right that is an honorable woman, she adheres to what is right.



Wise- having or showing experience, knowledge and good judgment. It's going to take you years to become a wise woman because it says that you have to have experience. If you're just coming in the doors a couple of months or a year ago, give yourself time to go through experiences such as "life in a skirt", life in fringes, life as a repented woman to deem yourself as being a wise woman. Wise women listen to otherwise women. You can't come into this truth thinking you have worldly experience and think you're so wise here. As a repenting Israelite woman you have to give yourself time to lay your foundation and acquire experience as a repenting woman. Having good judgment is going to take time, to gain knowledge and good judgment when certain situations arise, these things take time. When you come in, give yourself that time you don't have to run and jump into certain things. You should just be quiet and apply.

Kind is compassionate, merciful, selfless and friendly.

It says she looketh Well to the ways of her household that means home management...we have to take delight in managing our homes.

There should be a sense of order, calmness, and peacefulness in our homes. Have it smelling good. That will eliminate anxiety we us complain about.

She eateth not the bread of idleness. We all know that Idleness is being lazy; not prioritizing but procrastinating. Not having anything to do, not setting projects for yourself, not setting goals for yourself.

Her children rise up and call her blessed and her husband also. How many women love when their husbands call them blessed? When he is like "wow" my home is in order everything is calm everything is peaceful. You have been putting your foot in the food lately."

"Many daughters have done virtuously but thou excelleth them all." Virtuous is having high morals and standards. And it says, many have done well but she excels them all means many daughters have done well but your standards are higher.

You aim to please your husband, you aim to make sure your kids are taken care of and educated to the best of your abilities, you are excelling all of those other people who are deemed to have high morals and standards in the world.

Favor is deceitful and beauty is vain but A woman that fears the Lord she shall be praised. Your good looks will not get you in the Kingdom. Bottom line. Of course we want to be beautiful. Our beauty cheers the countenance of men. We should make sure we have good hygiene and look



neat and put together as beautiful daughters of Zion but that alone will not get you into the kingdom.

Proverbs 9:10-12 (KJV)

[10] The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.

[11] For by me thy days shall be multiplied, and the years of thy life shall be increased.

[12] If thou be wise, thou shalt be wise for thyself: but if thou scornest, thou alone shalt bear it.

You cannot obtain all the attributes from proverbs 31 if you do not fear the lord. If you do not fear the lord, you are not treating your family with the utmost respect, love and care.

Without that fear you are neglectful you're hateful towards your family and there will be a consequence for that.

Titus 2:3-5 (KJV)

[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;

[4] That they may teach the young women to be sober, to love their husbands, to love their children,

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

Sober minded means managing things in a calm, thoughtful manner, not being so rash and not so impulsive.

Being grave is being serious.

Being temperate is even tempered. We can't let people come around and push our buttons. We have to be even tempered.

Sound in faith, it's for the men but it does say likewise so these are attributes we need to adopt as well we need to be sound in faith, so we could teach each other and teach our children this will come in time. You must lay a good foundation for yourself in this truth. Know your history. Make sure you're studying the milk. "The milk makes the simple wise." Do not neglect the basics no matter how long you've been in the truth.

In order to be teachers of good things we have to make sure we are studying the milk.

Love their husbands, to love their children; loving our children is definitely something that needs to be taught. We need to be picking their brains making them sharp, we need to talk to them;



make sure they're talking to us. Make sure we have an open line of communication. Spend time with them, take them to the movies, have dates with your kids, learn them. Don't just give all your attention to the younger ones, the older ones need a whole bunch of your time as well. Tell them that you love them, show them that you love them.

Isaiah 33:6 (KJV)

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

Wisdom, knowledge and keeping the commandments is what keeps us stable. In reality we are not stable.

1 Timothy 2:14-15 (KJV)

[14] And Adam was not deceived, but the woman being deceived was in the transgression.

[15] Notwithstanding she shall be saved in childbearing, if they continue in faith and charity and holiness with sobriety.

What Is Emotional Instability?

The inability to think rationally, the unwillingness to do the right thing. What causes you not to be able to think rationally is sin. Eve's sin was passed down, that's why we're in the situation we are in now.

Sometimes the things that we are plagued with in our minds is a choice. Sometimes it's a choice or the unwillingness to do what's right because we are overtaken by our emotions and our feelings, or we think so highly of ourselves we can't think straight.

