



The Habits of A Godly Woman



By Leah (Age 14):

When I first came to the Folks' house I had many bad habits I needed to overcome, such as biting my fingernails, bad manners, bad posture, fidgeting, spacing out a lot, opening my eyes in prayer & other little ones, but those are the main ones.

I had tried many times before to stop, & other people had tried to help me quite a bit, but I just didn't seem to be going on the attack about it. So with prayer & a lot of help from my overseers & a real attacking Initiative I finally got the victory.

One thing that was really important for me to get over these bad habits, was to realize that a habit is an unyielded area

that the Devil can use. It's like giving a little area to the Devil, putting up with the Devil in that one little unyielded area or habit.—Like the story of Huddersfield. A bad habit is like a "Huddersfield". (ML K: 15) We need to surrender to the Lord, not the Enemy.

I especially saw that opening my eyes in prayer was a real bad habit that I'd gotten into. The Devil loves that, because it gets me distracted, & you can become a Judas because you're not in unity with the others, not really concentrating & it breaks the whole spirit of the prayer when one person is not united & attacking in the spirit.



This reminds me of the story of Huddersfield: A rich landlord desired to buy a big beautiful village, & finally bought every piece of land in the entire area.—That is, all except one little plot! Only one farmer refused to sell his small plot of land to the wealthy man, & nothing would change his mind! The landlord even offered the farmer lots of money for this one small piece of land that really wasn't worth so much, but the old farmer, out of pride, absolutely refused to sell! The landlord finally gave up trying & then encouraged

himself, "What's only one little plot of land left? I've bought this whole big beautiful village, so Huddersfield now belongs to me!" But the stubborn farmer reminded him, "Oh, no it doesn't! You & I own Huddersfield!"

Don't let the Devil be able to say that of you to God! "Aha! Look, God! He's yielded everything except this one little thing! So even though he belongs mostly to Thee, a little bit still belongs to me!" (From "Yield & Obey", compiled by Apollous)

I was told to really learn to hate these bad habits. It really helped me when Auntie Sara was able to explain to me why each habit was such a hindrance. Like biting fingernails.—It's really unclean & unsafe, because you can get worms & all sorts of diseases from biting your fingernails. And it can even result in painful fingers, because the nails can get so short you get ingrown fingernails, & sometimes they even swell up & can get infected. It doesn't look nice, either.

We keep having to have revolutions to get out of ruts & break old habits!

OB Auntie Sara, she really painted the picture black to really help me see how it was just like yielding to the Enemy in that little area. —It was just a little area, & at first I thought it wasn't so important. But actually I needed to realize how important it was. Little things are really important!

Fidgeting was another bad habit. This is also a real favorite of the Devil, to get you distracted from listening to the prayer or listening to the Letter. When you're just fidgeting with your fingers & trying to find something to keep your hands busy with, then it distracts you & others from the Letter or speaker. So this was something that I really had to work on with all my might—to try to keep my hands still. Something that really helped me was when we had to sit on our hands, or fold them on our lap, or on the table so that they could be seen & forced to remain still & calm.

The adults would first pray in the prayer before Word class or pow-wow against any fidgeting & daydreaming, then they'd remind us with a motion or look if we began to play with our hands or space out. But if we didn't take heed to the prayer & warning, they'd just say, "Leah, fold hands on the table please," or "Are you with us? Everybody here in mind & spirit?"—Or just motion to us to sit on our hands to keep us from fidgeting or biting nails or putting our fingers in our mouths.

It also shows a real lack of maturity to be so easily distracted in prayertime & meetings & Lettertime, because it's really important when we're united together, that we're completely concentrating & are a real uplift to the person who's speaking, to look them in the eye & be really responsive & have a real good countenance & keep our eyes on the person or Word the whole time, & not look away.—Especially if the lesson or meeting is directed to me.

Aunt Sara said, "The Devil is on an all-out attack! He hates prayer, & he is ready & trying to get in whenever he can through any little unyielded member, seeking whom he may devour! (1 Pet.5:8) So be vigilant!—which means On Guard!"

Spacing out when some person is speaking or reading Letters is a bad habit, because I just let my mind wander, like the Letter "Daydreaming". But I realize I can make a conscious effort to keep my mind & heart right on the Letter & on the person speaking if we pray & talk about the problem & expose the devil's devices. It's such a hindrance & I miss so much of what He could be speaking to me about through others, or through the Letter I'm reading. And it's very unloving, & shows very little respect & appreciation for the person who's trying to help me at that time.

