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Hey guys! Welcome back to Intentional Queen Journey podcast with your host Jineen, I am glad that you guys are here with me today.

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Today we're gonna talk about meekness in the storm. So just to wrap some things up from the intro, what does it mean to be intentional? "Intentional" means doing anything in your life deliberately or making the intent to do something positive, whether that be trying something new, meaning, doing things differently than you've done in the past, or changing your behaviors, whatever that is for you. But one of the things that I found that was very important in my times of storm is practicing meekness. And so what does it mean to be intentionally practicing meekness, it means to submit to trust, stay humble in the process. Sometimes you even have to give up an issue, whether that be people or the problem, and just give it up to God. I found in my life that I had to give up some of the things that I was holding on to whether that be fear, acceptance, relationships, it's when you feel overwhelmed, sometimes you just have to look up. And what I mean by look up is you look up to God to go ahead and take that from you, and stop holding on to it yourself.

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There's something in the Bible about Lot's wife. And when I was going through one of my biggest storms, when a young lady came to me, and she said, Don't be like Lot's wife. And at first, I really didn't know what she meant by that. But she meant move forward. Move onward. Lot's wife in the Bible, she turned back and she turned to a pillar of salt. But what they do say is if you keep looking back, you might get salty and salty meaning in the old. In the old days, we used to say you salty, if you get in kind of mad, you get in kind of bitter, you get in kind of resentful. And so what I found is, the more I kept looking back, and replaying all the things that was making me upset at that time in my life, it was starting to make me salty, and it was starting to make me bitter. And I had to learn that I had to be better, not bitter, because at the end of the day, the goal is for you to practice meekness, which is being in a humble spirit. And you can't be in a humble spirit, if you still holding on to all the pain or the hurt, or whatever the issue is at the time.

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Another thing that people heard in life is your rearview mirror in your car is meant to be smaller, because it's just for you to glance back versus your front view mirror, and your car is huge. So that's another example of when you're feeling overwhelmed, you need to just keep looking forward and look ahead, there will be a defining moment in your life. And when those times come, you have to learn acceptance in your journey, and accept where you are in it. I mean, sometimes you're at the beginning of it, sometimes you're in the middle of it, and sometimes you're coming through the end. And right now for me, I'm coming through the end of my storm. But when I was in it, it was heavy, more storms will come. But I feel like I've accepted where I am in the journey.

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Being mindful of your triggers and weaknesses. I feel like you have to know what get you worked up. So you can stay humble. For instance, maybe a trigger is being on social media. And watching all the things that are going on, or maybe a trigger is hearing that song, or maybe a trigger is hearing that voice or hearing their name, I don't know. But whatever it is, you need to be mindful of it. Or on the other hand, it might not even be a trigger, it could be a weakness. I know people who were dieting and stuff like that they can't be around certain people eating junk food, this and that, because it's a weakness, they're trying to lose weight. And so you got to stay away from things that you're craving. So whatever it is, you'd have to be mindful of your triggers or your weaknesses.

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So today, we're gonna talk about intentional meekness. As I said, my first thing that I wanted to talk about was the bow and arrow concept. Once again, when I

was going through one of my heaviest storms, a young lady, the same one who told me about Lot's wife, she gave me an analogy of a bow and arrow. And what she was saying in translation to God is that God is in control of the bow, and you are the arrow. And in order for you to hit on target to get to where you're trying to go, you have to allow God to put tension on you. So that way, when he releases the tension, you meaning the arrow will be right on target to hit the bull's eye every time but when you're in tension. Sometimes we don't get restful, we get weary, we get fearful, we get anxious, we get all worked up in our situation, instead of resting during the tension. So really, the tension that's poured on the bow as the person pulls it back is meant to be a time of rest.

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And at the time that I was in my storm, I couldn't really understand what that meant. I was just so restless in it, that I wasn't at peace. And when I really got at peace, despite what was really happening behind the scenes, I became more at a place that I was becoming more comfortable during the storm. And accepting where I was another thing, regret versus remorse. There's a book that I was reading, I did a lot of reading was about being regretful versus being remorseful.