Yes, there are chemical imbalances yes there are cause and effect but a lot of times we choose to be angry sometimes we choose to have this anxiety because we have done it for so long it's comfortable.

Isaiah 33:6 (KJV)

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

If we are dealing with certain things like anxiety, depression, bipolar disorder, gossiping, murmuring, evil surmising, emulation, being neglectful, easily offended, no fruits of the spirit, no joy, no peace, no temperance, you can't long suffer for nothing, anger, PMS controls you,



menopause controls you, PTSD (which is living in the past) these things keep us unstable and irrational.

When we are experiencing those behaviors, we need to meditate on the scriptures so we can become stable.

Anxiety

Anxiety disorder is a mental health disorder characterized by feelings of worry, anxiety or fear that are strong enough to interfere with one's daily activities. It's a mental health disorder of worry! If you deal with this pull up the scriptures on faith and meditate on them.

Anxiety disorder is a group of mental Health disorders that include generalized anxiety disorders, social phobias. For example: you worry so much that now you cannot go to the Sabbath anymore or new moons. Having thoughts of "what if I get covid, what if this happens, what if that happens, you live in a state of what **if**". Those times the anxiety will prevent you from being around or keeping the commandments or congregating. We don't have time to just be worrying all the time. We have to plan for a pandemic. We can't worry about it because we already know the end, this is a fixed fight. We need to focus on keeping the commandments so we can be a part of that great day... so we can be on those chariots!

What kind of an impact do you think that will have on your family's lives when the mom or a brother has a wife that constantly is in a state of worry that lacks total faith? What's the outcome of that? They will inherit it too. You will become unreliable to your husband, and you will be stressed for your husband. If we are living in a state of fear we're really not studying or we're in sin. We could be dealing with anxiety because we gossip, we're letting all this unimportant information into our spirit.

Now your husband is stressed to the point he can't even do the work like he wants to because he knows he has a wife that is so worried to the point where she can't even take care of her kids.

Video of T. V show Dahmer episode 8

*DISCLAIMER: IUIC does not own the rights to this video, this is for educational purposes only (beware of pop-ups).

<https://sflix.to/watch-tv/free-dahmer-monster-the-jeffrey-dahmer-story-hd-88348.8980231>.

<https://www.imdb.com/title/tt14359218/>



"Just want to show the part that his parents played in his life, and the cause and effect of how we raise our children and the things we expose them to can affect them later in life. This example is extreme, keep in mind these are Edomites, Devil's!

The episode is about Jeffrey Dahmer's father asking him why he turned out this way and he tells him different things about his childhood that contributed to it. His father was in denial about it and him having any involvement on how he turned out. By the end of the show Jeffrey's father had an epiphany and admitted that he was neglectful, and he always ignored him when he wanted to talk. So we need to be mindful to let our kids talk and let us know what's going on in their minds.

Think about all the things we have exposed our children too on a smaller scale. For example smoking around your children, drinking around your children, abusive relationships, arguing around your children, dropping your kids off at family members houses that you know aren't worthy of them to even come in your own house, but since you needed a babysitter, you took them over there and you didn't know what they were being exposed to over there. Now their spirit is being opened up to all these types of demons.

"From these different exposures you know 10, 15, 20 years down the line they may want to stop keeping the commandments and leave the truth from things that they may have been exposed to; example they may have seen a porn at a young age and are overtaken by lust that they've been dealing with."

Our influence on our children is huge!

If all you saw was your mother being a dragon in the home, you're going to have dragon tendencies dying to come out or your respect level for your husband is not going to be where it should be.

Having anxiety teaches your children to have an "I can't" attitude and invokes fear in your children. Your children would then start to cry all the time depending on the age group that they are in, or they will always have these types of tantrums and meltdowns. They may also have problems engaging in school.

Philippians 4:6-8 (KJV)

[6] Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

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



[8] Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Bipolar Disorder

You might need medication. Learn to be self-aware and how to manage your disorder. Bipolar is a disorder associated with episodes of mood swings ranging from depressive lows to manic highs.

****Showed a video of. Bipolar mom managing Bipolar disorder****

So although she had the disorder, she displayed the fruits of the spirit which kept her stable and in order.

