

**The Hebrew Israelite
Women's Companion Book**
for the virtuous woman



Authors: The wives of Azar Yasharahla
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During the last captivity in the Western World, the Hebrew Israelite nation, culture and identity have been totally destroyed and erased. This was according to prophecy.

Ps.83:4

They have said, Come, and let us cut them off from being a nation; that the name of Israel may be no more in remembrance.

Deut. 28:61-62

Also every sickness, and every plague, which is not written in the book of this law, them will The Most High bring upon thee, until thou be destroyed.

And ye shall be left few in number, whereas ye were as the stars of heaven for multitude; because thou wouldest not obey the voice of The Most High thy Power.

But now the time of restoration and nationbuilding has come.
The true Israelites, Hebrews by blood, are commanded to rebuild and restore their nation.

Deut. 28:1-3

And it shall come to pass, if thou shalt hearken diligently unto the voice of The Most High thy Power, to observe and to do all his commandments which I command thee this day, that The Most High thy Power will set thee on high above all nations of the earth:

And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of The Most High thy Power.

Blessed shalt thou be in the city, and blessed shalt thou be in the field ...

It is time for nation building and restoration!

The Hebrew Israelite Women's Companion Book

Authors: The house of Azar Yasharahla

First print published: March 2019

Be blessed!

The teachings in this book are geared towards helping and encouraging sisters to return back to the lifestyle of our Hebrew Israelite culture.

This book is a tool, for, as Isaiah 4:4 says:
“washing away the filth of the Daughters of Zion”

and preparing them for the Kingdom

The Most High has given us laws, statutes,
and commandments to obey. By complying, we show our obedience to The
Most High our Father.

John 14:15 If ye love me, keep my commandments.

helper

helpmeet

submission

shamefaced

humbleness

modesty

silence

obedience

The Father's Plan

For The Hebrew Israelite Women

Is to blossom into
The Virtuous Woman



Obey His laws

because

Obedience is better than sacrifice

1 Samuel 15:22-24 ²² And Samuel said, Hath The Most High *as great* delight in burnt offerings and sacrifices, as in obeying the voice of The Most High? Behold, to obey *is* better than sacrifice, *and* to hearken than the fat of rams. ²³ For rebellion *is as* the sin of witchcraft, and stubbornness *is as* iniquity and idolatry. Because thou hast rejected the word of The Most High, he hath also rejected thee from *being* king.

Give thanks to The Most High in the name of our Savior Christ in everything, as He continues to show us His truths and molds us to His perfection

***BLESSINGS, HONOR, AND GLORY TO THE MOST HIGH OUR FATHER
*AND RESPECT TO HIS SON, THE MESSIAH***

The Father's Plan

For The Hebrew Israelite Women

A Helpful Bible Companion Guide

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Destruction of Babylon

Revelations 18:10-11, 19-21, 23

Rev18:10 Standing afar off for the fear of her torment, saying, Alas, alas, that great city Babylon, that mighty city! For in one hour is thy judgment come. 11 And the merchants of the earth shall weep and mourn over her; for no man buyeth their merchandise any more:

Rev19:19 And they cast dust on their heads, and cried, weeping and wailing, saying, Alas, alas, that great city, wherein were made rich all that had ships in the sea by reason of her costliness! For in one hour is she made desolate.

Rev 18:20 Rejoice over her, thou heaven, and ye holy apostles and prophets; for The Most High hath avenged you on her.

Rev 18:21 And a mighty angel took up a stone like a great millstone, and cast it into the sea, say, Thus with violence shall that great city Babylon be thrown down, and shall be found no more at all.

Rev 18:23 And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee; for thy merchants were the great men of the earth; for by thy sorceries were all nations deceived.

I Am Legend



Planet of the Apes



Rev 18:4

And I heard another voice from heaven. saying, Come out from her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.

Deut 11:1

Therefore thou shalt love The Most High, and keep his charge, and his statutes, and his judgments, and his commandments, always.

1. What is the function and position of a woman?

The woman function is to be a help meet and assist the man in his plans and goals. The position of a woman is to be submissive, allowing the man to be the head, to lead according to scripture.

Genesis 3:16 *Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.*

Corinthians 11:3 *But I would have you know, that the head of every man is Christ; and the head of the woman is the man; and the head of Christ is The Most High.*

Ephesians 5:23 *For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.*

1Timothy 2:14-15 *14And Adam was not deceived, but the woman being deceived was in the transgression. 15Notwithstanding she shall be saved in childbearing, if they continue in faith and charity and holiness with sobriety.*

Women are a help meet to men according to Genesis 2:18. We are to display humbleness in being submissive and obedient to our men. Women have the honor and task of conceiving and nurturing children for our righteous men. We are to teach and disciple our children righteous family living. We were given a set of rules to live by to separate ourselves from satan's lies (John8:44) and be an example to our children. It's very simple, the men protect, lead and guide under the Father's command and we follow humbly (Gen3:16). Once we have the wisdom and understanding of this order, it makes it possible for us to live a righteous, blessed life and begin to restore and build our nation again. The man and woman are not equal. But we fit together in harmony in this order. We complement each other in our own distinct roles which bring in a natural balance in obedient to The Most High.

Remember sisters, a woman is to help the man, according to how he tells her to help him. Not according to how she feels she should help him.

THE KEY IS TO STAY FOCUSED

The bible gives us the order, position and function of women according to The Laws, statutes, and Commandments given to us from our heavenly Father. It will help keep us on the right path and we will have a better understanding of our Hebrew Israelite culture. Beware of the distractions (TV, movies, music, opinions of the world, Babylon, and other lawless people, etc.) that hinder us from focusing on the importance of following and staying obedient to Our Father. (**Ephesians 6:11**)



1.A woman is to be a HELP MEET

Help Meet-one who is a companion and helper; especially:WIFE

Help - *Strong's* # 5828 (**Hebrew = ezer**) aid: -- help

Strong's Root = # 5826 (Hebrew = azar) azar = prime root: to surround, ie, protect or aid: help, succor

Meet - (**Hebrew = kenegdo**) corresponding to, counterpart to, equal to matching

a). What the bible teaches about being a help meet

Genesis 2:18 And The Most High said, it is not good that the man should be alone; I will make him a help meet for him.

b). How to be a help meet? Reading and studying the Law is very important, it's the foundation. Communicate often and be open and honest, it leaves no room for assumption and misunderstanding leading to arguments. Keep yourself clean and presentable at all time. Keep the home clean and organized. Find out what your husband's needs are and try to meet them. Make a daily or weekly schedule and stick to it. Strive to become that proverbs 31 woman.

Do not "help" your husband how you want to help him. Help him how he instructs you to help him.

A good wife is not a house cleaner
A good wife is not a great cook
A good wife is not a perfect sexpartner
A good wife is not a physically beautiful woman
A good wife is not a wife that bares children
A good wife is not a wonderful mother
A good wife is not a wife that makes her own money
A good wife is not a wife that has her own business
A good wife is not a wife that knows all scriptures
A good wife is not a wife that prays and fasts
A good wife HELPS her husband achieve
his goals, his plans, his dreams

Let your man tell you what he wants from you. Let your man tell you which talents, gifts and resources he want to use from you for his goals, plans and purposes.

Do not "hide" behind cooking, cleaning, childbearing, etcetera, thinking that that makes you a good woman. CHANGE. You can do all these things and still be a wicked woman.

A good woman is an obedient woman. Obedience is better than sacrifice.

Sir 26:14 A silent and loving **woman** is a gift of the Most High; and there is nothing so much worth as a mind **well instructed**.

Ask your husband **constantly** if he is pleased with what you are doing.

“Am I pleasing you with this?”

“How do you want me to do it?”

“How can I do it better?”

2.A woman is to SUBMIT

Submission - The condition of being submissive, humble, or compliant Also; agree-ability, surrender, yielding, docility, dutifulness, humility, meekness, modesty subservience, control, discipline, order

a). What the bible teaches about submissiveness

Colossians 3:18 Wives, submit to your own husbands, as is fitting in The Most High.

Ephesians 5:22-24 Wives, submit to your own husbands, as to The Most High. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands.

1 Timothy 2:11 Let a woman learn in silence with all subjection.

b). How to be a submissive wife? Allow the husband to lead with full authority and respect, be humble and ready to serve as the husband instructs you to. **Even when you don't agree!**

Eph 5:33 Nevertheless let every one of you in particular so love his wife even as himself; **and the wife see that she reverence her husband**.

Reverence her husband; Means that she will always treat him like her husband (her ruler, her head), **meaning obey and submit**, as long as he is not commanding her to transgress the laws of The Most High.

Gen 3:16 Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire *shall be* to thy husband, **and he shall rule over thee**.

Heb 13:17 **Obey them that have the rule over you** (husband included), and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that *is* unprofitable for you.

In obeying and submitting to your husband, do not sin against THE MOST HIGH. THE MOST HIGH comes first.

Mat 10:28 And fear not them which kill the body, but are not able to kill the soul: but rather fear him (THE MOST HIGH) which is able to destroy both soul and body in hell.

Pro 1:7 The fear of The Most High *is* the beginning of knowledge: *but* fools despise wisdom and instruction.

1 Timothy 2:12

But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence.

Usurp

Verb (used with object)

1.to seize and hold (a position, office, power, etc.) by force or without legal right: *The pretender tried to usurp the throne.*

2.to use without authority or right; employ wrongfully: *The magazine usurped copyrighted material.*

Verb (used without object)

3.to commit forcible or illegal seizure of an office, power, etc.; encroach.

Authority

1.the power to determine, adjudicate, or otherwise settle issues or disputes; jurisdiction; the right to control, command, or determine.

2.a power or right delegated or given; authorization: *Who has the authority to grant permission?*

3.a person or body of persons in whom authority is vested, as a governmental agency: *The housing authority provides rental assistance payments to low-income residents. The bridges and piers are built and maintained by the Port Authority.*

4.persons having the legal power to make and enforce the law; government: *They finally persuaded the authorities that they were not involved in espionage.*

A woman without a woman role model will not be a good woman.

Where there is no vision, the people perish.

Sarah is the rolemodel for all Hebrew Israelite women.

Sarah is your rolemodel

2. A disobedient wife

Ecclesiasticus 25:25: Give the water no passage; neither a wicked woman liberty to gad abroad.

Ecclesiasticus 25:26: If she go not as thou wouldest have her, cut her off from thy flesh, and give her a bill of divorce, and let her go.

***A disobedient wife is to be sent away. She is not to be tolerated.
She sets a bad example for the people.***

Esther 1:15-20

Queen Vashti's Refusal Of the kings Request

Esther 1:15 What shall we do unto the queen Vashti according to law, because she hath not performed the commandment of the king Ahasuerus by the chamberlains?

Esther 1:16 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.

Esther 1:17 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.

Esther 1:18 *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.

Esther 1:19 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.

Esther 1:20 And when the king's decree which he shall make shall be published throughout all his empire, (for it is great,) all the wives shall give to their husbands honour, both to great and small.

Women/wives have the power to help or hinder, to make or break, to encourage or discourage, to build up or tear down.

Satan couldn't get to Adam, so he used Eve. Satan couldn't get to Samson, so he used Delilah. Satan couldn't get to Joseph, so he used Potiphar's wife.

Sister's be alert and aware of Satan deceptions.

1Corinthians 11:9

Neither was the man created for the woman; but the woman for the man.

3. A wife is her husband's possession **A wife does not own herself**

A woman goes from her father's house, to her husband's house. The moment she transfers from her father's house to her husband's house, a transaction is taking place. That is why in many cultures a dowry is paid for the woman. She is purchased by the husband. She now has a new owner. She used to be her father's possession ... She is now under a new authority. Her father has given her away. He has sold her to her new owner. Her husband is now her owner, master, owner, protector, etc.

Exo 20:17 Thou shalt not covet thy neighbour's house, thou shalt not covet **thy neighbour's wife**, nor his manservant, nor his maidservant, nor his ox, nor his ass, **nor any thing that is thy neighbour's**.

Ecclesiasticus 26:1 Blessed is the man that **hath** a virtuous wife, for the number of his days shall be double.

Ecclesiasticus 26:3 A good wife is **a good portion**, which shall be **given** in the portion of them that fear the Most High.

Ecclesiasticus 36:24 He that **getteth** a wife beginneth **a possession**, a help like **unto himself**, and a pillar of rest.

2Sa 12:8 And I **gave** thee thy master's house, and **thy master's wives into thy bosom**, and gave thee the house of Israel and of Judah; and if that had been too little, I would moreover have **given unto thee such and such things**.

Ecclesiasticus 51:21 My heart was troubled in seeking her: therefore have I gotten a good **possession**.

Eph 5:24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands **in every thing**.

Rom 7:2 For the woman which hath an husband is bound by the law to her husband so long as he liveth; but if the husband be dead, she is loosed from **the law of her husband**.

Eph 5:22 Wives, **submit** yourselves unto your own **husbands, as unto the Most High**.

1Co 11:9 Neither was the man created for the woman; **but the woman for the man**.

Num 30:6 **And if she had at all an husband**, when she vowed, or uttered ought out of her lips, wherewith she bound her soul;

Num 30:7 And **her husband heard it**, and held his peace at her in the day that he heard it: then her vows shall stand, and her bonds wherewith she bound her soul shall stand.

