



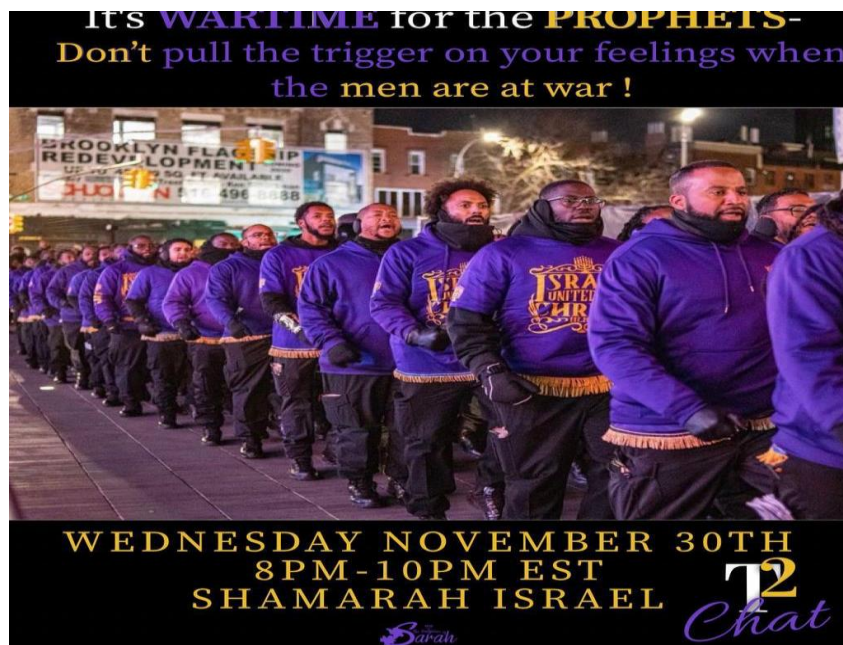
**Event:** Titus 2

**Topic:** CHECK YOUR EMOTIONS! It's WARTIME for the PROPHETS:

Don't pull the trigger on your emotions when the men are at war!

**Hostess:** Mama Shamarah Israel

**Date:** November 30, 2022



**Mama Shamarah**

Shalom ladies Most High and Christ blessed, thank you for joining tonight's Titus 2 chat. I want to start off with a quote: "Watch your thoughts for they become words, watch your words for they become actions, watch your actions for they become your habits, watch your habits for they become your character, watch your character for it becomes your destiny.

**Psalms 139:23-24 (KJV)** Search me, O God, and know my heart: try me, and know my thoughts: 24 And see if there be any wicked way in me, and lead me in the way everlasting.

**Isaiah 55:8 (KJV)** For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord.

We are all keen to think wickedly. Tonight's conversation is about women and our emotions and how they can get the best of us. Women are very emotional, we get caught in our feelings, we are often reactive rather than proactive and we make decisions based on our thoughts and



feelings on a whim. Based upon comments, based upon live interactions with our friends, frenemies as well as things that affect us on social media. Recently through my travels and through counsel with various women throughout the world I have realized that it's not only me but it's a lot of us who have issues with reigning in our emotions. We are living in a monumental time and there are certain conversations that really bring up the fact that a lot of us have lost hope, a lot of us are in despair, there is a spirit of fear and a lack of faith. Now of all the monumental events that have transpired in the past couple of months and past couple of weeks with the men of Israel United in Christ. There are things we need to talk about because our emotions cannot interfere with the work of the Lord. I myself, from time to time will break out and cry, it might be a change of life, I've got a lot of stuff on my plate, a lot of you are dealing with that. I'll find sometimes I'll cry in the car or cry in the shower there are things that really upset me. Most of it is because I tend to overthink and I hold a lot of my emotions in. Recently my daughter and I went to the nail salon and just as I was leaving the gentleman doing my nails confided in me something that was going on in his family. I got very quiet and asked Nasya to drive home and the minute I got in that car I broke down crying. So sometimes we need to be able to contain ourselves. Sometimes some of us weep, there are a lot of us going through a lot of stuff. But right now we have to ask ourselves:

- What triggers you?
- What are your triggers and why are you not at peace?
- What are you thinking about?

**Philippians 4:8 (KJV) 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.**

Oftentimes this scripture comforts me when I am going through my emotional phases because when you are in the process of overthinking looking around thinking something is not right, you need to ask yourself is this emotion that I am feeling right now true, is it honest? Am I being honest with myself about the circumstances? Does my husband hate me? Are my friends really backstabbing me? Is this person really out to get me? A lot of the time we tell ourselves stories that are not true. Is this conversation just? Is the conversation that I am having in my own head pure? Is my conversation with myself lovely, is it of good report? Would you have that conversation with someone else in the body? Is this conversation that I am having in my head right now in my emotional tirade a reflection of me as a virtuous woman and is it of any praise? The last part of the verse says to think on these things, if you think on these things and they are not true, honest, pure, lovely, of good report, or virtuous or not bringing praise to the heavenly father in your works then these are things you need to stop thinking about. A lot of times we beat ourselves up with negative thoughts and negative feelings.



## *What is the nature of emotions?*

- Emotions come and go
- They are unpredictable in nature
- To start taking control of emotions you must accept that they are transient (Not always going to stay with you) Like children can be sad one minute and laughing the next. Same with adults.

