



Session 3 | How to Survive Motherhood

"I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting; in like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing, but, which is proper for women professing godliness, with good works. Let a woman learn in silence with all submission. And I do not permit a woman to teach or to have authority over a man, but to be in silence. For Adam was formed first, then Eve. And Adam was not deceived, but the woman being deceived, fell into transgression. Nevertheless she will be saved in childbearing if they continue in faith, love, and holiness, with self-control."

– 1 Timothy 2:8-15

See also:

- Genesis 3:16-17

To the woman He said:

"I will greatly multiply your sorrow and your conception;
In pain you shall bring forth children;
 Your desire shall be for your husband,
 And he shall rule over you."

Then to Adam He said, "Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, 'You shall not eat of it':

"Cursed is the ground for your sake;
In toil you shall eat of it
 All the days of your life.

עֲצָב

Strong's #6087 (hard work)

לָדַת

Strong's #3205 (bring forth)



Survival Tool #1: Faith

We can trust YHVH to take care of us, which takes away all fear.

“Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, when they observe your chaste conduct accompanied by fear. Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel— rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands, as Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror.”

- 1 Peter 3:1-7

Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them. Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go. This Book of the Torah shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for YHVH your God is with you wherever you go.

- Joshua 1:6-9

See also 2 Kings 6:16.



Survival Tool #2: Love

This is the love that says, “I love my life and am content with what YHVH has given me.”

agape love: to love dearly, to be well pleased with, to be content with, to welcome.

- ✓ Some things I love about my life... (*list them*)



Survival Tool #3: Holiness

I keep myself clean because I am a valuable vessel in the service of the Creator.

Survival Tool #4: Self Control

I will be master of my mind and actions.

(to be continued in Session 4...)

*"If then you were raised with Messiah, seek those things which are above, where Messiah is, sitting at the right hand of God. Set your mind on things above, not on things on the earth."
- Colossians 3:1-2*



How Yah Sees You

The mother holds the house together, and the father is the protector of the home.

אב

Strong's #1 (father)

אמ

Strong's #517 (mother)

Father

אב (אב) **Action:** Stand **Object:** Pole, Spear, Wineskin, Grain **Abstract:** Enemy, Desire, Hostile **Definition:** This can be the tent poles which hold up the tent, the house, as well as the father who holds up the family, the household. **Ancient Hebrew:** The pictograph א represents strength, the ב represents the tent. Combined these mean "the strength of the house".

אב (masc., אב / av) **Translation:** FATHER **Definition:** A man who has begotten a child. The provider and support to the household. The ancestor of a family line. The patron of a profession or art. **Relationship to Root:** The support of the tent/house. **Edenics:** pa - an exchange from a b and p and a reversal of the letters **KJV Translations:** father, chief, families, desire, patrimony, prince, principle **Strong's Hebrew #:** h.0001 **Strong's Aramaic #:** a.0002

Strong's H1 אב ab, a primitive noun (with no verbal root) meaning, "father." The pictographs are aleph + bet.

aleph א = the ox head, thus strength, power, leader

bet ב = the house, thus house, household, family, in, within

The story being told is that the father is the **strong one** (aleph) of the **house** (bet).



Mother

מִדְּ (מַדְּ) **Action:** Bind **Object:** Glue, Mother, Arm, Tribe, Pillar **Abstract:** Firm
Definition: Glue was made by placing the hides and other animal parts of slaughtered animals in a pot of boiling water. As the hide boiled, a thick sticky substance formed at the surface of the water. This substance was removed and used as a binding agent. **Ancient Hebrew:** The pictograph **ד** represents strength. The **מ** is water or any other liquid. Combined these pictographs mean "strong liquid".