Num 30:8 But if her husband disallowed her on the day that he heard it; then he shall make her vow which she vowed, and that which she uttered with her lips, wherewith she bound her soul, of none effect: and the Most High shall forgive her.

Num 30:9 But every vow of a widow, and of her that is divorced, wherewith they have bound their souls, shall stand against her.

Num 30:10 And if she vowed in her husband's house, or bound her soul by a bond with an oath;

Num 30:11 And her husband heard it, and held his peace at her, and disallowed her not: then all her vows shall stand, and every bond wherewith she bound her soul shall stand.

Num 30:12 But if her husband hath utterly made them void on the day he heard them; then whatsoever proceeded out of her lips concerning her vows, or concerning the bond of her soul, shall not stand: her husband hath made them void; and the Most High shall forgive her.

Num 30:13 Every vow, and every binding oath to afflict the soul, her husband may establish it, or her husband may make it void.

Num 30:14 But if her husband altogether hold his peace at her from day to day; then he establisheth all her vows, or all her bonds, which are upon her: he confirmeth them, because he held his peace at her in the day that he heard them.

Num 30:15 But if he shall any ways make them void after that he hath heard them; then he shall bear her iniquity.

Num 30:16 These are the statutes, which the Most High commanded Moses, between a man and his wife, between the father and his daughter, being yet in her youth in her father's house.

John 14:15 If ye love me, keep my commandments.

Joh 4:23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

1Jn 5:2 By this we know that we love the children of The Most High, when we love The Most High, and keep his commandments.

1Jn 5:3 For this is the love of The Most High, that we keep his commandments: and his commandments are not grievous.

1Jn 2:3 And hereby we do know that we know him, if we keep his commandments.

1Jn 2:4 He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him.

1Jn 2:5 But whoso keepeth his word, in him verily is the love of The Most High perfected: hereby know we that we are in him.

1Jn 2:6 He that saith he abideth in him ought himself also so to walk, even as he walked.

1Jn 4:19 We love him, because he first loved us.

1Jn 4:20 If a man say, I love The Most High, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love The Most High whom he hath not seen?

4. How to get emotional healing from pain, rebellion, jealousy, depression:

STEP 1:

“Peel the layers of the onion”: To get to the real core of the problem
pain/rebellion/jealousy/depression

Ask yourself why do you feel like that?
Is that feeling in accordance with scripture?
Ask yourself why do you think like that?
Is that thinking according to scripture?

STEP 2:

Accept that your healing is in the scriptures. The Word of The Most High.
Accept that The Most High is perfect Mat.5:48b
Accept that we must be perfect Mat.5:48a
Accept that the law is perfect Ps.19:7-8
Accept that the law is not done away with Mat.5:17-19
Accept that The Most High did not change

STEP 3:

Find the specific scriptures in the bible that teach you how to behave in your situation.
Meditate on those scriptures day and night.
It produces fruits/healing/blessing/growth/prosperity.
Psalm 1:1-3

Psa 1:1 Blessed is the man that walketh not in the counsel of the unThe Most Highly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

*Psa 1:2 But his delight is in the law of The Most High; and in his law doth he **meditate** day and night.*

*Psa 1:3 And he shall be like a tree planted by the rivers of water, **that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.***

Meditate

MED'ITATE, v.i. [L. meditor.]

1. To dwell on any thing in thought; to contemplate; to study; to turn or revolve any subject in the mind; appropriately but not exclusively used of pious contemplation, pondering, or a consideration of the great truths of religion.

His delight is in the law of The Most High, and in his law doth he meditate day and night.
Psalm 1.

2. To intend; to have in contemplation.

MED'ITATE, v.t. To plan by revolving in the mind; to contrive; to intend.

1. To think on; to revolve in the mind.
Blessed is the man that doth meditate good things.

STEP 4:

Break down the lies of satan

And accept the scriptures (the tree) and understand the arguments (the roots) to back up the scripture.

Accepting means remember/repeat/meditate/dwell on it

AND LIVE BY IT

The truth shall set you free (bearing fruits)

And then continue accepting all scriptures.

When the lies try to return in your mind, fight them with the truth, just like Christ
in Mat.4:1-11

Put on the spiritual armor of Eph 6:11-17

5. Marriage

Null and void are the Babylon marriage rules (the traditions and morals of the world), once you become a Hebrew Israelite! Once you become a Hebrew Israelite, your marriage is governed by The Hebrew Israelite rules and regulations of the Bible!

The rules of Babylon are no longer in effect!

Ephesians 5:22-33 Wives, submit yourselves unto your own husbands, as unto The Most High.**23**For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.**24**Therefore as the church is subject unto Christ, so *let* the wives *be* to their own husbands in every thing.**25**Husbands, love your wives, even as Christ also loved the church, and gave himself for it;**26**That he might sanctify and cleanse it with the washing of water by the word,**27**That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

28So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.**29**For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as The Most High the church:**30**For we are members of his body, of his flesh, and of his bones. 31 For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.**32**This is a great mystery: but I speak concerning Christ and the church.

33Nevertheless let every one of you in particular so love his wife even as himself; and the wife *see* that she reverence *her* husband.

Hebrews 13:4 Let marriage be held in honor among all, and let the marriage bed be undefiled, for The Most High will judge the sexually immoral and adulterous.

1Peter 3:7 Likewise, ye husbands, dwell with *them* according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

1Cor. 7:3 The husband should give to his wife her conjugal rights, and likewise the wife to her husband.

1 Peter 3:1-6 Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives, when they see your respectful and pure conduct. Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in The Most High's sight is very precious. For this is how the holy women who hoped in The Most High used to adorn themselves, by submitting to their own husbands, ...

Proverbs 18:22 Whoso *findeth a wife findeth a good thing, and obtaineth favour of The Most High.*

Proverbs 12:4 A virtuous woman *is* a crown to her husband: but she that maketh ashamed *is* as rottenness in his bones.

Studying and incorporating “The Fruits of the Spirits” in your life will help you become a good woman/wife.

6. The Fruits of the Spirit

Galatians 5:22-23 But the fruit of the spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance

1.Love

- a. Obeying The Most High,
- b. Doing good to your neighbor according to The Most High. Meaning: Edifying your neighbor in body, soul, and spirit. With the goal of helping the person enter the kingdom

2.Joy

- a. Happiness because of the reward you will get if you live righteous.

3.Peace

- a. Calmness, content, and no need for arguing, fighting, or striving.

4.Long-suffering

- a. Enduring unrighteousness

5.Gentleness

- a. Being sensitive towards your neighbor.

6.Goodness

- a. Doing good to your neighbor even when they treat you bad.

7.Faith

- a. Trusting on the word of The Most High all the time.

8.Meekness

- a. Not retaliating, knowing that The Most High will take care of it (not to confuse with cowardness).

9.Temperance

- a. Balanced emotions, moderation.

John 15:2

Every branch in me that beareth not fruit He taketh away: and every branch that beareth fruit, He purgeth it, that it may bring forth more fruit.

1Corinthians 9:24

Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

7. The Works of the Flesh

Corinthians 6:9-11 Know ye not that the unrighteous shall not inherit the kingdom of The Most High? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of The Most High. And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of Christ, and by the Spirit of The Most High.

Ephesians 5:3-5 But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks. For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of The Most High.

Now The Works of the Flesh are manifest, which are these:

Adultery – lusting or having intercourse with a man other than your husband

Fornication – every form of illicit intercourse; adultery, bestiality, prostitution, homosexuality, lesbianism, Pedophilia, incest, consuming semen

Uncleanness – eating foods that are not clean, disobeying menstrual laws, disobeying childbirth laws, vulgar and coarse speech, cursing, gossiping, tale bearing, lying, etc.

Lasciviousness – seductiveness, shamelessness, unbridled lust

Idolatry - 1. seeking or getting blessings (happiness, protection, prosperity, success, hope, inspiration, luck, wisdom, knowledge, gratification, false religion,) from other sources than The Most High (sports, music, money, etc.)

2. explicitly worshiping entities other than The Most High (celebrities, demons, angles, false religions)

Witchcraft – using forbidden knowledge, drugs, Pharmacia

Hatred – indifferent/not caring about the fate of your neighbor, hostility

Variance – debating, never agreeing

Emulations - jealous rivalry, cheating, competitive spirit

Wrath – indignation, rage, anger, revenge

Strife - vigorous or bitter conflict, discord, or antagonism

Seditions – rebellious for the wrong reason, pushing the limits

Heresies – false doctrine

Envyings - a feeling of discontent or covetousness with regard to another's advantages, success, possessions, etc.

Murders – killing with intent

Drunkenness – large amounts of alcohol in your system depending on the strength of the alcohol

Reveling – partying, letting loose of moral restrictions

John 15:2

Every branch in me that beareth not fruit He taketh away: and every branch that beareth fruit, He purgeth it, that it may bring forth more fruit.

*You cannot enter the kingdom of The Most High doing the
The Works of the Flesh*

Matthew 15:8 This people draweth nigh unto me with their mouth, and honoureth me with *their* lips; but their heart is far from me.

1 Samuel 15:22 And Samuel said, Hath The Most High as great delight in burnt offerings and sacrifices, as in obeying the voice of The Most High? Behold, to obey is better than sacrifice, and to hearken than the fat of rams.

Eve's disobedience to The Most High caused her husband to follow in pursuit and also sin against The Most High. Eve ruined their lives and the lives of their children. It's only to our benefit to be an obedient, submissive help meet to our men. The man is not to follow the women but lead the women. Whether it's in a contract (marriage) or any other setting (father, husband, uncle, brother, etc.) each man that is of the age to lead, must lead, according to the Law. A woman submitting to men, will bring order and peace within the family. This sets the perfect example for the children. When we get into our rightful position and submit the sooner the curses are broken. The men are the leaders of our nation. We are to assist them as needed. It's important to be consistent in studying the laws, statutes and commandments and put them into practice. By doing this, it will become a habit and we will begin to embrace our Hebrew lifestyle once again.

Ecc 12:13-14 Let us hear the conclusion of the whole matter: Fear The Most High and keep his commandments, for this is the whole duty of man. For The Most High shall bring every work into judgment, with every secret thing, whether it be good or whether it be evil.

8. Healing concerning polygyny: Part 1

Polygyny is one man married to two or more women.

The 1 man 1 woman doctrine is NOT in the bible because,

1

ACCEPT THAT:

The Most High said:

If a man takes another wife this is how he must handle it Ex.21:10-11

If David wanted more wives the Most High would have given them 2Sam.12:8

The Most High called many men with multiple wives still righteous men (David Abraham Moses, etc).

The law never said that multiple wives is a sin

Christ never said that multiple wife's is a sin

Apostle Peter never said that multiple wife's is a sin

Apostle Paul never said that multiple wife's is a sin

The Most High is perfect. Mat.5:48. The law of The Most High is perfect. Ps.19:7. So everything that The Most High is ok with, we must be ok with.

Having multiple wives is a legal biblical choice.

Gen.25:6, Gen.4:19, Gen.30:9, Gen.30:4, Ex.21:10, Deut.17:17, Deut.25:5-10, Deut.21:15, Judges 8:30, 2 Sam.5:13,

1Sam1:1-2, 2Sam.12:8, 2Chr.24:1-3, 2Chro.24:3, 1Chro.4:5, 2Chr.13:21, 2Chro.11:21, 1 Chro.3:1-9.

Isa.4:1: precepts on Isa.4:1: Isa.3:25-26, 2Esdr.16:22-36, Luk.1:25, Gen.30:23, 2Tim.2:15.

The Most High did not change.

Nobody can strongly refute with scripture that multiple wives (polygyny) is sin.

If The Most High said it was OK, then what can we say? Nothing.

2 ACCEPT THAT:

The Most High wants a woman to first cry out to the Most High. Not to her husband. The Most High does not want a woman to idolize her husband. The Most is jealous over that. A woman that idolizes her man is guilty of idolatry.

A woman must learn to build a relationship with the Most High.
He must be her Husband
He must be her Master
He must be her Self esteem
He must be her Satisfaction
A woman must be complete in herself with the Most High.

That is why the Most High separates a woman from her man (Lev.15:19-28)
with the menses (generally 12 days per month)
And after childbirth 33-66 days

This is why after generally 35 years of menses, the menses stop (generally at the age of 45 -50) and the woman goes into the menopause (end of fertility and no more menses).
The Most High wants a woman to learn this lesson for 35 years. Being separated from her husband every month for almost half the month. The Most High wants a woman to build upon Him and not to idolize her man.

A woman must be silent and not fight with her mouth. She must go to the Most High. And find peace and happiness with the Most High. He wants to teach her that.

3 ACCEPT THAT:

A man cannot be compared to a woman
A woman cannot be compared to a man

What is lawful for a man might not be lawful for a woman

A man is build different than a woman
(penis and testicles with millions of seeds EVERYDAY)

A woman is build different than a man
(vagina and womb with only 1 seed PER MONTH)

The fact that a man can have more than 1 wife has to do with the fact that he is built different.
The fact that a woman can have only 1 man has to do with the fact that she is built different.