Aunt Sara said, "It's common at your age (teenagers) to space out, but the enemy uses it to distract you & to hinder the message & it makes the adults feel bad, who think you are bored stiff & it discourages them from giving their message to you. You've got to capture your thoughts by force! It's just the Devil's business to space out so you won't tune in to God's Word." We ourselves, when we space out, don't realize it as much as others. "We're an army & we can't allow that from any soldier at war with the Devil!", she said.

An idle mind is the Devil's workshop!

It was so bad that when the adult would notice this daydreaming again & again, they'd slap the table to get my attention & then I'd suddenly get all shaken up, & think, "I wasn't doing anything wrong! Why are they unjustly accusing me for this & getting all angry at me?" Many times I would be spacing out & the adult would get upset after so many reminders, & bang on the table, & say, "ARE YOU LISTENING?!" & then I'd spend the whole rest of class justifying myself in my heart. I learned it's just better to pray & listen in the first place, & then you avoid all that!

Another thing is that we're not supposed to lean on our hands, like have our hands on our face, & elbows on the table, & slouch, because it looks sloppy. If we're supposed to be the Lord's children & "teen queens" like Grandpa says, that's not the way we're supposed to behave! It's very unladylike & it imparts the spirit of boredom & a lazy, lethargic attitude.

I'd gotten into a bad habit of slouching, especially at the table. One thing we

learnt is that it's better we sit on chairs with backs because then we learn how to sit with our bottom at the very back of the chair & to sit up nice & straight with our back firmly against the back of the chair. That helps teens & children to keep their backs straight. We weren't allowed to sit on stools, but the adults sat on the stools. Of course, it seems nice to be polite & let the adults have the backed chairs, but we were told it's better for us to sit on chairs with backs so we could all learn to sit up straight & tall as we're still growing & don't want to grow crooked like a bent nail!

Cultivate good habits! The bad ones all grow wild!

Your posture shows your attitude along with your countenance & appearance. If you're slouching, it looks like you're lazy. We need to stay in check about our posture. We need to realize that it's a bad habit that needs to be overcome. It's very important to eat with good posture, too, because it helps our digestion. Good posture is part of good manners & being a good sample. I must say that everyone at Grandpa's house is a very good example of that.

I was thinking later how the leaders that I look up to a lot (like you, Mama & Aunt Sara) all have extremely good posture & manners. It's all a reflection of their spirit! People with good posture & good countenance & manners, have more of an orderly spirit, they're usually really organised & in order with their spiritual lives.

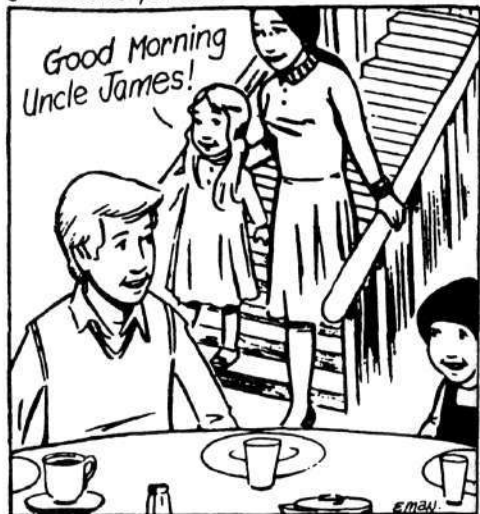
Another thing we learnt that was a bad habit, that I, especially had gotten into, was to eat standing up, something you shouldn't do. Sometimes I would start eating my food while I was still standing at the food line. This is very dangerous, actually, because if someone bumps you it can run your spoon or fork into your throat or the food or plate can drop on a small child passing under you. Also it's bad for your digestion. We also learned that it's very ungrateful to talk about the food in a bad way. If you don't care for it, you should just praise the Lord anyway & try to eat what's on your plate, but not complain about it or say it out loud so it could affect other people.

We're not supposed to drink very much water with our food.—Only rinse our mouth.—Because it dilutes the juices that help break down the food in your stomach &

hinders your digestion.

One bad habit was that I would always get seconds on starch. Because of this I think I also got to be a little fat & chubby. We're supposed to have a well-balanced plate & not serve too much of any one food at a time. We should have seconds on proteins & veggies. "Minis" (those who are underweight) & boys can have seconds on starch. As Auntie Sara says, "Protein has priority!"