You must accept and learn to let your emotions pass without feeling the need to strongly identify with them. Sometimes I can be in my feelings and furious. I had a conversation with a sister, and she was really mad at her lord and she was ready to go. What kind of conversation is happening in your head that you want to throw everything to the wind and leave? That's not the only conversation I had with a sister who was ready to leave her husband because she was angry. Where are you going to go sis? That should not even be mentioned amongst us. No matter how tough you think you are, including myself you will experience bouts of sadness, grief, or depression. Hopefully not all at the same time. There will be times you will feel disappointed, betrayed, insecure, resentful, mad as hell, and ashamed. You doubt yourself and your ability but that's okay because emotions will come but more importantly, they will go and when negative emotions come, we need to be able to let them go.

When your emotions come and go, your depression will also go, your sadness will vanish, and your anger will also fade away. People often ask me, "Shamariah are you okay?" Because I always have this game face on. Sometimes my game face is not on and I can go into deep thought and get stuck in an emotion for a while and it can bring upon sadness, feelings of not being good enough, feelings of being insecure. If you are depressed. If you are weeping. If you are stuck in a place and you sought counsel you may be in a depression and might need some medical help. Times to be aware of that would be postpartum depression, things dealing with your hormones. This is not something to take lightly, there are many sisters going through many emotions whether or not they are pregnant, premenopausal, just gave birth, living conditions, whether they are satisfied with marital status. It can be single sisters, married, young or older women. We as sisters need to be aware of the symptoms of other sisters falling into depression or having those negative emotions.

I was listening to a class at one of the Florida camps today and it was about depression. The brother was saying if you get into that spirit of depression you should reach out to your counselor of one thousand, watch videos and think about the benefits of being a repenting Israelite. But sometimes that's not enough you may need medical help, if you are on medication due to your mental and spiritual state please take your medication.

- Emotions are not here to make life harder, they are here to tell you when something is wrong or correct.
- Without emotions good or bad you would not grow.



**1 Peter 2:2 (KJV) As newborn babes, desire the sincere milk of the word, that ye may grow thereby:**

There are often times you may feel disappointment and shame based upon things you may have said and done. Based on those things you can grow and learn. Ok I shouldn't do that, don't address my lord this way. I disrespected my parents and I learned now by taking the milk and understanding the basics of the scriptures and not doing those things again.

**1 Corinthians 13:11 (KJV) When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.**

It is time for us to grow up and be spiritual adults and the only way to be a spiritual adult is to go through your spiritual childhood and part of that is going through your growing pains. Emotions just like a child come and go and you grow through some of those pains and then one day you wake up like my teenagers and they're like six foot tall.

- Growth requires us to do the spiritual work that is necessary

### *What triggers you?*

- Any word, person, event or experience that touches us and sends us off on an emotional reaction.
- An appropriate metaphor for what provokes us to “pull the trigger”
- Someone pushes your buttons; it could be a friend or husband who can set you off and make you say things you later regret.
- your reaction may not be normal to you, we lose personal power someone or something has hijacked our spirit.(inner demon in each of us which is why we need to do the spiritual work to grow)
- May cause us to exaggerate our feelings, reaction, and our beliefs
- A trigger can also be positive, stimulus arousing joy ,excitement, optimism. We are triggered with chills when we see the triumph of a winning team such as the men of Israel in creating the unity of the spirit.

[Brooklyn Blitz | Battle for the Birthright Recap](#)

I cannot stop watching that. Whenever I watch it, I can feel the hairs stand on my neck. I want everyone to understand we are witnessing history taking place. This is a historical event, the prophets are making history and it may not be in man's books but it is in God's books.



## *Reflection:*

1. What emotions did you feel?
2. Did you feel a sense of pride?
3. Were you scared or fearful?
4. What was your anticipation of the future?

For me the sense of pride in all the hard work these men have done to get to this point and all the classes leading up to this point warning us and telling us the future sends me a sense of urgency, loyalty, and wanting to do the right thing. I pray that all of you have those same sense of pride and virtues that the Heavenly Father wants us to uphold. I said all of that to say, let this be a reminder that we are at WAR.

Not something we are waiting for but we are CURRENTLY AT WAR. and have been at war for a very long time.

**Ecclesiastes 3:8 (KJV) A time to love, and a time to hate; a time of war, and a time of peace.**

**Exodus 15:3 (KJV) The Lord is a man of war**

He likes that thing and our lords like it as well because they know according to the scriptures that the battle is the Lords, and they know there is only one outcome and that is for us to be on top because it's already written.

But we have to do our part to uphold the men in battle. A lot of you may be living in “lala land” thinking it's not going to happen but all the things they set us up for and to acknowledge we may be sleeping. We need to be able to take those emotions, bring them to the forefront for the good and utilize and understand what our foremothers went through to help us with our various trials and tribulations and the war we are currently in. (Spiritual and not physical for now).

**Article: What Is a War Crime**

<https://www.met.police.uk/advice/advice-and-information/war-crimes/what-is-a-war-crime/>

- Leadership has been warning us of persecutions to come, a lot of us don't understand the persecutions to come. WE ARE AT WAR!
- Leadership asks if we understand and we say “yes” but that is why they are building us up so we don't have the spirit of fear, we don't bring our emotions to our lord and bring the spirit of fear on them because they need to be bold in the face of the enemy to take the Kingdom back.