When you are the home manager; The Keeper of the home and you are experiencing these random highs and lows it can come off as you being unstable. Unreliable to your lord he never knows what he's going to get he doesn't know if you're going to be happy today or sad today and people don't have bipolar disorder, but they act like it. You don't have control of yourself, or your emotions and you think so highly of yourself. You think you could just be this way; it's not nice and it's not fair.

Galatians 5:22-23 (KJV)

[22] But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

[23] Meekness, temperance: against such there is no law.

We want to make sure we are dependable, and we are communicating. We can be informative to our husbands and let them be certain that " if she's about to have an episode she's going to at least tell me and that's why she's in her room deep breathing, maybe listening to a class, maybe doing something to make sure she's becoming even tempered again".

Isaiah 33:6 (KJV)

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

There is a scripture in this Bible for every emotion, every mood and everything that we're going through. We just have to seek it out and apply it.

"I feel this way, but this is what the Bible commands me to do"



Psalms 1:2 (KJV)

[2] But his delight is in the law of the LORD; and in his law doth he meditate day and night.

"So if you have this disorder you need to be meditating on the peace of God day and night so if you are having this 'happy high or crazy Mantic low' the law of the Lord is going to keep you at an even tone."

You have to pray to be sober minded! Seek council, if necessary, there is safety in council. If you are all over the place in your mind being scatterbrained apply the scripture of seeking counsel. Don't be hasty. Call your lord, find out and see how he wants you to manage the situation. If you can't contact him, call a sister that you look up to that has some wisdom and experience.

Joshua 1:8 (KJV)

[8] This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

In order to have good success your mind should be on the scriptures.

Depression

Depression comes in a very broad range it could be from postpartum after you have a baby, you can become depressed if you're grieving, if you're sick or someone else is sick, you can be depressed for whatever. (I'm not referring to clinical depression where you may actually need to take medication or see a psychiatrist or anything like that).

Depression is a mood disorder characterized by lowering of mood, loss of interest and enjoyment, reduced energy. It is not just feeling sad. There are different types of symptoms of depression there are varying levels of severity and symptoms related to depression. Symptoms of depression can lead to increased risk of suicidal thoughts and behaviors. That is definitely a spirit we really need to work on. As parents what do we think this would do to our children... it will rub off. When you feel these types of feelings, the spirit of sadness and low energy, things like that coming on, you're going to have to have a game plan for yourself to pick your spirit back up.

Nehemiah 8:10 (KJV)

[10] Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.



Just being woken up out of the darkness, having this lifestyle that our for parents walked and walking like them, and knowing what's to come. Knowing that we have a chance to be there on that day, knowing all these things that we are learning in classes should give us joy. Knowing what the Most High brought you out of and brought you from. Knowing that we have another chance to get it right, another chance to repent. If you deal with depression, get a poster board so every day you can get up in the morning and the first thing you see is the reasons why you're happy write on their things that give you Joy, encouraging scriptures things that will bring you that light when you're in a dark place.

Write whatever triggers words will bring you out of that dark place and trigger positive thoughts.

" I'm Happy because... "

" The joy of the lord is my strength"

"I Enjoy this..."

Chemical imbalances and hormones are the same thing, so you have to counteract those things and replace them with things like oxytocin and serotonin by exercising to release some of that depression, eating right, sleeping, talking; different things that release the good hormones to counteract and bring that balance back.

You have to do physical work and spiritual work when you're depressed to get out of that space. When you're dealing with depression, that Spirit of neglect can separate you from your family, sisters, it can have an impact on anyone that you encounter. Sometimes when you're depressed you don't want to get out of bed, when you have children, you don't have that option but sometimes people let that Spirit take over and if the spirit is so strong on you, you're actually not going to get out of bed; And the kids are left to themselves. Now you're being negligent. You need the sunlight, open the curtains, do not be in a dark place that will further the sad feelings. People who suffer from depression can get to a state where they're not cooking, they're not cleaning. Sometimes you can go to a sister's house, and you'll know that they're depressed when you look around and that's when you need to have an intervention and be your sister's keeper.

Ecclesiasticus 25:23 (APOCRYPHA)

[23]A wicked woman abateth the courage, maketh an heavy countenance and a wounded heart: a woman that will not comfort her husband in distress maketh weak hands and feeble knees.

With that heavy countenance you're going to be classified as wicked.

Having these disorders is not a pass, if you're applying the scriptures, you're going to manage your home and be a keeper of that home. You're going to fight because we are strong!

Shalom, Most High and Christ Bless