מִדְּ (fem., מַדְּ / eym) **Translation:** MOTHER **Definition:** A female parent. Maternal tenderness or affection. One who fulfills the role of a mother.
Relationship to Root: The arm that holds things together. The arm is seen as glue that encircles and holds together. A cubit was the length of the arm from elbow to fingertip. The mother of the family is the one who binds the family together by holding in her arms and by the work of her arms. **KJV Translations:** mother, dam **Strong's Hebrew #: h.0517**

מַדְּ (fem., מַמָּה / a-mah) **Translation:** BONDWOMAN **Definition:** A female slave. One who is bound to another. **KJV Translations:** handmaid, maidservant, maid, bondwoman, bondmaids **Strong's Hebrew #: h.0519**

מִדְּ (masc., מִדְּ / amon) **Translation:** CRAFTSMAN **Definition:** [To be verified] An architect or artisan who uses the cubit for measuring. **KJV Translations:** multitude, populace **Strong's Hebrew #: h.0527**

Strong's H517 מַדְּ *em*, a primitive noun (with no verbal root) meaning "mother." The pictographs are *aleph* + *mem*.

aleph א = the ox head, thus strength, power, leader
mem מ, ם = the water, thus chaos, mighty, blood



According to the [Ancient Hebrew Lexicon](#), ancient people used to put animal hides in a pot of boiling water, and skim off the thick substance that formed at the surface, to use as glue. Thus the **strong (aleph) water (mem)** is the glue that holds together, as the mother is the glue that holds the family together. By the way, the ancient method of making “strong water” is still the basis of glue production today.

“A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher.”

- Luke 6:40

Nourish

גדל (גדל) **Definition:** A cord is made by twisting fibers together, the larger and more numerous the fibers, the stronger the cord will be. Anything that is large or great in size or stature. **Relationship to Parent:** from the twisting of sinew to make cords.

גדל (common, גדל / g.d.l) **Translation:** MAGNIFY (V) **Definition:** To increase in size or one's position of honor. **Edenics:** great - with the exchange and reversal of the r and l and the t and d **KJV Translations:** magnify, great, grow, nourish **Strong's Hebrew #:** h.1431

גדל (masc., גדל / ga-deyl) **Translation:** MAGNIFIED **Definition:** An increased significance or size. **KJV Translations:** grow, great **Strong's Hebrew #:** h.1432

גדיל (masc., גדיל) **Translation:** TASSEL **Definition:** An ornament consisting of twisted threads, small cords, or other strands. **KJV Translations:** fringe, wreath **Strong's Hebrew #:** h.1434



Knit, Cover

סכך (סכך) **Definition:** The intertwining branches of thorn bushes for making a defensive wall.

שכך (common, שכך / sh.k.k) **Translation:** FENCE.AROUND (V) **Definition:** To surround with a wall of protection or covering. To encompass completely. **KJV Translations:** cover, covering, defense, defend, hedge, join, set, shut **Strong's Hebrew #:** h.5526

סכה (סכה) **Definition:** The booth is a covering.

סכה (common, סכה / s.k.h) **Translation:** LOOK.FORTH **Definition:** > **KJV Translations:** n/a **Strong's Hebrew #:** [Found in names only]

סוך (סוך) **Definition:** The booth is a covering.

סוך (common, סוך) **Translation:** HEDGE (V) **Definition:** [To be verified] To surround as hedge of protection. **Alternate Spellings:** שוך **KJV Translations:** hedge, fence **Strong's Hebrew #:** h.7753

סוך (masc., סוך) **Translation:** BOOTH **Definition:** [To be verified] A dwelling place. **Alternate Spellings:** שך **KJV Translations:** tabernacle, den, pavilion, covert **Strong's Hebrew #:** h.5520

סוכה (fem., סוכה / su-kah) **Translation:** BOOTH **Definition:** A temporary shelter; a small enclosure; dwelling place. **KJV Translations:** tabernacle, booth, pavilion, cottage, covert, tent **Strong's Hebrew #:** h.5521

סוכה (fem., מסוכה) **Translation:** HEDGE **Definition:** [To be verified] As a wall of thorns. **Alternate Spellings:** מסוכה **KJV Translations:** hedge, covering **Strong's Hebrew #:** h.4534, h.4540, h.4881

סך (סך)

סך (masc., מוסך) **Translation:** BOOTH **KJV Translations:** covert **Strong's Hebrew #:** h.4329