**Matthew 24:21-22 (KJV) 21 For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be. 22 And except those days should**



**be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened.**

It's an interesting time we are living in and we all need to ask if we are spiritually and emotionally strong enough to handle it and if not we need to get there quickly.

**Matthew 24:6 (KJV) And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet.**

**Revelation 12:12 (KJV) Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time.**

**Revelation 12:12** says the devil knows he has a short time, because of that we have some very difficult time ahead so we need to be able to reign in our emotions. Meaning we need to be self-aware of what we are dealing with and who we are. As a spirit as an individual how do you maintain your composure? You can't change a problem or emotion unless you are aware that it exists.

- Self-Awareness - Your ability to observe your own thoughts, emotions, behaviors, without adding your own private interpretation.
  1. Do you have an anger problem?
  2. Do you cry at the drop of a hat?
  3. Do you have emotional outbursts
  4. Are you able to be corrected
  5. When your lord says move do you move?

These are things you need to be self-aware of and correct those things now as we face persecution down the line.

### *Storytime:*

So you are not going to be exempt, sisters, from war. Be mindful, be watchful, don't be simple. For years I walked around thinking these borders of blue and fringes sometimes were small. Nobody is really I am walking down the hallway at work not paying attention and I see this sister and she says "OMG! OMG! I know who you are!" and I'm like "Excuse me? Who am I?" and she says, "You are married to Bishop Nathaniel, the greatest prophet to walk the earth right now. and I'm like "well thank you." She starts going on this rampage about how she can't stand the office that she works in. How they are the devil the bible speaks of and she feels like she is in a prison camp, and that they are trying to persecute her. I had to remind her this is not our rest. They are doing exactly what the lord called and told them to do. While you are at work you are not there to make friends, you are there to do your job and get a pay check and take yourself home.





checking for me like that. Low and behold with all the events going on I say to the Bishop I wonder who is going to say something to me today. No one says anything, but I get the looks and the stare downs now that I didn't get months ago. So I want everybody to be aware and never trust your enemy. That means the chocolate covered ones, the vanilla flavored ones, all of them the scriptures say never trust your enemies.

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

- Don't be simple being the sister out on your follow instruction, follow leadership, follow the counsel and guideship of senior sisters you trust.
- Follow the understanding of your senior sister or counselor of a thousand. This is NOT the time ladies, WE ARE AT WAR for you not to accept or acknowledge the fact that you are a repenting daughter of Zion and you should not be wandering around this world clueless.
- This includes teaching your children who the enemies are and we are at war.
- Keep your emotions in check, make sure you are using wisdom and discernment wherever you go in the spirit of Christ.

**1 Timothy 2:1-4 (KJV) I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; 2 For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. 3 For this is good and acceptable in the sight of God our Saviour; 4 Who will have all men to be saved, and to come unto the knowledge of the truth.**

- With all the work the men are doing you are going to be a living example of what a repentant Israelite woman is. I've often said before that sometimes you are the only bible someone will ever get read. By your words, your actions, your attitude, how you carry yourself as a repentant Israelite woman. It is a very large responsibility and DO NOT take it lightly.
- When you feel like getting out of the spirit or your emotions get the best of you, think about how you can put a blemish on the ministry. Think about your brother putting their lives on the line and sisters, think is this the right persona I want to put on right now when I can't control my emotions at home where the application begins and when you're outside as well.

***What Happens During War:***

- War destroys communities, families, disrupts development of the social and economic fabric of society.
- Consequences of war are destruction of infrastructure, weakening economic and political institutions, major loss of human life, injuries, sexual violence, malnutrition, illness and disability.
- Post traumatic stress disorder, depression, anxiety, and emotional defects.



Leadership has been warning us about famine, diet, and exercise. Part of the effects of war will be failure of infrastructure. You won't be able to just hop in your car and go drive down to Walmart. Malnutrition of your children, you won't be able to go out and buy stuff to take care of your lord's house. Be prepared and BE PREPARED NOW. Because these are things that happen during war. Depression and anxiety are emotional effects of war.

**Romans 8:35-36 (KJV) Who shall separate us 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; we are accounted as sheep for the slaughter.**

- Counted sheep for the slaughter that is what leadership has been trying to get us prepared for. We need to be able to get our minds right so we may be able to overcome those things.

**2 Corinthians 10:3-5 (KJV) For though we walk in the flesh, we do not war after the flesh: 4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;**

- Our war is not carnal, it is spiritual, oftentimes sisters will say their lord doesn't spend time with them going over scriptures but you need to be able to practice that studying by yourself. You need to be able to manage your household and trust everything he taught you has set you up for this moment. So he knows he has your full support.

**1 Corinthians 7:29 (KJV) But this I say, brethren, the time is short: it remaineth, that both they that have wives be as though they had none;**

- That just means he is doing the work of the lord.
- It may sting because you want to be "boo'd up" with your man but there are times when it's war time. They don't have time to sit down with you and wipe our tears and the fact that you want to go out that's not the time.
- War time is not the time for that
- Make sure you are making good memories and have positive interactions with your lord that way when difficult time or when they have to go out on the battlefield, times they travel for, months at a time you have good memories
- A man needs space and peace from his woman to think and focus and how to outwit his enemies especially during a time of stress and spiritual warfare.