There is nothing wrong in that, there is nothing unfair in that.



4 REALISE THAT:

Satan is lying and making men and women feel unhappy about the law statutes and commandments of the Most High.

Satan whispers in our ears: "it's not fair, it's unequal, it's wrong, something is not right"

While everything that the Most High says is perfect. Satan is saying: "No it's not perfect." Satan whispers in our ears: "It's not fair, it's unequal, it's wrong, something is not right."

Satan uses the ego of man and woman to make them feel unhappy about what the Most High has instituted.

5 ACCEPT THAT:

Every woman is unique and cannot be replaced

Every woman that joins the family fulfills something that the family needs

Just like how every employer that joins the company, adds something unique that the company needs.

As a wife you add more than as an outsider

6 ACCEPT THAT:

Php 2:3 Let nothing be done through strife or vain glory; but in lowliness of mind **let each esteem another better than themselves.**

Php 2:14 Do all things without murmurings and disputing:

9. Healing concerning polygyny: Part 2

Meditation scriptures:

The root of envy and jealousy is insecurity

“To heal from envy and jealousy you must walk in obedience and righteousness so that you can know that you are beloved and accepted by The Most High.”

ENVY (= focused on material goods)

1. To feel uneasiness, mortification or discontent, at the sight of superior excellence, reputation or happiness enjoyed by another; to repine at another's prosperity; to fret or grieve one's self at the real or supposed superiority of another, and to hate him on that account.

JEALOUSY (=focused on personal affection, love and attention)

1. That passion of peculiar uneasiness which arises from the fear that a rival may rob us of the affection of one whom we love, or the suspicion that he has already done it; or it is the uneasiness which arises from the fear that another does or will enjoy some advantage which we desire for ourselves.

Pro 14:30 A sound heart *is* the life of the flesh: but envy the rottenness of the bones.

Job 5:2 For wrath killeth the foolish man, and envy slayeth the silly one.

1Co 3:3 For ye are yet carnal: for whereas *there is* among you envying, and strife, and divisions, are ye not carnal, and walk as men?

1Co 13:4 Charity suffereth long, *and* is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

Pro 27:4 Wrath *is* cruel, and anger *is* outrageous; but who *is* able to stand before envy?

Rom 12:21 Be not overcome of evil, but overcome evil with good.

Gal 5:22 But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith,

Gal 5:23 Meekness, temperance: against such there is no law.

1Pe 2:9 But ye *are* a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

10. The Polygamous Lifestyle Biblical and Approved by The Most High

Monogamy is one man one wife. Polygyny is one man with two or more wives. In polygyny each wife can have her own dwelling place or they can choose to dwell together in one home with their husband. Polygyny is a biblical correct choice if a man decides to live this lifestyle. Ultimately it's the man who makes this decision in the marriage. It's important to get to know the character of the man when considering marriage. His character must line up with the law, statutes and commandments of The Most High. We are to pray and keep ourselves holy so that The Most High will bless us with a man that follows His Laws in a monogamous or polygamous marriage.

Pro 7:1 My son, keep my words, and lay up my commandments with thee.

There are many polygamous marriages throughout the bible. Our fore-father Jacob had a polygamous marriage. He married Rachel, Leah, and their hand maids Bilhah, and Zilpah. The 12 sons of Israel were born from these four wives. Sarah is another example of a polygamous marriage, she offered her hand maid Hagar to her husband Abraham to conceive a child. Sarah went beyond the call of duty to obey and please her husband. And like wise we are to follow in her footsteps which is pleasing to The Most High. We are to honor, obey, and help meet our husband's needs, but most of all let The Most High guide us in everything. Sisters, keep in mind that we, and the children that we bring forth, are the possession of our husband. He is the seed bearer; we carry and nourish his children.

Polygyny has always been a tradition of Hebrew Israelite Culture it was very normal before we went into slavery. The Babylonian marriage is the total opposite of Hebrew marriage. In the Hebrew marriage the man is the head, **not** the woman.

1 Cor 11:3 But I would have you know, that the head of every man is Christ; and the head of the woman *is* the man; and the head of Christ *is* The Most High.

We are suffering under the curses of Deut 28 because we disobeyed The Most High. We lost our way and identity. If we repent, sin no more and stop following the worldly system, The Most High will restore and bless us again. We are responsible for teaching our children the laws, so that the righteous life continues from generation to generation (Deut 6:2 & 7). If we apply His laws in our life, we are guaranteed blessings which keep us whole, healthy and burden free. As we change to righteous eating, wearing the right clothing, protect our eyes and ears from what we watch and listen to, we set a good example for our children and other families. Husbands are to follow The Most High's word and lead the family. Wives are to help meet and are to assist their husband in his work, plans and goals. Our children learn from watching how we live so, it's important that our children see and hear good things from us because they are our future.

Jeremiah 23:3

³ And I will gather the remnant of my flock out of all countries whither I have driven them, and will bring them again to their folds; and they shall be fruitful and increase.

Isaiah 4:1

4 And in that day seven women shall take hold of one man, saying, We will eat our own bread, and wear our own apparel: only let us be called by thy name, to take away our reproach.



Isa.4:1: precepts on Isa.4:1: Isa.3:25-26, 2Esdr.16:22-36, Luk.1:25, Gen.30:23, 2Tim.2:15.

11. Communication in polygyny between the sister wives

The private and intimate things between a husband and wife must stay between the husband and the wife. A sister wife has no business in asking about the private things between her husband and her sister wife.

Let there be no **idle talk** between the sister wives. For more on that go to chapter 31 “Women, teaching and talking” on page 58.

The only thing sister wives communicate about is:

#1 positive and edifying topics on how to be a better wife, mother, woman according to the scriptures. For more on that go to page 36 “Women, teaching and talking”.

#2 The general family goals and working together achieving the family goals

#3 supporting each other as sisters

Organizing time with sister wives

It is very important that quality time between each wife and the husband is organized fair. Fair is in some cases not always equal. Nevertheless that time should be respected by the other sisters.

How to handle courting

To allow the husband to get to know and learn more about a possible new wife, he must have the time to spend with the possible new wife. The husband and his present wife/wives must communicate and organize the time for getting to know the possible new wife.

Roles of the sister wives:

What is the role of the first wife? What is the role of the second wife? What is the role of the third wife?

The role of the first wife is to be a positive example to the sister wives. The first wife is instructed by her husband the most and the longest. So she knows best. The first wife leads the sister wives by positive exampleship, humbleness and maturity.

12. Older Sister's and Widow's

Titus 2:3-8 Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of The Most High may not be reviled.

1 Timothy 5:14 So I would have younger widows marry, bear children, manage their households, and give the adversary no occasion for slander.

13. Single Women

How to discern a righteous man for marriage?

A righteous man will have a visionary plan and goal that lines up with The Most High that he may lead accordingly. The women's mind must also be according to the word of The Most High to be a help meet and submit, following All THE LAW'S if she is to find a righteous husband. The wife only disagrees with the husband if he is leading her to sin against The Most High. So, Discern wisely.

Ecclesiasticus 6:7 If thou wouldest get a friend, prove him first and be not hasty to credit him.

Ecclesiasticus 37:12 But be continually with a The Most Highly man, whom thou knowest to keep the commandments of The Most High, whose mind is according to thy mind, and will sorrow with thee, if thou shalt miscarry.

Ecclesiasticus 25:8a Well is him that dwelleth with a wife of understanding,

Ecclesiasticus 25:1 In three things I was beautified, and stood up beautiful both before The Most High and men: the unity of brethren, the love of neighbours, a man and a wife that agree together.

14. Concubines

What is a concubine?

There are many bible verses about concubines.

A concubine is a legal wife, but she has a lower status than a full wife. Less is required of a concubine. And less is given to a concubine.

It is more respectable to be a concubine than a an
uncovered, loose woman. Basically an adult orphan.

In a concubine marriage the husband and the concubine agree on the terms on which they will build their marriage.

Why would a woman be a concubine?

1. The man does not want her as a full wife, because:

she does not have the right status (Gentile, social class, age, etc)
his random preference

2. She is not willing to fully submit to the man:

She wants to **stay in control of**:
own body, finances, children of ex-husband,
time, diet, activities, career,
traveling plans, not willing to be righteously disciplined, not willing to learn new things

3. She is not capable of fulfilling the full duties of a wife due to:

mental illness, physical handicaps,
a-sexual (she does not like sex, she does not need sex, she finds sex horrible)
barren, addictions, constant grumpiness
extreme mood-swings, unbalanced behaviour,
compulsory behaviour, phobias / extreme fears (germophobia, insectophobia, etc)
bad housewife, commitments to other people (sick family members, children, etc)

Despite of all these things mentioned, she still wants to be covered and benefits of marriage like:

protection, roof, food, clothing, intercourse, children.

She does not want to be an uncovered woman.

It is more respectable to be a concubine than a an uncovered woman.

Despite of the fact that she does not fulfill the full duties of a wife, **she must still be of some benefit to the man.**

It can be for sexual relationship

It can be for child baring

it can be for housekeeping

it can be for maid services

it can be for talents and skills that the woman has

the woman must be beneficial for the man.

**She is required to give something back in return for the benefits that
the husband is offering,**

The man must offer the woman benefits like:

food, roof, clothing, sex, children, protection

The conditions must be discussed and agreed upon

After agreement, the man and woman can consummate to seal the agreement and start the marriage.
The concubine marriage.

Demotion and promotion

A woman can be a concubine from the start of the marriage or become one during the marriage.

She can start as a concubine and later become a full wife.

A woman can also start as a wife and later become a concubine.

By good behaviour she can be promoted to be a wife.

In bad behaviour she can be demoted to be a concubine.

After being demoted to concubine and she still continues bad behaviour / breaking the agreement she must be divorced.

Ecclesiasticus 26:24-25

Biblical solutions if a wife cannot fulfill her full role as wife

If a wife can not fulfill her full role as a wife, she can look for a maidservant or concubine for her husband, to help her in fulfilling her role as a wife (polygyny).

The wife will look for a maid servant / sisterwife / concubine.

A great example of this is Sarah, the wife of Abraham. Gen.16:1-3.

And Rachel the wife of Jacob. Gen 30:1-5

And Leah the wife of Jacob. Gen. 30:8-9

The man is not supposed to suffer because his wife can not fulfill her role.

The wife must make sure that her husband is served with all the duties of a wife.

This can be with baring children, housekeeping and all the other duties of a wife.

A wife must make her husband's life better. She is his helpmeet in helping him achieve his goals and dreams in life.

*Sir_26:1 Blessed is the man that hath a virtuous **wife**, for the number of his days shall be double.*

*Sir_26:13 The grace of a **wife** delighteth her husband, and her discretion will fatten his bones.*

*Sir_36:24 He that getteth a **wife** beginneth a possession, a help like unto himself, and a pillar of rest.*

*Sir_36:25 Where no hedge is, there the possession is spoiled: and he that hath no **wife** will wander up and down mourning.*

*Sir_40:19 Children and the building of a city continue a man's name: but a blameless **wife** is counted above them both.*

15. Intercourse (Sex)

Can a married woman refuse intercourse to her husband?

If both of them are clean, she can not refuse him.

She can only refuse, when one of them is unclean and he is unclean. Lev.15

To have intercourse, both must be clean.

If her husband is clean and agrees with not having the intercourse. It is his decision; not her's

1 Cor.7:2-5

Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.

Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.

The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.

Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

Offer yourself to your husband. Invite him for intercourse. Let him not guess. Be clear.

Make sure that you offer yourself at least every week, as long as you are clean.

But the husband is the final decision maker in everything.
A righteous man, will make righteous decisions.

16. What is permitted intercourse?

Heb.13:4, 1Cor.7:3-4, 5, 1Thes.4:3-5

Touching, kissing, licking the entire body (except anus): Permitted

Vaginal penetration; Permitted

Anal penetration: Not permitted.

Explanation: the rectum contains feces. Feces is described as unclean (hygiene). Deut. 23:12-14.

Also is anal penetration physiologically and anatomically unnatural. It is one of the great sins of Sodom and Gomorrah.

Notes on oral sex:

Fellatio: explanation for women: when giving oral sex (fellatio), the semen of the man can contact the mouth of the woman. Semen is described as unclean (hygiene). Lev.15:16-18, Lev.15:32, Deut.23:10 (Deut.23:10 speaks about “a nocturnal emission”/a wet dream).

Consumption of semen: Not permitted

Cunnilingus: There are many detailed scriptures about many things, but there is no specific scripture against oral sex on a woman.

Cunnilingus is a personal decision / preference

Separation between man and woman:

No intercourse during the woman’s menstrual period and after 33 or 66 days after her childbirth.

Lev.18:19, Lev.15:19-28, Lev.12:1-5

What about self-stimulation (masturbation)?

Don't do it. After doing it, you will always feel guilty, awkward, spiritually restless and disappointed in your self. You lose spiritual strength. Rather practice self-control, abstinence and patience.

What is the best time during the day for intercourse?

In the afternoon so that you can shower and wash up before sunset.

In this way your time of uncleanness is the shortest.

Lev 15:16 And if any man's seed of copulation go out from him, then he shall wash all his flesh in water, and be unclean until the even.