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When you're in a situation, the goal that we're trying to obtain now is restoration, and also wholeness. And when you're on a mission to be wholeness, you don't want to be regretful for the situations or circumstances that have happened in your life, because it'll make you bitter and and make you stuck. And as we said, We're not trying to be like Lot's wife, you want to be remorseful because moving on means you've learned everything you can learn from a situation. So that way, when you move forward, you will do better, or you will change your behavior. Or you will do things differently than what you did when you were in your current situation. So you want to be in a remorseful state of mind, then a regretful state of mind it's more positive.

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And then you have to have forgiveness. This was a heavy one for me, because I used to hold on to things like a grudge like no other, you offended me back 10 years, I still can tell you what happened to me 10 years ago, but more than anything, I didn't want to forgive myself, because I was so hurt in the situations that have been occurring. And so therefore, I was holding myself to a cross that I didn't need to that God already bear for me. And so sometimes you have to learn how to forgive you, and your portions of whatever your circumstances were. So you can be more in a remorseful state, and not in a regretful state. And you also have to forgive others, because God forgave you. And so therefore you should forgive them. And if you forgive them, you pray for them, and you accept them where they are, God will continue to bless you. And I've learned that as I've pushed through forgiveness, which like I said, it's something I do every day that I have to practice. But as I began to walk and set my mind on that, things have turned around so much for me through this storm, that I was just like, wow, meekness works so much better than me trying to be a fighter. And, and relaxing in that tension state, like I said, at the bow and arrow relaxing, was so much better than trying to be a fighter in a fight when it was a point of rest, so that when it's time to hit my target, I'm gonna be where I need to be. And God's gonna set me forth where I need to go when it's time and it's due season, and it's due process.

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Another thing that we as women find ourselves doing is a superwoman syndrome. I'm guilty of this one, too. I feel like the type of woman that I was raised by my mother was very dominant, my mom was very much a go getter. And she imparted that on me that you must be the same way. And I took that strong from when I was a teenager, starting out in nursing that I knew what I wanted to do. I knew where I wanted to go. People who know me personally know I'm very goal oriented. If you want to talk to me about something I hadn't already came up with an outline of how we're going to structure this, how we're going to do this. And,

you know, I love to teach and I love to this and I love to that and the Superwoman syndrome, you know, now being a mother and a mentor, and doing all these things. I found that my cape, as we laugh with some of my friends, you know, my cape, I felt like I was getting all shredded up because I was like, not being a true Superwoman, I was not able to focus my energy, I was not able to give everything, the due time and the due process that it needed, because I was spreading myself too thin. And when you spread yourself too thin, then you become very upset with yourself. This is where I talk about the forgiveness for yourself.

Unknown Speaker 9:25

You have increased stress, you're not one that lets people help you. So then your body starts shutting down. So then I had weight problems happen and blood pressure problems happen. My thyroid became a problem. It was just so much going on. And this will lead into another thing. We'll talk on another episode about self care and your body. And I also have a good friend who has another podcast. Shout out to Latasha that talks about self care and things that you need to do to become a better you but this also puts you back to weakness in the storm, that you have to make sure that you're taking care of you. Because if you are not right, then you find that you cannot remain humble in the situation because you're overwhelmed and you're overworked because you spread yourself too thin.

Unknown Speaker 10:15

My call to action. So you guys really is you need to continue to walk in meekness. Don't be like Lot's wife. A lot of the things that I found that we talked about on this short episode is this. The bow and arrow is very important, be remorseful, not regretful. Cut down on the Superwoman syndrome, ask for help. Like I said, that I'm learning even in motherhood, it takes a village. Without my village, I will not be where I am today. And so I'm blessed to have those people that are in my life have shielded me and molded me and helped me through the storm because sometimes you need people in your life that's going to water you and refill you and take the burden off instead of adding the burden on.

Unknown Speaker 11:03

A lot of things we also talked about found in a book called wholeness by Sara Jakes Roberts, her husband, Toure Roberts has a book called "Wholeness". And that's where that whole remorseful, regretful also just talking about the Bible. Those are key reference points.

Unknown Speaker 11:20

Continue to level up your IQ as I said, your IQ being your intentional queen to better you. I want to thank you, my fellow intentional queens, and I'll see you at the next podcast episode. You can follow me on my Instagram, you can subscribe to the podcast I would love that I'm on Apple and Spotify. Be sure to write a review and share it with your friends. And my email and website are also available. Thanks guys, as always, and I appreciate you stay leveled up queens. Have a good week.

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