**Luke 14:31 (KJV) Or what king, going to make war against another king, sitteth not down first, and consulteth whether he be able with ten thousand to meet him that cometh against him with twenty thousand?**

- I want everyone to understand the mindset of leadership and the men that went out for the Battle of the Birth Right. That was a spiritual warfare that was wisdom, understanding. That took men to think and have a connection with the heavenly father. These are not average men that did that and the whole world knows that now about your lord, your kid.





The man that is leading you and your house. This happened to let the entire world know these are not ordinary men.

- If your man needs peace, I want to make sure you guys understand what that takes and the emotional context of what that means.

### *How To Give Him Peace:*

1. Be his #1 cheerleader. Love on that man.
2. Respect is a man's love language
3. Appreciate his efforts and be grateful
4. Don't look down on him
5. Resist the urge to talk back especially when he's angry
6. Address him properly – He is your lord, your man your king, no longer Pookie from the corner store.
7. Listen to him when he speaks
8. Pamper him and sex him up
9. Stop nagging and complaining, less criticism and more compliments
10. Give him space
11. Greet him and leave him with a kiss, Who's to say when the last time you will see your lord don't let it be with an attitude.
12. Pray with him and for him (Prayer covers a lot understand the power of prayer for your husband, he needs that)

Quote: “When a thought emerges from the canvas of your mind, if you don’t drop it, its pursuit will take the form of positive or negative.”

- you have a choice when you have a thought will it be negative or positive?



Psychiatrists say there are eight primary emotions that have been identified. Joy, sadness, acceptance, disgust, fear, anger, surprise and anticipation. Those are the emotions we go through on a daily basis. These are things we go through off and on and it depends on how we interpret those emotions that can get us through our day to day. Some of us are not well and don't understand how to be emotionally balanced. In times of stress and spiritual warfare you need to make sure you are emotionally balanced.

### *Signs of Emotional Wellness:*

1. You have the ability to talk to someone about your emotional concerns and share your feelings. (your counselor your lord who should be your #1 counselor)
2. Saying no without feeling guilty
3. Feeling content most of the time
4. Feeling you have a strong support system
5. Being able to relax and not always on edge
6. Feeling good about yourself and having a general positive self esteem
7. Do you see stress as something to learn from or avoid?
8. Are you aware of your bodily sensations, emotions, or behaviors when your stressed? (Some people when stressed are nasty and rude taking it out on others)
9. Do you allow yourself to experience emotions just as they are or do you become enveloped in anger, bitterness, are you overwhelmingly sad all the time?



10. How do you care for yourself on a day-to-day basis? Do you manage emotionally? Are you taking selfcare seriously? Are you making time for daily self-care? I.e. prayer?
11. Are you able to ask for help when you need it? Don't wait till you are about to explode before you get help with your spirit. If you can't address your lord, reach out to a sister! Make sure we are available for our sisters when they need to talk. It could be you one day.

### *Negative Emotions:*

- Anger
- Fear
- Sadness
- Anxiety
- Pessimistic
- Rage
- Afraid
- Annoyed
- Envy
- Mad
- Shame
- Resentment
- Depression
- Embarrassment
- Disappointment
- Pride
- Offended
- Contempt
- Hate
- Shyness
- Despair
- Stubborn
- Weak
- Rage
- Confusion
- Disgust

A lot of these things make us into bitter people making us angry and afraid and we become bitter. I want to talk about these negative emotions and use examples of our foremothers on how they were emotional and may have gotten out of the spirit.

### *Foremother Examples of Negative Emotions:*

1. **Eve:** Her emotion may have been pride, thinking she was equal to her lord. She had the sin of rebellion and pride. Rebellion is the sin of witchcraft.
  - Pride cause her to dishonor her lord
  - Thinking she was going to be equal to her lord
  - Dishonoring him by not obeying her lord

**Ecclesiastes 26:26 (KJV Apocrypha) A woman that honoureth her husband shall be judged wise of all; but she that dishonoureth him in her pride shall be counted ungodly of all.**

2. **Michal:** She had the spirit of disgust and spirit of hatred towards David
  - The men just came back from a great victory. This is not the time to look down on your lord and complain about the water, or new shoes or dress or that he doesn't take you anywhere. This is not the time for that.
  - We should be rejoicing in the fact that the men just got this great victory



- We should not have that spirit of Machal hatred, disgust, and complaining
- We are in the midst of spiritual warfare and that goes back to what is going to bring your lord peace.

**2 Samuel 6:16-20 (KJV)** 16 And as the ark of the Lord came into the city of David, Michal Saul's daughter looked through a window, and saw king David leaping and dancing before the Lord; and she despised him in her heart. 17 And they brought in the ark of the Lord, and set it in his place, in the midst of the tabernacle that David had pitched for it: and David offered burnt offerings and peace offerings before the Lord. 18 And as soon as David had made an end of offering burnt offerings and peace offerings, he blessed the people in the name of the Lord of hosts. 19 And he dealt among all the people, even among the whole multitude of Israel, as well to the women as men, to every one a cake of bread, and a good piece of flesh, and a flagon of wine. So all the people departed every one to his house. 20 Then David returned to bless his household. And Michal the daughter of Saul came out to meet David, and said, How glorious was the king of Israel to day, who uncovered himself to day in the eyes of the handmaids of his servants, as one of the vain fellows shamelessly uncovereth himself!