Lev 15:17 And every garment, and every skin, whereon is the seed of copulation, shall be washed with water, and be unclean until the even.

Lev 15:18 The woman also with whom man shall lie with seed of copulation, they shall both bathe themselves in water, and be unclean until the even.

17 . Definitions

What is adultery?

A man lusting on and/or having intercourse **with a married woman.**

A married women lusting on and/or having intercourse with a**nother man than her own husband.**

A man that is married man can have intercourse with another woman. That other woman must be unmarried though. And the man must take care of her as long as he lives. She is now his second wife. (polygyny)

What is fornication?

Every unlawful sexual act:

Intercourse without a marriage following, without commitment

Intercourse with equal gender (homosexuality)

Anal intercourse

Consumption of semen

Intercourse with family (incest)

Intercourse with a minor (pedophilia)

Intercourse with more than one at the same time (orgy)

Intercourse with animals (bestiality)

18. The fate of a bastard / mamzer

**Israelites should marry within their tribe.
Num.36:5-9. Tobith 4:12-13,**

The obedient baptized Israelites are the saints of The Most High. Ps.50:5

Israelites must focus on marrying Israelites.

According to scripture there can be exceptions:

According to scripture we can see that a marriage between an Israelite man and a Gentile woman is not forbidden. Only If she is fully submitted to the Israelite life. And she must denounce her Gentiles religions and ways. Num.12:1, Deut.21:10-14, Deut.23:7-8.

What about Israelite women marrying Gentiles?

In Lev.24:10-16 we can see that apparently an Israelite women can be married to a Gentile man. The danger in it is that their children can easily adopt Gentile behaviour. In this passage we can clearly see that her son was influenced by the ways of his Gentile father. Not understanding the Israelite culture. Contaminating the camp with Gentile behaviors.

An Israelite woman SHOULD NOT marry a Gentile man,

because the Gentiles have no understanding. And cannot lead Israelites. How is that Gentile man going to lead her? Is he an expert in the laws of the Israelites ? Also their children will not be Israelites since the tribe is transmitted by that Gentile man.

That Israelite woman is not helping Israel.

She is building the nation of her Gentile man.

The Gentiles are all the people who are not-Israelites.

Children born out of interracial relationships of an Israelite father and a Gentile mother are considered "bastards/mamzers". Deut.23:2.

Study the word "bastard" in the Zondervan Bible Dictionary.

Also read Deut.7:3-4. Gen.24:3-4, Lev.24:10-16, Jos.23:12-13, Ezr. 9:2, Ezr. 9:12-14, Ezr 10:3, 11,19, Neh.10:30, 1Ki.11:2.

"Bastards/mamzers" are not Israelites but also not Gentiles. They are in between.

Based on Deut.23 and Deu.7:1-6, we can conclude that certain nations/people can never enter **The Congregation of The Most High.**

Namely: Eunuchs (Deut.23:1), Moabites, Ammonites (Deut.23:2).

and the 7 Cananite tribes; namely: the Hittites, Girgashites, Amorites, Canaanites, Perizzites, Hivites and Jebusites. (Deut.7:1-6).

Eunuchs and The 7 Cananite tribes can also never enter The Congregation of Israel.

Based on Deut.23:7-8 we can conclude that male children born out of marriages with a man of the tribe of Aaron and an Egyptian or and Edomite mother, could become full High Priest Israelites (Tribe of Aaron = The Congregation of The Most High) after 3 generations. (Deut.23:7-8).

Notice a distinction between congregation of The Most High (the Levite family of Aaron) and congregation of Israel (the 12 tribes of Israel). Num.16:9

Levite priest Korah wanted to enter the congregation of The Most High (High Priests), but he was not allowed, because he was not from the tribe of Aaron (tribe of High Priests). Num.16.

He was an Israelite from the tribe of Levi. BUT he was not from the tribe of Aaron.

Only after 3 generations "others" can enter the congregation of The Most High.

In the same way to become a full Israelite (of the 12 tribes=The Congregation of Israel) It must also take 3 generations.

That means that there is hope for the grand-children of 1st generation bastards (aka. mixed people/mulatto's) that had an Israelite father.

The 1st generation bastards will never be Israelites, they are called "bastards/mamzers", but their children's children can be Israelites.

That means that "bastards/mamzers" can marry Israelites

Let us see how Gentiles can become Israelites after 3 generations:

An Israelite man that marries an Gentile woman.

Their children are 1st generation bastards

If the 1st generation male bastard marries an Israelite woman and children are born, those children are 2nd generation bastards.

If the the 2nd generation male bastard marries an Israelite woman, the children born of them are 3rd generation bastards. They are considered full Israelites.

They have the right to fulfill public offices within Israel (leadership functions).

Strangers (Gentiles) and 1st and 2nd generation bastards should take a humble position and attitude towards Israelites. They can not lead Israelites. Other than that they can still have a blessed life and future. Isa.56:1-8

A bastard female must find an Israelite man. Their children will be first generation bastards. And so on and so on.....

The Gentiles are to be taught by Israelites in everything of life. Why? Because The Most High gives his word first to the Israelites his chosen people. Ps.147:19-20. The Israelites, on their turn, must live and teach The Most High's word to the Gentiles. Gentiles must accept this order of The Most High.

Only then Gentiles will have a truly blessed life.

It is FORBIDDEN for Israelites to marry people with a different religion, because it brings idolatry in the house.(Ex. 34:11-16, Deut.7:1-6)

If a Gentile woman marries an Israelite man, the Gentile woman must fully submit to the laws statutes and commandments of The Most High.

And the Gentile must cast away its Gentile garbage religions/morals/standards/philosophy/principles/etc.

And be humble and submitted under The Most High, Christ and the Israelites.

Gentiles / Bastards can not execute authority over Israelites

Gentiles / Bastards can not fulfill leadership positions in Israel

Gentiles / Bastards can not baptize Israelites

Gentiles / Bastards can not baptize Gentiles

Gentiles / Bastards must learn in silence

Gentiles / Bastards can not teach Israelites in public

19. Child Baring / Children



The Most High commanded us to be fruitful & multiple (Gen. 1:28). He commands us to teach our children the Law's all day, every day and not depart from it. It is a part of our Hebrew culture to read, practice, memorize, and know the Law to keep us from sin.

Deuteronomy 6:7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Specific instructions when a child is born on what to do concerning the gender.

After boy child birth a woman is unclean for seven days. Because of the ritual of circumcision on the eighth day, the woman is pardoned from her uncleanness for the cause of the circumcision. Right after the circumcision, she will continue in her purification for another 33 days. After a girl child is born, a woman is unclean for two weeks then she continues in another 66 days for the purification period.

Leviticus 12:1-7 And THE MOST HIGH spake unto Moses, saying,² Speak unto the children of Israel, saying, If a woman have conceived seed, and born a man child: then she shall be unclean seven days; according to the days of the separation for her infirmity shall she be unclean.³ And in the eighth day the flesh of his foreskin shall be circumcised.⁴ And she shall then continue in the blood of her purifying three and thirty days; she shall touch no hallowed thing, nor come into the sanctuary, until the days of her purifying be fulfilled.⁵ But if she bear a maid child, then she shall be unclean two weeks, as in her separation: and she shall continue in the blood of her purifying threescore and six days.⁶ And when the days of her purifying are fulfilled, for a son, or for a daughter, she shall bring a lamb of the first year for a burnt offering, and a young pigeon, or a turtledove, for a sin offering, unto the door of the tabernacle of the congregation, unto the priest:⁷ Who shall offer it before THE MOST HIGH, and make an atonement for her; and she shall be cleansed from the issue of her blood. This is the law for her that hath born a male or a female.

Proverbs 22:6 Train up a child in the way he should go: and when he is old, he will not depart from it.

Proverbs 13:24 He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes.

20. Menses

During our menses we are to separate from sleeping in the same bed or sitting on the same seat (chair, coach, etc.) for the duration of the menses. We are to refrain from intimacy (touching, hugging, kissing) our husband and other adults during this time.

Have a spare bed (foldable bed) and sitting-cloth on hand.

When the menses have stopped then add an additional seven-day separation.

EXAMPLE: If your issue of blood stopped after 4 days, count another 7 days to it. So in total you have 11 days of separation. After those 11 days you are clean again.

Lev 15:19-23 The Menses

19And if a woman have an issue, *and* her issue in her flesh be blood, she shall be put apart seven days: and whosoever toucheth her shall be unclean until the even.

20And every thing that she lieth upon in her separation shall be unclean: every thing also that she sitteth upon shall be unclean.

21And whosoever toucheth her bed shall wash his clothes, and bathe *himself* in water, and be unclean until the even.

22And whosoever toucheth any thing that she sat upon shall wash his clothes, and bathe *himself* in water, and be unclean until the even.

23And if it *be* on *her* bed, or on any thing whereon she sitteth, when he toucheth it, he shall be unclean until the even. **24**And if any man lie with her at all, and her flowers be upon him, he shall be unclean seven days; and all the bed whereon he lieth shall be unclean.

Lev.15:25-27 Other discharge

25And if a woman have an issue of her blood many days out of the time of her separation, or if it run beyond the time of her separation; all the days of the issue of her uncleanness shall be as the days of her separation: she *shall be* unclean. **26**Every bed whereon she lieth all the days of her issue shall be unto her as the bed of her separation: and whatsoever she sitteth upon shall be unclean, as the uncleanness of her separation. **27**And whosoever toucheth those things shall be unclean, and shall wash his clothes, and bathe *himself* in water, and be unclean until the even.

v.19 "*her issue in her flesh be blood*"

v.25 "*An issue of her blood*"

Lev.15:25-27 Speaks about the same procedure as Lev.15:13-14. It speaks of a genital discharge because of yeast infection or sexual transmittable diseases (STD).

When we have a discharge other than menses, we must separate ourselves for 7 days. If the discharge disappears within those 7 days, on the 8th day we are clean again. If after 7 days we still have a discharge, we will add another 7 days. Every 7th day we check it. If the discharge has stopped then we are clean on the 8th day.

Lev.15:28-30 The Menses

28But if she be cleansed of her issue, then she shall number to herself seven days, and after that she shall be clean. **29**And on the eighth day she shall take unto her two turtles, or two young pigeons, and bring them unto the priest, to the door of the tabernacle of the congregation. **30**And the priest shall offer the one *for* a sin offering, and the other *for* a burnt offering; and the priest shall make an atonement for her before The Most High for the issue of her uncleanness.

21. Dress Code

Deuteronomy 22:5 The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so *are* abomination unto The Most High thy

Corinthians 11:5-65 But every woman that prayeth or prophesieth with *her* head uncovered dishonoureth her head: for that is even all one as if she were shaven. 6For if the woman be not covered, let her also be shorn: but if it be a shame for a woman to be shorn or shaven, let her be covered.

1 Timothy 2:9-10 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; But (which becometh women professing godliness) with good works.

A woman must wear only skirts and dresses. No pants and trousers.

In the bible men wore breeches. Breeches are pants.

Pants are not practical for women when they have their menses and when they are in pregnancy.

By these practical things you can see, that pants are not intended for women.

Everything that a woman can't do in skirts and dresses, she should not do. This prevents her from doing tasks that are assigned to men.

In the Western world (Babylon) women started wearing pants from the 1920's. Because they wanted to do the things that men do. Feminist movement. Women are not called to do the things that men must do. They must therefor also not wear the clothing of men.



22. Food and Health

Ecclesiasticus 30:15 "Health and good estate of body are above all gold, and a strong body above infinite wealth."

Ecclesiasticus 38:4

"The Most High hath created medicines out of the earth; and he that is wise will not abhor them."

Sisters, following the clean and unclean food law in Leviticus 11 will lead to healthy eating habits. Eat in moderation and as close to nature as possible.

Make sure that the food is served on time.