Always prefer the brothers in seconds, & make sure they all have enough before you get seconds yourself.



It's good to step aside if an adult, or a little child, or any other person should pass by you in a tight area. If you bump them you should always apologise to them. It's just respect!

Also, a good thing to keep in mind is that you really have to put your mind to it & really make a conscious effort to do these little things when you've gotten in a bad habit of doing wrong. All these are just a few points on good manners, & I had to make a real conscious effort to change these bad habits.

One thing about all these habits is you have to realize it's just the Enemy holding on to these little "Huddersfields" in your life, & it can really actually ruin your testimony, your relationship with others, your health & so many things. It's so important, I learned, to really go on the attack & have attacking initiative. Just attack the thing head on! Make it a real challenge to get over your bad habits & learn to appreciate others helping & reminding you.

If you're willing to be what God wants you to be, not what you are, but what God wants you to be, then He can mightily use you!

So PTL! By the time I left I was very encouraged I'd really gotten help on these habits! I'm so thankful! Sometimes it's a little embarrassing if someone says, "Fingers!" In front of everybody to remind me to stop biting my fingernails, or "Stop fidgeting", "Close your eyes", or things like "Sit up straight". But it made me so much happier in the long run, because it's a better testimony!

One more thing to add is that prayer really helps, & I did have prayer to help me stop biting my fingernails. If I hadn't had help & prayer, I don't think I would have gotten the victory over these habits. So TTL for everyone who helped me! It was a little humiliating at the time, but I'm sure glad they did! And TTL for the victory!

Love, Leah (written after leaving the Folks' Home)

LESSONS LEARNED ON HEALTH, HYGIENE & BODY CARE

By Ruth (Age 12):

When I first came to Grandpa's house I had a real problem with bad posture, but with the Lord's help & lots of reminders, I was able to get back into the good habit of good posture! TTL! Here are some of the things I learned about habits:

I had bad habits at the table with table manners & it was a big thing all of us had to learn. Auntie Sara one time helped us to see what it looked like when she acted out our slumping & slurping at the table, & ugh! I really benefited from seeing what it looks like to others!

One thing I learned was, if you sit up straight at the table while you eat, you should lift your elbow up off the table when you take a bite & it looks much nicer & you don't slump over! So instead of bringing your mouth to your fork, which causes you to slump, you can bring your fork up to your mouth! Then you don't slump & it is good manners. Also there are the basic manners like chewing with your mouth closed, not talking with food in your mouth, smacking, slurping etc., which we had to really brush up on too.

Auntie Sara said that especially around the pregnant mummies & people with sensitive stomachs, it's very important to have good manners because if you chew with your mouth

open it could turn their stomach so that they cannot even eat. Another thing was that in all of the areas we need work on, big or small, we should take it to the Lord in prayer. If we have a habit of chewing with our mouth open, we should pray to overcome it.

The chains of bad habits are too weak to be felt until they are too strong to be broken—except by the Lord!

I learned a lot about consideration too, & that when I walk into a room, I should first see what spirit & atmosphere the room has, because maybe someone is counselling or praying & if I walk in talking loudly it disturbs them. It's really being full of yourself & not thinking of others when you do that.

Also on the topic of consideration, we learned a big lesson on preferring our brethren, especially in the food line. We girls were thinking of ourselves & hurrying to meals to be first, trying to get the best food for ourselves & not thinking about the boys. The boys would then have to eat all the leftovers when we had the very best of the food. I know this was especially my problem—Food & eating was too big a deal to me. But to help us learn to prefer our brethren, at lunch time we girls would make the boys' plates first (we each had been assigned boys to make plates for) & then we would take the leftovers! "The woman was made for the man" & we should act more like it & think more of our hard-working men. At our Pow-Wow time we read Prov.31 & 1Pet.3, all about "Bible women". We also read Isa.3 about "worldly women", which helped us to see what not to be like!

Once a week we'd have a good bath or shower & really scrub ourselves all over. We did this because our daily sponge baths did not get all the dirt off. Grandpa says "I like to fight dirt like I fight the Devil." We were also instructed to wash our ears once a day, by rubbing behind our ears with our wet thumbs & meanwhile with our forefinger clean the other part of our ear. If you try, you can find a pattern in your ear that you can follow. We also had a chart on the wall to fill in daily how many glasses of water we drank & the time of our BM daily. This helped us to be mindful of our health & to form good habits we'd never forget! PTL!