3. **Lot's Wife:** She had the spirit of covetousness. If the town is about to be burnt up, destruction is coming and likewise destruction is coming to Babylon where we are living right here is modern day Sodom and Gomorrah and you're looking back at your house, your car, your clothes that is a spirit of covetousness. Those are negative emotions and negative feelings we should not have mentioned amongst us.

- Our foremother Lot's wife was turned to a pillar of salt because she looked back.
- We can't take anything with us, just like with Lot's wife it will all be burned and destroyed here in Babylon.

**Genesis 19:24 (KJV)** Then the LORD rained upon Sodom and upon Gomorrah brimstone and fire from the LORD out of heaven; 25 And he overthrew those cities, and all the plain, and all the inhabitants of the cities, and that which grew upon the ground. 26 But his wife looked back from behind him, and she became a pillar of salt.

**Luke 12:15 (KJV)** And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth.

**1 John 2:16 (KJV)** For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. 17 And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.

4. **Miriam:** She was Moses' sister and she had the spirit of pride on her. Numbers 12 tells us had her father but spit in her face she would not be put out of the congregation for seven days.

- She had a spirit of pride, thinking she was equal to the men and she was not.
- Those are negative emotions, feelings of thinking you are entitled, feelings of



thinking you are better than.

- These are some of the emotions sisters need to be aware of. You need to learn your place and learn when you can say something and when you cannot. Miriam was out of order when she did that.

**5. Vashti:** She was the queen before our foremother Esther, she was having a party for the sisters and forgot who her lord was.

- She was not in subjection to her own husband
- 1 Peter 3 reflects on the example we have from our foremother Sarah in terms of how we should act.

**Esther 1:11-12;16-19 (KJV)**To bring Vashti the queen before the king with the crown royal, to shew the people and the princes her beauty: for she *was* fair to look on. 12 But the queen Vashti refused to come at the king's commandment by *his* chamberlains: therefore was the king very wroth, and his anger burned in him.

16 And Memucan answered before the king and the princes, Vashti the queen hath not done wrong to the king only, but also to all the princes, and to all the people that *are* in all the provinces of the king Ahasuerus. 17 For *this* deed of the queen shall come abroad unto all women, so that they shall despise their husbands in their eyes, when it shall be reported, The king Ahasuerus commanded Vashti the queen to be brought in before him, but she came not. 18 *Likewise* shall the ladies of Persia and Media say this day unto all the king's princes, which have heard of the deed of the queen. Thus *shall there arise* too much contempt and wrath. 19 If it please the king, let there go a royal commandment from him, and let it be written among the laws of the Persians and the Medes, that it be not altered, That Vashti come no more before king Ahasuerus; and let the king give her royal estate unto another that is better than she.

**1 Peter 3:3-6 (KJV)** Whose adorning let it not be that outward *adorning* of plaiting the hair, and of wearing of gold, or of putting on of apparel; 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. 5 For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being in subjection unto their own husbands: 6 Even as Sara obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.

**1 Timothy 2:9-10; 13-14 (KJV)** In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or



pearls, or costly array; 10 But (which becometh women professing godliness) with good works.

13 For Adam was first formed, then Eve. 14 And Adam was not deceived, but the woman being deceived was in the transgression.

- The reason I wanted to read these is because these are the negative emotions that cause some of the women in the bible to go through some hardships. There are lessons to be learned from the women I had mentioned.
- As I mentioned Eve early she was deceived and she was in her pride. Those are some of the negative emotions.

### *Self-Examination (Questions):*

1. Remember last time you experienced a negative emotion. Think of what you did or thought of that helped you to overcome the negative emotion.
2. How could I have changed my behavior to influence my emotions or behavior positively?
  - A. Activities that can rob you of happiness:
    - Excessive watching of TV
    - Social Media
    - Hanging out with negative people
    - Complaining and focusing on the negative
    - Comparing your life to others

There is a quote that says, “Comparison is the thief of joy” if you do that often you can be what they call a negative Nancy. Bishop often says they are spiritual vampires, where people want to suck the joy right out of you. We are NOT to be like that.

A negative person is sometimes like that. We all know them, we have been those people, but the scriptures say the joy of the Lord is your strength and that is going to help you get out of the negative funk you are in.

### *Positive Emotions:*

- Happy
- Love
- Gratitude
- Hope
- Confidence
- Calm
- Passion
- Faithful
- Inspired
- Cheerful
- Peaceful
- Relaxed
- Delighted
- Friendly
- Loving
- Insightful
- Optimistic
- Caring
- Tender





### **Article: 6 Behaviors Of Emotionally Strong Individuals**

<https://www.activebeat.com/your-health/women/6-behaviors-of-emotionally-strong-individuals/>

“Change. Some people take it in stride while others pout, cry, grumble, and fight it every step of the way. But have you ever pondered why some folks are able to effortlessly roll with the punches—whereas others fall apart at the very mention of impending change?”