Breakfast (around 9 am)

lunch (12 am)

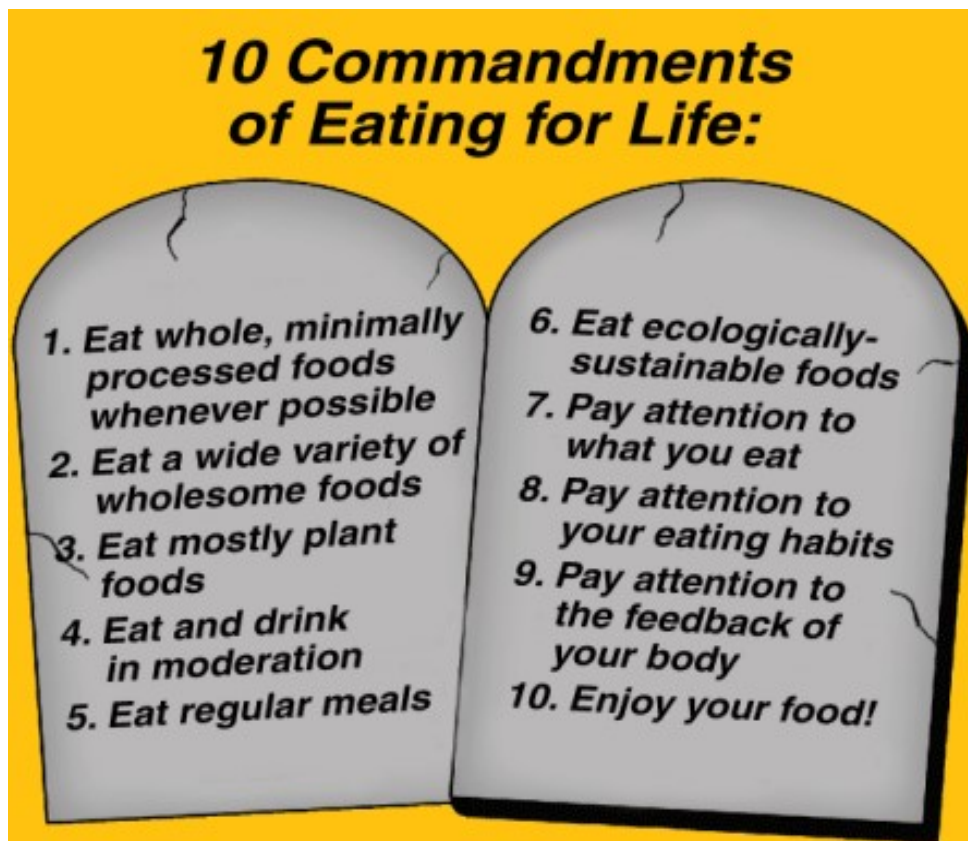
midday snack (3pm)

dinner (6pm)

evening snack (around 9 pm)

Let nobody tell you to be on point with serving the food on time!!!

Prepare and start cooking on time!!!



23. Exercise daily

We should strive to get at least 30 – 60 minutes per day of moderate to vigorous physical activity

The most important muscles to train are your legs.

They are the biggest muscles in your body

Train them daily. By training them, your body produces hormones that will make your body function better overall.

Train your legs by:

doing squats, lunges, step ups and short jogging sessions

Train your arms, chest and back by:

also do push ups,

pull ups

Train your abs by:

crunches

sit ups

Also make sure that your body is flexible by:

Stretching

24. Physical goals for your body

Make sure that you have a healthy body-weight

Make sure that you find the right balance between eating enough and exercising enough.

Your goal must be:

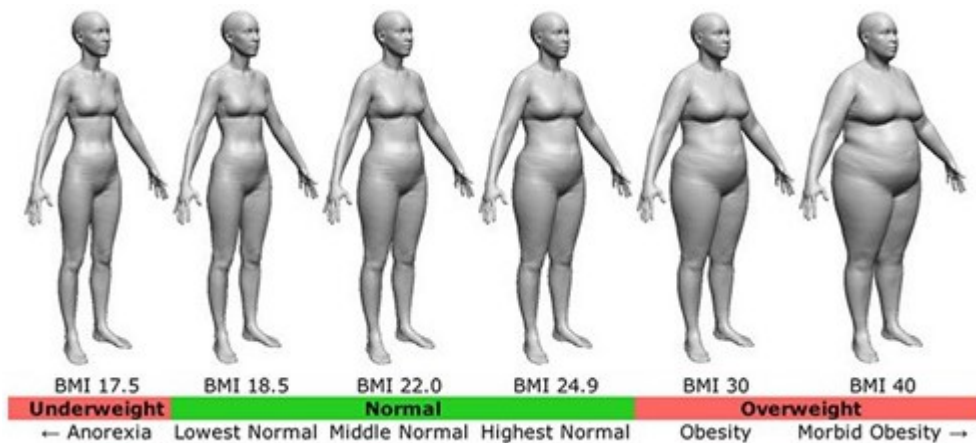
a flat stomach,

round glutes

thick fit legs

and a feminine upper body

Aim for a healthy weight; The BMI Chart is a good start



25. Protocol for receiving a guest

Don't wait for your husband or the man of the house to tell you to serve your guest. Be proactive. It honors your husband. The guest will see that you are a well instructed woman. That will give glory to your husband. And it will give glory to you as a woman.

1. Greet the guest (Sister, Brother, Elder, Sir, etc.)
2. Ask the guest if they would like a refreshment (water, herbal tea, healthy snack or a meal)
3. Before serving the food, explain the ingredients that you have used in your food. This is in case of food allergies.
4. Do not give your guest large portions. When the guest has finished his food, ask if the guest wants more. It is very uncomfortable for a guest when you have given too much food. The guest will feel forced to eat all the food and shy to say that he cannot finish the food. So never give your guest large portions. Just ask if he wants more after he has finished his portion. That's wisdom.



26. House Keeping

Keeping house is priority next to caring for our body (temple). It is very important and should be dealt with on a regular basis. Cleanliness is next to godliness! The Most High gives us very strict rules on cleanliness. It sets the stage for your daily routine. It's nearly impossible to care for yourself and family in an unclean disorganized home.

How you keep your home shows a lot about your character.

Make sure that the house is clean and organized for your husband. After a day of working, he does not want to be in a disorganized home.

Let him not tell you these things. You ought to know already. And do it.

As manager of the house, you must start your day **early in the morning**. Be on top of everything like the virtuous woman in Proverbs 31.

Be on top of everything concerning your house like a private detective!

Make sure every room in the house is CLEAN EVERYDAY.

House keeping is your full time job.

Titus 2:3-5

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 The Most High be not blasphemed.

Work with a schedule. A daily program for each hour of the day.





27. When master comes home from work.....

Just as the church is a bride to Christ the Husband
Just as the church is waiting for His second coming.
Just as the church prepares for His coming.
Just as Christ will check his bride and inspect if she is worthy

In the same way a household must prepare the coming of the husband.
When he comes home from work.

MEANING:

When he comes home:

Make sure that you properly greet him at the door.
Make sure that the children greet him at the door.
Do not let him come get you: you should be waiting at the door for him

Make sure that the house is in order and clean
Make sure his meal is ready
Make sure that the water for the shower is warm
Make sure that the children ate their meals on time
Make sure that the children are clean and groomed
Make every one has done their assignments and works.
Make sure that every one presents their assignments and works
Make sure you don't complain about things

Have his food ready within 15 minutes, so that he can eat right away. Don't let him wait.

It is very disrespectful when a husband comes home and the children stay in their room, they don't greet the father of the house. They wife stays in her room and the husband must go and get her.

If it was Christ coming to your house, you would never do that. In the same way don't do that to your husband.

Your husband is the representative of The Most High in your house.
Treat him like that. No matter what.

That is part of respecting him.

And make sure you provide him rest and peace. Not problems.

NO BROTHER WANTS TO HAVE



Be his helpmeet

Not his hell-meet

28. Work / Finances

A husband must provide for his household.

Providing does not strictly mean that the wife does not have to work.

Providing means: make sure that the tools are there to make the money.

A husband can pay for her education, so that she can get a job.

He can buy her the equipment she needs to make money.

So a husband can create a situation where a wife works for him. He can start a business where his wife works with him and for him

He will be her manager, boss, career coach.

Therefore as the church is subject unto Christ, so
let the wives be to their own husbands in every
thing. Eph.5:24

**SUBMISSION ALSO
MEANS THAT YOUR
MAN HAS RULERSHIP
OVER YOUR MONEY,
RESOURCES AND
ASSETS.**



ARE YOU SUBMITTED?

29. What can I do for my husband?

What are your hobbies (cooking, baking, sewing, writing, counseling, etc.)? Create finances through your talents and gifts. Utilize those gifts and talents in a positive way to generate income for you and your family. Bring it to the fore front and share it with the community.

Be creative like the virtuous woman.

Ask your husband what he wants from you.

Ask your husband what he wants you to do.



30. Treat your husband as if he is Christ

Eph.5:22

Wives, **SUBMIT** yourselves unto your own husbands, **as unto the Most High.**

.....AS UNTO THE MOST HIGH

“submit”

G5293

ὑποτάσσω

hupotasso̅

hoop-ot-as'-so

From G5259 and G5021; to *subordinate*; reflexively to *obey*: - be under obedience (obedient), put under, subdue unto, (be, make) subject (to, unto), be (put) in subjection (to, under), submit self unto.

Eph.5:33

Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she **REVERENCE** her husband.

Let your husband dominate, rule and control you. That is his job.

“reverence”

G5399

φοβέω

phobeo̅

fob-eh'-o

From G5401; to *frighten*, that is, (passively) to *be alarmed*; by analogy to *be in awe* of, that is, *revere*: - be (+ sore) afraid, fear (exceedingly), reverence.

Don't correct your husband concerning how to live.

1Pet.3:1-2

1 Pe 3:1 Likewise,^{G3668} ye wives,^{G1135} *be* in subjection^{G5293} to your own^{G2398} husbands;^{G435} that,^{G2443} if any^{G1536} obey not^{G544} the^{G3588} word,^{G3056} they also^{G2532} may

without^{G427} the word^{G3056}

meaning: no talking

be won^{G2770} by^{G1223} the^{G3588} conversation^{G391} of the^{G3588} wives;^{G1135}

1Pe 3:2 While they behold^{G2029} your^{G5216} chaste^{G53} conversation^{G391} *coupled* with^{G1722} fear.^{G5401}

“conversation” means: behaviour

“conversation”

G391

ἀναστροφή

anastrophē

an-as-trof-ay'

From G390; *behavior*: - conversation.

Give your husband the same respect you show to Christ.
Your husband is the ambassador of The Most High in his house.
He is created after the image of The Most High

IN DAILY LIFE THIS MEANS:

Do not let your husband repeat him self for you, rather listen fast, in one time
When he is talking to you, don't interrupt him
When he is busy with something, don't interrupt him
When he is talking with men, don't interrupt him
When he is working, do not disturb him with emotional things
Do not disturb him at all.
When he is talking with women, don't interrupt him
When is in his room, first knock and ask if you can come in.
When he is in a private area, first ask if you can come in
When his dealing a certain way with people, don't criticize him
When he didn't ask for your reply don't give a reply
When he comes home, open the door for him with respect.
When he tells you to be ready at a certain time, do not late at that time
Do not send your husband teaching videos.
When you want to ask your husband something do it like this:
“Master can I ask you something about.....”
“Master, can I express myself about.....”
“Master are you busy? “

Stay in your position and role as woman. Be only concerned about food clothing and conjugal rights, protection, safety and teaching. If your husband is providing that, than be happy and satisfied

Do not comment or criticize your husband, and especially not if he is fulfilling his duty towards you.

Don't concern yourself with the other things he is doing outside of taking care of you.
Your husband owes you NO accountability.

TREAT YOUR HUSBAND AS IF HE IS Christ, just for the fact that he is your husband. No matter how righteous or unrighteous he is.

Col. 3:23-24

And whatsoever ye do, do it heartily, as to The Most High, and not unto men;

Knowing that of The Most High ye shall receive the reward of the inheritance: for ye serve Christ.

Col. 3:18

Wives, submit yourselves unto your own husbands, as it is fit in the The Most High.

Hebrews 13:17

Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that [is] unprofitable for you.

1 Peter 2:17

Honour all [men]. Love the brotherhood. Fear The Most High. Honour the king.
(How much more your own husband)

31. Women, teaching and talking

Prov.10:19: In the multitude of words there wanteth not sin: but he that refraineth his lips is wise.

The more you talk, the more likely you are to speak foolish words.

As women we all know that most women in general talk more than men. The average words that a woman uses daily is 20.000 words.

The average words that a man uses daily is 7.000 words.

So specifically a woman must watch her words and guard herself for idle talk.

Who can women teach?

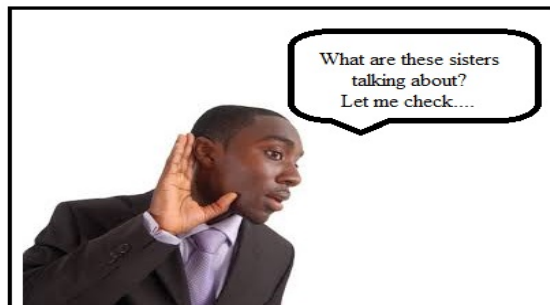
Girls, Young Women, and Older women (general homeschooling and how to be a woman)

Boys 0-12 (general homeschooling)

What topics can women teach and talk about amongst themselves?



The topics that women should be talking and teaching about amongst themselves should be:



Women should talk and teach and talk about:

Titus 2:3-8 Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine.

#1

They are to teach what is good, and so train the young women:

A. To love their husbands and children, (how to raise their children)

B. To be self-controlled,

C. Pure,

D. Working at home,

E. Kind, and

F. Submissive to their own husbands, that the word of The Most High may not be reviled.

#2

1Tim.2:10-15

In like manner also, that women

Women should talk and teach about:

adorn themselves in

A. modest apparel,

with

B. shamefacedness and

C. sobriety; not with broided hair, or gold, or pearls, or costly array;

But (which becometh women professing godliness) with

D. good works.

Let the woman **learn in silence with all subjection.**

But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence.

For Adam was first formed, then Eve.

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

Notwithstanding she shall be saved in

E. **childbearing**, if they continue in – caring for your body (fertility, intercourse, menses law, childbirth law, nutrition, exercise, natural birth control methods; cycle of the menses, female hygiene)

F. **faith** and – trusting the word of The Most High.

G. **charity** and – doing good, helping the poor, attending to the sick, disabled, and orphans.

H. **holiness** with – to be separated to The Most High, living according to the word, pure, no compromise accepting the word of The Most High as it is.

sobriety – not being controlled by substances, sound mind, full of the spirit, full of wisdom, knowledgeable in the word.

#3

Women should talk and teach about:

Growing in the fruits of the spirit

Gal 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

Gal 5:23 Meekness, temperance: against such there is no law.

Gal 5:24 And they that are Christ's have crucified the flesh with the affections and lusts.

Gal 5:25 If we live in the Spirit, let us also walk in the Spirit.

Gal 5:26 Let us not be desirous of vain glory, provoking one another, envying one another.

#4

Getting rid of the fruits of the flesh

Gal 5:19 Now the works of the flesh are manifest, which are *these*;

Adultery,
fornication,
uncleanness,
lasciviousness,

Gal 5:20
Idolatry,
witchcraft,
hatred,
variance,
emulations,
wrath,
strife,
seditions,

heresies,
Gal 5:21
Envyings,
murders,
drunkenness,
revellings,

and such like: of the which I tell you before, as I have also told *you* in time past, that they which do such things shall not inherit the kingdom of The Most High.

32. Women teaching doctrines

Let the men teach the doctrines. Let the women only talk amongst themselves how to be a better wife / woman / mother. No other topics. A woman should not be teaching doctrines.

The Most High has raised enough men to teach doctrines. Not even 1 bible book was written by a woman.

A woman is the weaker vessel.

1Pe 3:7 Likewise, ye husbands, dwell with *them* according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

The weaker vessel does not teach the stronger vessel.
The student does not teach the teacher

1Co 14:33 For The Most High is not *the author* of confusion, but of peace,
as in all churches of the saints.

1Co 14:34 Let your women keep silence in the churches (*gathering of believers*):
for it is not permitted unto them to speak; but *they are commanded* to be under obedience, as also saith the law.

What do I study?

1Co 14:35 **And if they will learn any thing, let them ask their husbands at home:** for it is a shame for women to speak in the church (*gathering of believers*)

Our husbands must teach us. We must not teach our husbands. That's out of order.

And we don't have other teachers than our own husband. Our husband is our covering. He watches over us. And he is responsible over us.

A woman must study the teachings of her husband. NOT the teachings of other men.

Therefor we must not follow other teachings than the teachings of our own husband. Online there are many teachers. But we must only follow our husbands teachings.

Eve made that mistake. She did not follow Adam's teachings. She went out there and followed the wrong teachings without her husband being there to protect her.

Your husband must decide what you listen to and what you don't listen to.

Duty of the husband



Do not allow your wife to hear some thing that you have not checked first. Also on youtube. Let us learn from what happened to Eve when she was alone in Eden with the serpent. Gen.3:1-6

33. How must a woman speak with a man?

Be careful because the line can easily be crossed and end up in a situation where you are teaching men.

Teaching is explaining and telling what to do.

Concerning scripture, a woman cannot tell a man what to do

If a man did not ask for it, a woman cannot tell him what to do or how to see things

A woman cannot make public videos, posts or comments online **on how men must be**

This is the best thing to do:

To prevent having to teach your man: find a man that is righteous so that he can constantly teach you.

Careful and wise husband selection before marriage is essential.

Let silence and prayer be your power spot.

Instead of teaching discover the power of prayer and intercession. It moves mountains. The hand of The Most High is working for you. Move the hand of The Most High through your righteous walk and intercession prayers.

*Pro.15:8-9: The sacrifice of the wicked is an abomination to The Most High: but **the prayer of the upright is his delight.***

The way of the wicked is an abomination unto The Most High: but he loveth him that followeth after righteousness.

Prov.28:9 He that turneth away his ear from hearing the law, even his prayer shall be abomination.

*Jam.5:16 Confess your faults one to another, and pray one for another, that ye may be healed. **The effectual fervent prayer of a righteous man availeth much.***

Pro.21:1 The king's heart is in the hand of The Most High, as the rivers of water: he turneth it whithersoever he will.

A woman must be silent according to scripture.

If she wants to speak, she must ask the man / brother if she can say something

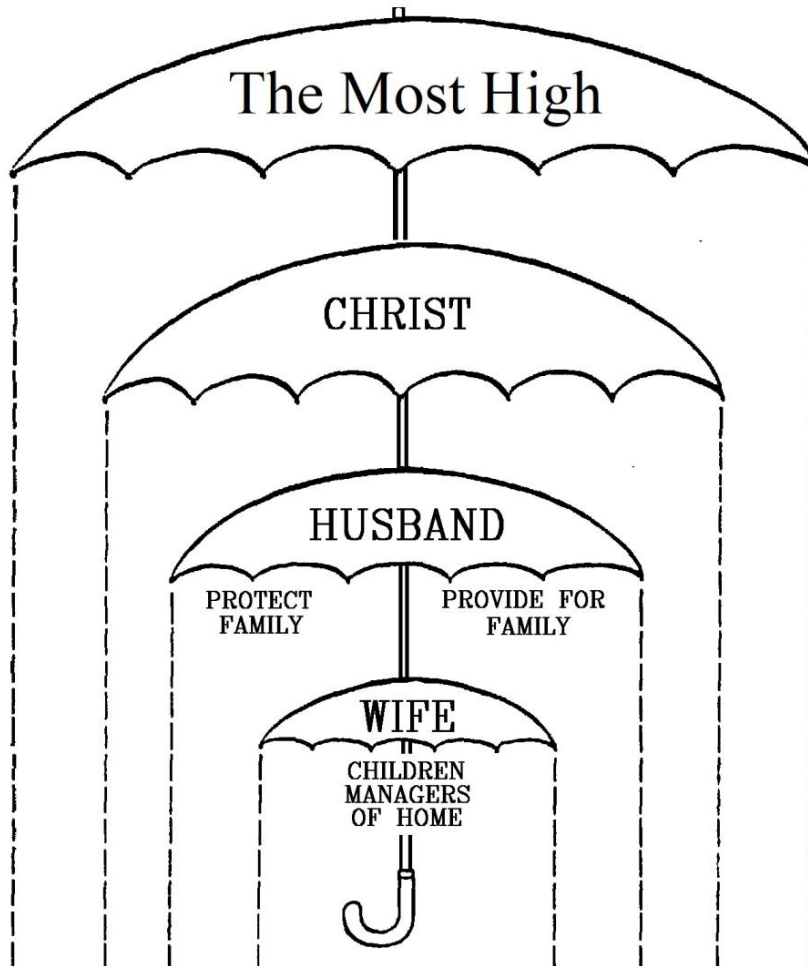
If they agree her to speak, she can humbly explain her point, without going out of order.

If the man/brothers accept her words, then she has achieved her goal and she can be silent again.

If the man / brothers don't accept her words, the woman must not debate. She can say something like: "Ok I understand your view".

She will remain quiet and pray to the Father concerning the topic. Cast your burdens unto The Most High.

Let your husband cover you. He IS your cover.



34. How to behave when a man is not obeying the laws, statutes and commandments of The Most High.

1 Pet. 3:1-6:

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;

*2 While they **behold***

BEHOLD G2029

ἐποπτεύω

epopteuō

ep-opt-yoo'-o

From G1909 and a derivative of G3700; **to inspect, that is, watch: - behold.**

Total KJV occurrences: 2

your chaste

CHASTE G53

ἁγνός

hagnos

hag-nos'

From the same as G40; **properly clean, that is, (figuratively) innocent, modest, perfect: - chaste, clean, pure.**

Total KJV occurrences: 8

conversation coupled with fear.

Strong's Bible Dictionary:

CONVERSATION G391

ἀναστροφή
anastrophē
an-as-trof-ay'

*From G390; **behavior**: - conversation.*

Total KJV occurrences: 13

3 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 The Most High of great price.

5 For after this manner in the old time the holy women also, who trusted in The Most High, adorned themselves, being in subjection unto their own husbands:

6 Even as Sara obeyed Abraham, calling him Most High: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.

Conclusion:

convince the man through your righteous behaviour and character:
NOT THROUGH YOUR SPEECH AND WORDS

35. The Women Majestic Role

Genesis 3:16

To the woman he said, “I will surely multiply your pain in childbearing; in pain you shall bring forth children. Your desire shall be for your husband, and he shall rule over you.”

Genesis 2:18 The Most High The Most High said, *It is* not good that the man should be alone; I will make him an help meet for him.

Titus 2:3-5 3The aged women likewise, that *they be* in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; 4That 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 The Most High be not blasphemed.

1 Timothy 2:11-15

11Let the woman learn in silence with all subjection.

12But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence.

13For Adam was first formed, then Eve. 14And Adam was not deceived, but the woman being deceived was in the transgression. 15Notwithstanding she shall be saved in childbearing, if they continue in faith and charity and holiness with sobriety.

1 Timothy 3:11 Their wives likewise must be dignified, not slanderers, but sober-minded, faithful in all things.

1 Timothy 5:14 I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully.

1 Corinthians 14:33-35

33For The Most High is not *the author* of confusion, but of peace, as in all churches of the saints.

34Let your women keep silence in the churches: for it is not permitted unto them to speak; but *they are commanded* to be under obedience, as also saith the law.

35And if they will learn any thing, let them ask their husbands at home: for it is a shame for women to speak in the church.

Colossians 3:18 Wives, submit yourselves unto your own husbands, as it is fit in The Most High

1 Corinthians 11:3 But I would have you know, that the head of every man is Christ; and the head of the woman *is* the man; and the head of Christ *is* The Most High.

1 Corinthians 11:5-6

5But every woman that prayeth or prophesieth with *her* head uncovered dishonoureth her head: for that is even all one as if she were shaven. 6For if the woman be not covered, let her also be shorn: but if it be a shame for a woman to be shorn or shaven, let her be covered.

1 Peter 3:1-6

1Likewise, 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;

2While they behold your chaste conversation *coupled* with fear.

3Whose adorning let it not be that outward *adorning* of plaiting the hair, and of wearing of gold, or of putting on of apparel;

4But *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 The Most High of great price.

5For after this manner in the old time the holy women also, who trusted in The Most High, adorned themselves, being in subjection unto their own husbands:

6Even as Sara obeyed Abraham, calling him Most High: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.

7Likewise, ye husbands, dwell with *them* according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

8Finally, *be ye* all of one mind, having compassion one of another, love as brethren, *be* pitiful, *becourteous*:

9Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

Ephesians 5:22-33

22Wives, submit yourselves unto your own husbands, as unto The Most High.

23For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.

24Therefore as the church is subject unto Christ, so *let* the wives *be* to their own husbands in every thing.

25Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

26That he might sanctify and cleanse it with the washing of water by the word,

27That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

28So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.

29For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as The Most High the church:

30For we are members of his body, of his flesh, and of his bones.

31For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.

32This is a great mystery: but I speak concerning Christ and the church.

33Nevertheless let every one of you in particular so love his wife even as himself; and the wife *see* that she reverence *her* husband.

Proverbs 14:1

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

Proverbs 11:16

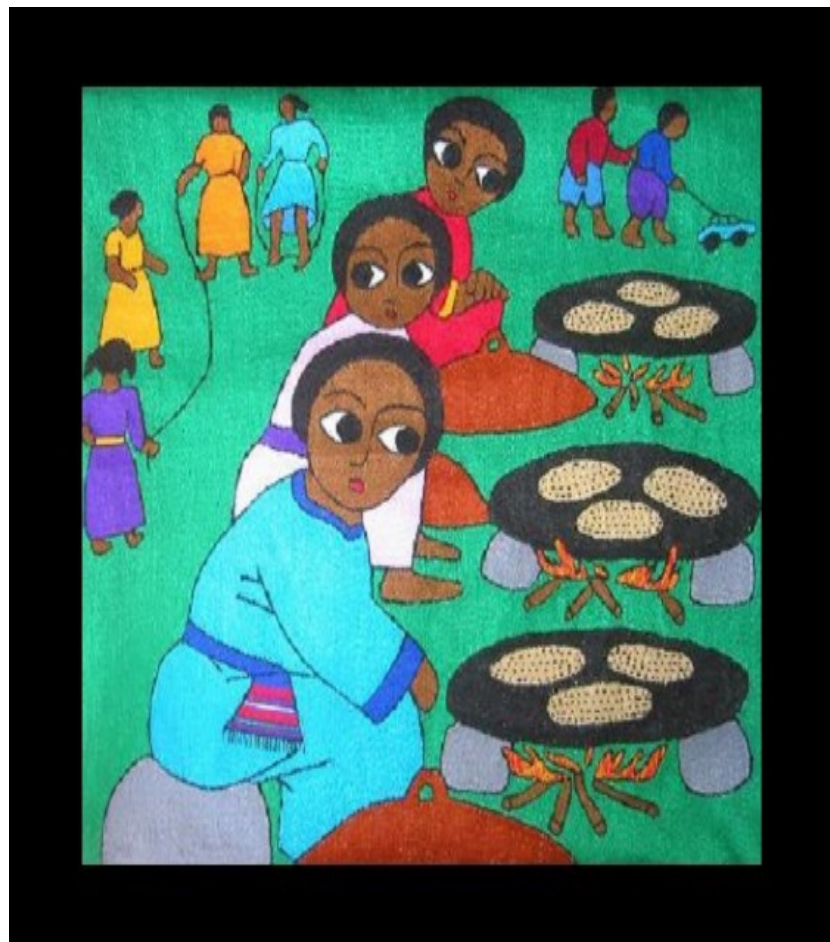
A gracious woman retaineth honour: and strong *men* retain riches.