“Adaptability in the face of stress, periods of instability, and change is a practice in emotional resilience,”

How can you become an emotionally strong person?

#### **1. Focus your attention on the positive**

- “Energy flows where attention goes,” “research discovered that individuals who experience positive emotions—such as love, joy, gratitude, and life satisfaction—tend to view life with greater possibilities, which broaden the overall sense of opportunity.”

#### **2. Embrace Uncertainty**

- “Oftentimes, in the face of change, a lot of undue stress stems from self-doubt about oneself” “Self-doubt often makes us hold tight to outdated habits and roles, and rationalize a situation to fit our emotional state because we’re afraid to fail, look bad, or take responsibility for more than we believe we can handle.”

#### **3. Practice Self-Compassion**

- “Most of us are used to offering compassion to others in the face of stress or tragedy, however, when it comes to granting that same self-compassion to ourselves, we often criticize and beat ourselves up mentally.” “It’s important to keep our emotions in balance when life doesn’t go as planned.”
- “According to [psychiatrists], it takes a 3-tiered approach—which is comprised of acknowledging your own suffering (and the self-criticism and judgment [you give yourself]), to remind yourself that you are human and imperfection is a part of that, and finally, to practice compassion toward yourself.”

#### **4. A Test of Willpower**

- “The study presented children with marshmallows in a test of impulse control. Each child was given one sweet with the promise that if they waited (and didn’t eat the marshmallow in front of them) they would be given a second marshmallow.”
- A lot of you have seen that test where parents put candy or whatever the kids like in front of them and say don’t touch it until I come back and some pass and others don’t.
- The ability to understand everything you do has an action or reaction to it. We need to have delayed satisfaction. Some of us don’t have will power. We don’t have the ability to say no and we want it now and for a lot of women that is what



- causes grief
- Some of us don't know how to go through the trial and the tribulation without complaining or getting what you want now.
  - Part of the process of growing is not getting what you want when you want it.

## 5. Let Yourself Experience Unease

- “[Unease is] tolerating discomfort in the face of anxiety, newness, and change. the ability to sit with discomfort not only helps you come to terms with change you can’t control, but also to make peace with it.”
- Understanding the Lord is in control of everything, when he wants you to be able to have a baby you will have a baby. Everything is in the lord's timing. When he wants you to get a new job you will, you have to be at peace with it.

## 6. Gain Valuable Perspective

- “There is much truth to the analogy of war—when you’re deep in the trenches, [and you're going through your trial or tribulation] it’s difficult to see the larger picture.”
- You may think I'm going to always be in this one bedroom apartment, when are we going to move out of here?
- “When we meet a challenging situation head on, it’s human nature for our fight or flight”
- Some people are not the fight, I like to leave some like to fight and claw their way out.
- “However, using the power of time as your ally can help you see past the short term unease, hindsight really is 20-20 which stems from the refusal to stop and examine why change is happening. Remember, feeling an emotion is not the same as getting caught up in it. So take the proper time, let yourself react, adapt, and accept change as you offer self-compassion. In the end you will grow stronger emotionally.”

**Romans 5:3-5 (KJV) And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; 4 And patience, experience; and experience, hope: 5 And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.**

**Tribulation:** Great trouble or suffering

**Patience:** Capacity to accept or tolerate delay, trouble or suffering without getting angry or upset.

To me a lot of us at certain points in our walk lack patience. It's not dealing with the tribulation, it's the last part of the definition; without getting angry or upset and that's where the emotions come in. We need to be able to channel in those emotions and not get angry or upset when things don't go our way.

**Experience:** We gain experience through going through those trials and tribulations and being



practical in our emotional observance in how things actually went down, the facts of events as they took place, and did we actually learn from them.

**Hope:** Is a feeling of expectation and desire for certain things to happen

**Not Ashamed:** Not embarrassed because of one's actions, characteristics and associations. We are associated with the men of the Lord. We are associated as the Israelites keeping the commandments thus say the Lord in the faith of Christ. Those associations Romans chapter 5 has a new meaning as we go through trials and tribulations and pending prosecutions, so we need to make sure we do maintain that hope and that we are not ashamed in Christ.

### *Foremother Examples of Positive Emotions:*

#### 1. Sarah:

**1 Peter 3:6 (KJV) Even as Sara obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.**

- Fear is a negative emotion that will catch us and we need to be able to maintain those things

#### 2. Abigail:

- She didn't get caught up in her feelings, she knew what had to be done and she did it. This was during war and David was about to lay it down and she understood let me not get all in my feelings.
- She knew her husband was foolish she made sure she handled it in the spirit and not out of emotion
- She had good understanding and self-control
- We need to be able to use those examples of women who controlled their emotions and not act out of the spirit.