Proverbs 21:9

It is better to dwell in a corner of the housetop, than with a brawling woman in a wide house.

Proverbs 21:19

It is better to dwell in the wilderness, than with a contentious and an angry woman.



36. Repetition is the key to Mastery

The Most High repeatedly demands us to obey and keep his law's over and over again for a very good reason, He wants us to always remember! He wants us to be perfect and set an example for the other nations. If we start taking Our Father serious and do what He tells us the curse will cease and we will experience all the blessings He promised us. We will begin to see great transformation amongst our nation from heaviness and burdensome to light and peacefulness. He commands us to continually study and do all His commandment all day every day for our own good. Below are many verses reminding us repeatedly to obey and keep Our Father's laws, statutes & commandments. If He didn't mean it, he would not repeat it so often throughout the scriptures.



Genesis 26:5 Because that Abraham obeyed my voice, and kept my charge, my commandments, my statutes, and my laws.

Exodus 15: 26 And said, If thou wilt diligently hearken to the voice of The Most High thy Power, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I *am* The Most High that healeth thee.

Exodus 16:28 And The Most High said unto Moses, How long refuse ye to keep my commandments and my laws?

Exodus 20:6 And shewing mercy unto thousands of them that love me, and keep my commandments.

Exodus 24:12 And The Most High said unto Moses, Come up to me into the mount, and be there: and I will give thee tables of stone, and a law, and commandments which I have written; that thou mayest teach them.

Exodus 34:28 And he was there with The Most High forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.

Leviticus 4:2 Speak unto the children of Israel, saying, If a soul shall sin through ignorance against any of the commandments of The Most High *concerning things* which ought not to be done, and

shall do against any of them:

Leviticus 4:13 And if the whole congregation of Israel sin through ignorance, and the thing be hid from the eyes of the assembly, and they have done *somewhat against* any of the commandments of The Most High *concerning things* which should not be done, and are guilty;

Leviticus 5:17

And if a soul sin, and commit any of these things which are forbidden to be done by the commandments of The Most High; though he wist *it* not, yet is he guilty, and shall bear his iniquity.

Leviticus 26:3 If ye walk in my statutes, and keep my commandments, and do them;

Leviticus 26:14 But if ye will not hearken unto me, and will not do all these commandments;

Leviticus 26:15 And if ye shall despise my statutes, or if your soul abhor my judgments, so that ye will not do all my commandments, *but* that ye break my covenant:

Leviticus 27:34 These *are* the commandments, which The Most High commanded Moses for the children of Israel in mount Sinai.

Numbers 15:22 And if ye have erred, and not observed all these commandments, which The Most High hath spoken unto Moses,

Numbers 15:39 And it shall be unto you for a fringe, that ye may look upon it, and remember all the commandments of The Most High, and do them; and that ye seek not after your own heart and your own eyes, after which ye use to go a whoring:

Numbers 15:40 That ye may remember, and do all my commandments, and be holy unto your The Most High.

Numbers 36:13 These *are* the commandments and the judgments, which The Most High commanded by the hand of Moses unto the children of Israel in the plains of Moab by Jordan *near* Jericho.

Deuteronomy 4:2 Ye shall not add unto the word which I command you, neither shall ye diminish *ought* from it, that ye may keep the commandments of The Most High your The Most High which I command you.

Deuteronomy 4:13 And he declared unto you his covenant, which he commanded you to perform, *even* ten commandments; and he wrote them upon two tables of stone.

Deuteronomy 4:40 Thou shalt keep therefore his statutes, and his commandments, which I command thee this day, that it may go well with thee, and with thy children after thee, and that thou mayest prolong *thy* days upon the earth, which The Most High thy Power giveth thee, for ever.

Deuteronomy 5:10 And shewing mercy unto thousands of them that love me and keep my commandments.

Deuteronomy 5:29 O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever!

Deuteronomy 5:31 But as for thee, stand thou here by me, and I will speak unto thee all the commandments, and the statutes, and the judgments, which thou shalt teach them, that they may do *them* in the land which I give them to possess it.

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

Deuteronomy 6:2 That thou mightest fear The Most High thy Power, to keep all his statutes and his commandments, which I command thee, thou, and thy son, and thy son's son, all the days of thy life; and that thy days may be prolonged.

Deuteronomy 6:17 Ye shall diligently keep the commandments of The Most High your The Most High, and his testimonies, and his statutes, which he hath commanded thee.

Deuteronomy 6:25 And it shall be our righteousness, if we observe to do all these commandments before The Most High our The Most High, as he hath commanded us.

Deuteronomy 7:9 Know therefore that The Most High thy Power, he *is* The Most High, the faithful The Most High, which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations;

Deuteronomy 7:11 Thou shalt therefore keep the commandments, and the statutes, and the judgments, which I command thee this day, to do them.

Deuteronomy 8:1 Beware that thou forget not The Most High thy Power, in not keeping his commandments, and his judgments, and his statutes, which I command thee this day:

Deuteronomy 8:2 And thou shalt remember all the way which The Most High thy Power led thee these forty years in the wilderness, to humble thee, *and* to prove thee, to know what *was* in thine heart, whether thou wouldest keep his commandments, or no.

Deuteronomy 8:6 Therefore thou shalt keep the commandments of The Most High thy Power, to walk in his ways, and to fear him.

Deuteronomy 10:4 And he wrote on the tables, according to the first writing, the ten commandments, which The Most High spake unto you in the mount out of the midst of the fire in the day of the assembly: and The Most High gave them unto me..

Deuteronomy 10:13 To keep the commandments of The Most High, and his statutes, which I command thee this day for thy good?

Deuteronomy 11:1 Therefore thou shalt love The Most High thy Power, and keep his charge, and his statutes, and his judgments, and his commandments, always.

Deuteronomy 11:8 Therefore shall ye keep all the commandments which I command you this day, that ye may be strong, and go in and possess the land, whither ye go to possess it;

Deuteronomy 11:13 And it shall come to pass, if ye shall hearken diligently unto my commandments which I command you this day, to love The Most High your The Most High, and to serve him with all your heart and with all your soul,

Deuteronomy 11:22 For if ye shall diligently keep all these commandments which I command you, to do them, to love The Most High your The Most High, to walk in all his ways, and to cleave unto him;

Deuteronomy 11:27 A blessing, if ye obey the commandments of The Most High your The Most High, which I command you this day:

Deuteronomy 11:28 And a curse, if ye will not obey the commandments of The Most High your The Most High, but turn aside out of the way which I command you this day, to go after other The Most Highs, which ye have not known.

Deuteronomy 13:4 Ye shall walk after The Most High your The Most High, and fear him, and keep his commandments, and obey his voice, and ye shall serve him, and cleave unto him.

Deuteronomy 13:18 When thou shalt hearken to the voice of The Most High thy Power, to keep all his commandments which I command thee this day, to do *that which is* right in the eyes of The Most High thy Power.

Deuteronomy 15:5 Only if thou carefully hearken unto the voice of The Most High thy Power, to observe to do all these commandments which I command thee this day.

Deuteronomy 19:9 If thou shalt keep all these commandments to do them, which I command thee this day, to love The Most High thy Power, and to walk ever in his ways; then shalt thou add three cities more for thee, beside these three:

Deuteronomy 26:13 Then thou shalt say before The Most High thy Power, I have brought away the hallowed things out of *mine* house, and also have given them unto the Levite, and unto the stranger, to the fatherless, and to the widow, according to all thy commandments which thou hast commanded me: I have not transgressed thy commandments, neither have I forgotten *them*:

Deuteronomy 26:17 Thou hast avouched The Most High this day to be thy Power, and to walk in his ways, and to keep his statutes, and his commandments, and his judgments, and to hearken unto his voice:

Deuteronomy 26:18 And The Most High hath avouched thee this day to be his peculiar people, as he hath promised thee, and that thou shouldest keep all his commandments; **Deuteronomy 27:1** And Moses with the elders of Israel commanded the people, saying, Keep all the commandments which I command you this day.

Deuteronomy 27:10 Thou shalt therefore obey the voice of The Most High thy Power, and do his commandments and his statutes, which I command thee this day.

Deuteronomy 28:1 And it shall come to pass, if thou shalt hearken diligently unto the voice of The

Most High thy Power, to observe *and* to do all his commandments which I command thee this day, that The Most High thy Power will set thee on high above all nations of the earth:

Deuteronomy 28:9 The Most High shall establish thee an holy people unto himself, as he hath sworn unto thee, if thou shalt keep the commandments of The Most High thy Power, and walk in his ways.

Deuteronomy 28:13 And The Most High shall make thee the head, and not the tail; and thou shalt be above only, and thou shalt not be beneath; if that thou hearken unto the commandments of The Most High thy Power, which I command thee this day, to observe and to do *them*:

Deuteronomy 28:15 But it shall come to pass, if thou wilt not hearken unto the voice of The Most High thy Power, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee:

Deuteronomy 28:45 Moreover all these curses shall come upon thee, and shall pursue thee, and overtake thee, till thou be destroyed; because thou hearkenedst not unto the voice of The Most High thy Power, to keep his commandments and his statutes which he commanded thee:

Deuteronomy 30:8 And thou shalt return and obey the voice of The Most High, and do all his commandments which I command thee this day.

Deuteronomy 30:10 If thou shalt hearken unto the voice of The Most High thy Power, to keep his commandments and his statutes which are written in this book of the law, *and* if thou turn unto The Most High thy Power with all thine heart, and with all thy soul.

Deuteronomy 30:16 In that I command thee this day to love The Most High thy Power, to walk in his ways, and to keep his commandments and his statutes and his judgments, that thou mayest live and multiply: and The Most High thy Power shall bless thee in the land whither thou goest to possess it..

Deuteronomy 31:5 And The Most High shall give them up before your face, that ye may do unto them according unto all the commandments which I have commanded you.

Joshua 22:5 But take diligent heed to do the commandment and the law, which Moses the servant of The Most High charged you, to love The Most High your The Most High, and to walk in all his ways, and to keep his commandments, and to cleave unto him, and to serve him with all your heart and with all your soul.

Judges 2:17 And yet they would not hearken unto their judges, but they went a whoring after other The Most Highs, and bowed themselves unto them: they turned quickly out of the way which their fathers walked in, obeying the commandments of The Most High; *but* they did not so..

Judges 3:4 And they were to prove Israel by them, to know whether they would hearken unto the commandments of The Most High, which he commanded their fathers by the hand of Moses.

1Samuel 15:11 It repenteth me that I have set up Saul *to be* king: for he is turned back from following me, and hath not performed my commandments. And it grieved Samuel; and he cried unto The Most High all night.

1Kings 2:3 And keep the charge of The Most High thy Power, to walk in his ways, to keep his statutes, and his commandments, and his judgments, and his testimonies, as it is written in the law of Moses, that thou mayest prosper in all that thou doest, and whithersoever thou turnest thyself:

1Kings 3:14 And if thou wilt walk in my ways, to keep my statutes and my commandments, as thy father David did walk, then I will lengthen thy days.

1Kings 6:12 *Concerning* this house which thou art in building, if thou wilt walk in my statutes, and execute my judgments, and keep all my commandments to walk in them; then will I perform my word with thee, which I spake unto David thy father:

1Kings 8:58 That he may incline our hearts unto him, to walk in all his ways, and to keep his commandments, and his statutes, and his judgments, which he commanded our fathers.

1Kings 8:61 Let your heart therefore be perfect with The Most High our The Most High, to walk in his statutes, and to keep his commandments, as at this day.

1Kings 9:6 *But* if ye shall at all turn from following me, ye or your children, and will not keep my commandments *and* my statutes which I have set before you, but go and serve other The Most Highs, and worship them:

1Kings 11:34 Howbeit I will not take the whole kingdom out of his hand: but I will make him

prince all the days of his life for David my servant's sake, whom I chose, because he kept my commandments and my statutes:

1Kings 11:38 And it shall be, if thou wilt hearken unto all that I command thee, and wilt walk in my ways, and do *that is* right in my sight, to keep my statutes and my commandments, as David my servant did; that I will be with thee, and build thee a sure house, as I built for David, and will give Israel unto thee.

1Kings 14:8 And rent the kingdom away from the house of David, and gave it thee: and *yet* thou hast not been as my servant David, who kept my commandments, and who followed me with all his heart, to do *that only which was* right in mine eyes;

2Kings 17:13 Yet The Most High testified against Israel, and against Judah, by all the prophets, *and by* all the seers, saying, Turn ye from your evil ways, and keep my commandments *and* my statutes, according to all the law which I commanded your fathers, and which I sent to you by my servants the prophets.

1Chronicles 28:7 Moreover I will establish his kingdom for ever, if he be constant to do my commandments and my judgments, as at this day.