**1 Samuel 25:3;18;35, 42 (KJV) Now the name of the man was Nabal; and the name of his wife Abigail: and she was a woman of good understanding, and of a beautiful countenance: but the man was churlish and evil in his doings; and he was of the house of Caleb.**

**18 Then Abigail made haste, and took two hundred loaves, and two bottles of wine, and five sheep ready dressed, and five measures of parched corn, and an hundred clusters of raisins, and two hundred cakes of figs, and laid them on asses.**

**35 So David received of her hand that which she had brought him, and said unto her, Go up in peace to thine house; see, I have hearkened to thy voice, and have accepted thy person**

**42 And Abigail hasted, and arose and rode upon an ass, with five damsels of hers that went after her; and she went after the messengers of David, and became his wife.**



### 3. Deborah:

- She was a woman of good understanding
- People misunderstand she knew her place, and was supportive of Barak
- She wasn't being out of order; people like to think she was over the men and she wasn't.
- A lot of women who were able to control their emotions were able to be in support of the men.
- What does support look like for you at home? As well as for the men in time of war?
- How do you support? Are you: Steaming garments, Preparing food? getting your lord's stuff ready so he is prepared for war when he needs to go out?
- Support may look different for each man of the lord we have to find out what that is in our own homes.

**Judges 4:4 (KJV) And Deborah, a prophetess, the wife of Lapidoth, she judged Israel at that time. 5 And she dwelt under the palm tree of Deborah between Ramah and Bethel in mount Ephraim: and the children of Israel came up to her for judgment. 6 And she sent and called Barak the son of Abinoam out of Kedeshnaphtali, and said unto him, Hath not the Lord God of Israel commanded, saying, Go and draw toward mount Tabor, and take with thee ten thousand men of the children of Naphtali and of the children of Zebulun? 8 And Barak said unto her, If thou wilt go with me, then I will go: but if thou wilt not go with me, then I will not go. 9 And she said, I will surely go with thee: notwithstanding the journey that thou takest shall not be for thine honour; for the Lord shall sell Sisera into the hand of a woman. And Deborah arose, and went with Barak to Kedesh.**

### 4. Jael:

- Sis did what she had to do
- Sometimes, especially now as trials, tribulations and persecution comes, you have to be able to defend yourself and your household, you can't be a scaredy cat.
- Women are going to have to be able to skin a chicken, you are going to have to use protection or be skillful in certain ways to protect your household.
- We can't be afraid and have to be able to keep our emotions intact.

**Judges 4:22 And, behold, as Barak pursued Sisera, Jael came out to meet him, and said unto him, Come, and I will shew thee the man whom thou seekest. And when he came into her tent, behold, Sisera lay dead, and the nail was in his temples.**

### 5. Shiphrah & Puah:

- The Bishop did a class and mentioned we as women need to visualize how they feared God more than man.
- Imagine they went into the pharaoh's house with armed guards, and they didn't let their fear or emotions get the best of them; they did what they had to do and that is what we should follow.

**Exodus 1:15 -18 (KJV) And the king of Egypt spake to the Hebrew midwives, of which the**



name of the one was Shiphrah, and the name of the other Puah: 16 And he said, When ye do the office of a midwife to the Hebrew women, and see them upon the stools; if it be a son, then ye shall kill him: but if it be a daughter, then she shall live. 17 But the midwives feared God, and did not as the king of Egypt commanded them, but saved the men children alive. 18 And the king of Egypt called for the midwives, and said unto them, Why have ye done this thing, and have saved the men children alive? 19 And the midwives said unto Pharaoh, Because the Hebrew women are not as the Egyptian women; for they are lively, and are delivered ere the midwives come in unto them. 20 Therefore God dealt well with the midwives: and the people multiplied, and waxed very mighty.

#### 6. Mother With 7 Sons:

- She witnessed all of her sons be murdered and then she was put to death.
- This is a story we should be very familiar with when it comes to not giving into the wiles of the enemy, and some of us may be put to death for the truth.
- Sometimes when fear comes upon you; you want to save your life, ultimately you're not going to be able to spare yourself and some of us will be put to death.
- Don't get so caught up in your feelings that you think this life is all that there is, it is not. Fear God that's able to destroy the body as well as the spirit.

**Matthew 10:28-33 (KJV) And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell. 29 Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. 30 But the very hairs of your head are all numbered. 31 Fear ye not therefore, ye are of more value than many sparrows. 32 Whosoever therefore shall confess me before men, him will I confess also before my Father which is in heaven. 33 But whosoever shall deny me before men, him will I also deny before my Father which is in heaven.**

#### 7. **Judith:** She was a widow and the emotion she had was courage.

- In all of the examples I've given they were times of war and persecution, likewise so was in the time of Judith they were under invasion.
- **Read Judith Chapter 7:20-25; 9:7-14; 13:7-11**
- In this story the water was turned off and leadership always says if the water was cut off in the projects people would lose their mind. So are you ready for that type of trial and tribulation?
- Judith is one of my favorite foremothers because she had beauty, brains, she knew what she needed to do to help save her people and she was able to accomplish that, and live out her days.



- If I could ask her a question it would be how did she maintain her composure without showing no weakness or vulnerability. That comes with faith and the power of prayer.
- She had a powerful pray that we also have to be able to bring that power of prayer without any fear, able to cry out to the father for our needs and things we have hope in the Lord.

**Judith 9:7-14 (Apocrypha)** For, behold, the Assyrians are multiplied in their power; they are exalted with horse and man; they glory in the strength of their footmen; they trust in shield, and spear, and bow, and sling; and know not that thou art the Lord that breakest the battles: the Lord is thy name.

**8** Throw down their strength in thy power, and bring down their force in thy wrath: for they have purposed to defile thy sanctuary, and to pollute the tabernacle where thy glorious name resteth and to cast down with sword the horn of thy altar.

**9** Behold their pride, and send thy wrath upon their heads: give into mine hand, which am a widow, the power that I have conceived.

**10** Smite by the deceit of my lips the servant with the prince, and the prince with the servant: break down their stateliness by the hand of a woman.

**11** For thy power standeth not in multitude nor thy might in strong men: for thou art a God of the afflicted, an helper of the oppressed, an upholder of the weak, a protector of the forlorn, a saviour of them that are without hope.

**12** I pray thee, I pray thee, O God of my father, and God of the inheritance of Israel, Lord of the heavens and earth, Creator of the waters, king of every creature, hear thou my prayer:

**13** And make my speech and deceit to be their wound and stripe, who have purposed cruel things against thy covenant, and thy hallowed house, and against the top of Sion, and against the house of the possession of thy children.

**14** And make every nation and tribe to acknowledge that thou art the God of all power and might, and that there is none other that protecteth the people of Israel but thou.

8. **Esther:** She had beauty and brains as well as the power of prayer
- The power of prayer is very important!

**Additions to Esther 4:11(Apocrypha)** Thou art Lord of all things, and there is no man that can resist thee, which art the Lord. **12** Thou knowest all things, and thou knowest, Lord, that it was neither in contempt nor pride, nor for any desire of glory, that I did not bow down to proud Aman. **13** For I could have been content with good will for the salvation of Israel to kiss the soles of his feet. **14** But I did this, that I might not prefer the glory of man above the glory of God: neither will I worship any but thee, O God, neither will I do it in pride.

**We had women that walked with Christ & the Prophets:**

- Johanna (Financial)
- Mary Magdalene (Witnessed the crucifixion, burial, first to see him alive)
- Mary (Mother of Christ)





- Salome (Mother of James & John)
- Lydia (Acts 16 seller of purple & a disciple)
- Priscilla (Walked & traveled with Paul as a helpmeet to her husband)
- Phoebe (Romans 16:1-2)
- Apphia
- Chloe
- Eunice

We have examples of women who actually walked with Christ the Apostles, the Disciples so we have been granted favor in this life to be walking with Prophets in this life and we shouldn't take it for granted.

**2 Esdras 1:35-40 (Apocrypha) Your houses will I give to a people that shall come; which not having heard of me yet shall believe me; to whom I have shewed no signs, yet they shall do that I have commanded them. 36 They have seen no prophets, yet they shall call their sins to remembrance, and acknowledge them. 37 I take to witness the grace of the people to come, whose little ones rejoice in gladness: and though they have not seen me with bodily eyes, yet in spirit they believe the thing that I say. 38 And now, brother, behold what glory; and see the people that come from the east: 39 Unto whom I will give for leaders, Abraham, Isaac, and Jacob, Oseas, Amos, and Micheas, Joel, Abdias, and Jonas, 40 Nahum, and Abacuc, Sophonias, Aggeus, Zachary, and Malachy, which is called also an angel of the Lord.**

We are living in a beautiful historic time where we can honestly say we are walking with the prophets of the Lord. In real time just as our foremothers did and it is something to behold. Hebrews 2:1 tells us to take earnest heed to what we have heard. During all vital historic movements are different from the Black Panther Party, Civil Rights Movement, Brown Berets because we keep the commandments of the Lord through Christ. That is what's different and powerful about our movement. That is what's going to bring the Kingdom because unlike those women who supported Revolutionary men, we keep the commandments and cannot lose.

“A revolutions about change, and the first part about change begins with yourself” - Assata Shakur

Part of revolution and having a revolutionary mindset is being able to change self. The men are changing. Romans 12 tells us to not conform to this world but transform ourselves. Just like those women supported the men in their movements we need to be emotionally and spiritually sound enough to support the men in this movement God has sent on earth.

**Acts 2:40-42 (KJV) And with many other words did he testify and exhort, saying, Save yourselves from this untoward generation. 41 Then they that gladly received his word were baptized: and the same day there were added unto them about three thousand souls. 42 And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.**

- Those were 3,000 souls, the Lord is really doing a marvelous work in the earth with the events that have turned out.



- We have to realize the Barclay Blitz caused millions of view and the Lord is looking for a core number.
- There will be a lot of people repenting and we need to be sure to do our part when the thousands come to repent.

**Acts 4:4 (KJV) Howbeit many of them which heard the word believed; and the number of the men was about five thousand.**

- Another point showing about how many are going to repent during these last days
- It is important that we make sure we are emotionally sound and aware of how we handle our emotions.
- As well as how we interact with our Lords.

Happy Feast of Dedication from the House of Bishop Nathaniel, to the sisters to your lords and your families. What an exciting time we are living in. So as a reminder as far as the Battle of the Birth Right, during the Feast of Dedication there was also a battle. So understand we are going through war right now. There is a spiritual, emotional, and soon to be emotional war to reclaim the dedication of the temple. Us adhering and the men gathering their birthright back. With that I am immensely proud of all of your lords, your sons, our spiritual fathers that took place and were able to establish themselves in front of the entire world. It has a really special significance for me as well.

*Shalom and thank you for joining me on tonight's chat Most High and Christ bless everybody.*