1Chronicles 28: Now therefore in the sight of all Israel the congregation of The Most High, and in the audience of our The Most High, keep and seek for all the commandments of The Most High your The Most High: that ye may possess this good land, and leave *it* for an inheritance for your children after you for ever.

2Chronicles 7:19 But if ye turn away, and forsake my statutes and my commandments, which I have set before you, and shall go and serve other The Most Highs, and worship them;

2Chronicles 24:20 And the Spirit of The Most High came upon Zechariah the son of Jehoiada the priest, which stood above the people, and said unto them, Thus saith The Most High, Why transgress ye the commandments of The Most High, that ye cannot prosper? because ye have forsaken The Most High, he hath also forsaken you.

2Chronicles 31:21 And in every work that he began in the service of the house of The Most High, and in the law, and in the commandments, to seek his The Most High, he did *it* with all his heart, and prospered.

Neh 1:9 But *if* ye turn unto me, and keep my commandments, and do them; though there were of you cast out unto the uttermost part of the heaven, *yet* will I gather them from thence, and will bring them unto the place that I have chosen to set my name there.

Neh 9:13 Thou camest down also upon mount Sinai, and spakest with them from heaven, and gavest them right judgments, and true laws, good statutes and commandments:

Neh 9:29 And testifiedst against them, that thou mightest bring them again unto thy law: yet they dealt proudly, and hearkened not unto thy commandments, but sinned against thy judgments, (which if a man do, he shall live in them;) and withdrew the shoulder, and hardened their neck, and would not hear.

Neh 9:34 Neither have our kings, our princes, our priests, nor our fathers, kept thy law, nor hearkened unto thy commandments and thy testimonies, wherewith thou didst testify against them.

Ecc 12:13 Let us hear the conclusion of the whole matter: Fear The Most High, and keep his commandments: for this *is* the whole *duty* of man.

Isa 48:18 O that thou hadst hearkened to my commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea:

Dan 9:4 And I prayed unto The Most High my Power, and made my confession, and said, O Most High, the great and dreadful The Most High, keeping the covenant and mercy to them that love him, and to them that keep his commandments;

Amo 2:4 Thus saith The Most High; For three transgressions of Judah, and for four, I will not turn away *the punishment* thereof; because they have despised the law of The Most High, and have not kept his commandments, and their lies caused them to err, after the which their fathers have walked:

Matthew 5:19 Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach *them*, the same shall be called great in the kingdom of heaven.

Matthew 19:17 And he said unto him, Why callest thou me good? *there is* none good but one, *that*

is, The Most High: but if thou wilt enter into life, keep the commandments.

Mark 12:29 And Christ answered him, The first of all the commandments *is*, Hear, O Israel; The Most High our The Most High is one Power:

Luke 1:6 And they were both righteous before The Most High, walking in all the commandments and ordinances of The Most High blameless.

John 14:15 If ye love me, keep my commandments.

John 14:21 He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him.

John 15:10 If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

1John 2:3 And hereby we do know that we know him, if we keep his commandments.

1John 2:4 He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him.

1John 3:22 And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.

1John 3:24 And he that keepeth his commandments dwelleth in him, and he in him. And hereby we know that he abideth in us, by the Spirit which he hath given us.

1John 5:2 By this we know that we love the children of The Most High, when we love The Most High, and keep his commandments.

1John 5:3 For this is the love of The Most High, that we keep his commandments: and his commandments are not grievous.

2John 1:6 And this is love, that we walk after his commandments. This is the commandment, That, as ye have heard from the beginning, ye should walk in it.

Revelation 14:12 Here is the patience of the saints: here *are* they that keep the commandments of The Most High, and the faith of Christ.

Revelation 22:14 Blessed *are* they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.

37. Nation building

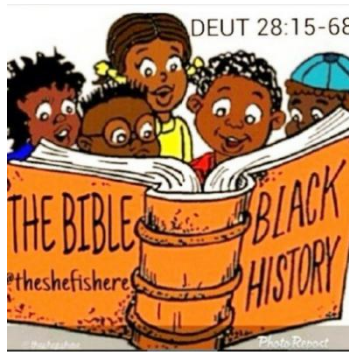


Deuteronomy 4:5-6

Behold, I have taught you statutes and judgments, even as The Most High my Power commanded me, that ye should do so in the land whither ye go to possess it. Keep therefore and do *them*; for this *is* your wisdom and your understanding in the sight of the nations, which shall hear all these statutes, and say, Surely this great nation *is* a wise and understanding people.

1John 3:4

Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.



Exodus 20

And The Most High spake all these words, saying,

² I am The Most High thy Power, which have brought thee out of the land of Egypt, out of the house of bondage.

³ Thou shalt have no other The Most Highs before me.

⁴ Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.

⁵ Thou shalt not bow down thyself to them, nor serve them: for I The Most High thy Power am a jealous The Most High, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

⁶ And shewing mercy unto thousands of them that love me, and keep my commandments.

⁷ Thou shalt not take the name of the The Most High thy Power in vain; for The Most High will not hold him guiltless that taketh his name in vain.

⁸ Remember the sabbath day, to keep it holy.

⁹ Six days shalt thou labour, and do all thy work:

¹⁰ But the seventh day is the sabbath of The Most High thy Power: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

¹¹ For in six days The Most High made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore THE MOST HIGH blessed the sabbath day, and hallowed it.

¹² Honour thy father and thy mother: that thy days may be long upon the land which The Most High thy Power giveth thee.

¹³ Thou shalt not kill.

¹⁴ Thou shalt not commit adultery.

¹⁵ Thou shalt not steal.

¹⁶ Thou shalt not bear false witness against thy neighbour.

¹⁷ Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

38. A Virtuous Woman



Proverbs 31:10-31

- ¹⁰ Who can find a virtuous woman? for her price is far above rubies.
- ¹¹ The heart of her husband doth safely trust in her, so that he shall have no need of spoil.
- ¹² She will do him good and not evil all the days of her life.
- ¹³ She seeketh wool, and flax, and worketh willingly with her hands.
- ¹⁴ She is like the merchants' ships; she bringeth her food from afar.
- ¹⁵ She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.
- ¹⁶ She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard.
- ¹⁷ She girdeth her loins with strength, and strengtheneth her arms.
- ¹⁸ She perceiveth that her merchandise is good: her candle goeth not out by night.
- ¹⁹ She layeth her hands to the spindle, and her hands hold the distaff.
- ²⁰ She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.
- ²¹ She is not afraid of the snow for her household: for all her household are clothed with scarlet.
- ²² She maketh herself coverings of tapestry; her clothing is silk and purple.
- ²³ Her husband is known in the gates, when he sitteth among the elders of the land.
- ²⁴ She maketh fine linen, and selleth it; and delivereth girdles unto the merchant.
- 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 Most High, she shall be praised.
- ³¹ Give her of the fruit of her hands; and let her own works praise her in the gates.

39. Let your husband do his job on you

It is your husbands job to make you better. To wash you clean (meaning: to teach you) with the scriptures. And present you before Christ and The Most High as blameless and perfect.

Your husband must teach you to be submissive and obedient, righteous, humble and shamefaced. Becoming the perfect woman; acceptable for the kingdom.

Eph.5:25-28

Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

That he might sanctify and cleanse it with the **washing of water by the word**,

That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.

Do not make it burden for him to lead you and teach you.

Do no be rebellious.

Do not argue with him.

Your husband is not on your level.

Don't treat him as if he is on your level.

He is not equal to you.

He is not your "sparring partner"

He is above you.

He is your head

Your husband is the ambassador of the The Most High in your house.

He is the stronger vessel

You are the weaker vessel (1Pet.3:7)

When he gives you a solution, do not break it down with your words.

The Most High gives your husband direction on how to lead you.

Disrespecting your husband is equal to disrespecting The Most High.

Let your husbands words and advice penetrate into your heart; let them fall on good soil in your heart.

Gen.3:16

Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire *shall be* to thy husband, **and he shall rule over thee.**

Hebrews 13:17

Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that *is* unprofitable for you.

As a woman you will be saved by staying in your role as woman.

Do not bring your salvation in jeopardy by going out of order.

There is only 1 way how you must conduct yourself; as a biblical woman.

1Tim.2:9-15

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;

But (which becometh women professing godliness) with good works.

Let the woman learn in silence with all subjection.

But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence.

For Adam was first formed, then Eve.

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

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

40. The goals that my husband has for me are:

Body goals:

Body weight in kgs / lbs

Chest size (circumference) in cm / inch.....

Waist size (circumference) in cm / inch.....

Glute size (circumference) in cm / inch.....

Thigh size (circumference) in cm / inch.....

Arm size (circumference) in cm / inch.....

Calve size (circumference) in cm / inch.....

Flexibility and Stretch

Endurance: number of minutes cardio that I should be able to do without going out of breath

Strength: number of pull ups that I should be able to do easily:.....

number of push ups hat I should be able to do easily:.....

number of body weight squats that I should be able to do easily:.....

Clean teeth and fresh breath

Well groomed hands, fingernails and toes (natural)

Healthy skin

Healthy long hair beyond shoulder length (natural) no weaves, wigs, or extensions

Mental and Spiritual Development:

Growing in the fruits of the spirit

Growing in confidence.....

Growing in teaching the younger women.....

Developing talents/gifts.....

I agree with the goals of my husband for the benefit of my body, mind, and spirit.

NAME AND SIGNATURE WIFE

wife of

NAME AND SIGNATURE HUSBAND

41. Mission statement of a wife

Gen.2:18-23

*And The Most High The Most High said, It is not good that the man should be alone; **I will make him an help meet for him.***

And out of the ground The Most High The Most High formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof.

*And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an **help** meet for him.*

And The Most High The Most High caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof;

And the rib, which The Most High The Most High had taken from man, made he a woman, and brought her unto the man.

And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.

I am my husband's helper

I am born to help my husband achieve his goals

My husband's goals are my goals

My husband's agenda is my agenda

My agenda can never, hinder my husband's agenda

I will not hold back; I will give/use all my resources/talents/gifts to help my husband

I will help my husband achieve **ALL** his goals

I agree with the Mission statement of a wife according to all the scriptures of the bible.

NAME AND SIGNATURE WIFE

wife of

NAME AND SIGNATURE HUSBAND

42. Hebrew Israelite Acknowledgement

1. I will call my husband master / sir / lord (1Pet.3:6)
2. I will wear my head covering while praying, singing, prophesying.
3. I will separate myself during menstrual period and time of separation.
4. I will bear children for our blessed nation (in case of no medical issues)
5. I will teach and train my children The Laws, Statutes, and Commandments.
6. I will have no agenda but my husband's agenda.
7. I will help my husband achieve his goals, plans, and dreams to the best of my ability.
8. I will not wear tight or transparent clothing.
9. I will not wear clothing that pertains to a man (like pants, jeans, trousers, etc.)
10. I will not show cleavage.
11. I will cover thighs and chest.
12. My skirt and dress will be at least calf length.
13. I will grow my hair below shoulder length.
14. I will not have hair shorter than my shoulder.
15. I will not speak in the company of men.
16. I will speak when asked.
17. I will not be jealous of sisters.
18. I will not be jealous of sister wives.
19. I live not for myself; I live for the Nation of Israel.
20. I am a soldier of the Nation of Israel.
21. I will take good care of my body.
22. I will not be overweight.
23. My BMI will be between 20-25 (most fruitful to bear children)
24. I will protect the reputation of my husband.
25. I will not command.

I have read and understand. I will comply and obey. I am fit and ready for my wifely duties of being a Help Meet as commanded from The Most High, Our Father.

NAME AND SIGNATURE WIFE

wife of

NAME AND SIGNATURE HUSBAND

43. My husband's goals for our family:

How many children does my husband want? _____ children

I WILL Teach, train, disciple our children according to the laws statutes and commandments of The Most High.

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Financial goals:

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Where does my husband want our family to live?

Build a community of Hebrew Israelites

Create a legacy for the nation of Hebrew Israel

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

I agree with the goals of my husband for our family.

NAME AND SIGNATURE WIFE

wife of

NAME AND SIGNATURE HUSBAND

THE PRAYER OF A HEBREW ISRAELITE WIFE

44. Pray this prayer every day! Multiple times a day!

This is an example prayer that you can pray to the Father:

for growth in your life
to be a better Hebrew Israelite wife

*“Heavenly Father, Creator of heaven and earth, Power of
Abraham, Isaac and Jacob,*

Thank you for your grace and mercy upon my life.

*Help me to submit to your word, your laws, statutes and
commandments.*

Help me to submit to my husband better and perfect.

I want to be perfect, because YOU are perfect

Change my heart

Make me perfect

Change my emotions

Change my will

Let my total being, be in line with your word.

YOUR word is perfect

Perform a miracle within me

Let YOUR Holy Spirit perform a new work in me

Heavenly Father I am open for it

Hear my prayer

I pray this in the name of Christ, Your Son

So shall it be!”

CONTACT

For

questions,

comments,

suggestions,

information,

news,

advice,

counseling for men, (by Azar Yasharahla)

counseling for women, (by the wives of Azar Yasharahla)

counseling for couples (by Azar Yasharahla)

feel free to contact us anytime!

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