

Bible Study: Balancing Life's Responsibilities II

In the Spirit

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DELTA SIGMA THETA SORORITY, INCORPORATED
SOUTH ATLANTIC REGION'S

BIBLE SERIES

MARCH
3RD

THURSDAY @ 8:00PM

“BALANCING LIFE II”

✝ Bring your bibles
and let's **GROW** together!

Evangelist Tayon Dancy
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Delta Sigma Theta Sorority Disclaimer



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MISSION ALIGNMENT

We Promise to Always S.E.E You



- **Sincere Sisterhood** – Matthew 22:37-39 (NKJV) 1st Command “Love the Lord your God with all your heart and with all your soul and with all your mind. 2nd Command “Love your neighbor (Soror) as yourself.”



- **Exceeding Excellence** – Colossians 3:23 (ESV) Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.



- **Embracing Empowerment** – Zechariah 4:6 (KJV) Not by might, nor by power, but by my spirit, saith the LORD of hosts.



Agenda: Balancing Life's Responsibilities

- **Time**
- **Talent**
- **Treasures**
- **Thoughts**

Bible Study Rules of Engagement



- **Chat is open to all participants. Please engage with your comments in the chat.**
- **Q&A is open to all participants. Please post all questions to the Q&A.**
 - **If we are not able to respond during the meeting, we will review and respond later.**
- **Grab your bibles and be prepared to reference scripture if needed.**
- **Use Zoom tools for Emojis and annotations.**



The Days of the Week
“Time is of the Essence”

Evangelist Tayon Dancy
South Atlantic Regional Chaplain

What are your priorities from top to bottom?



God

God

God

God

God



We were Designed with Eternity in Mind

“Time is filled with swift transition, Naught of earth unmoved can stand, Build your hopes on things eternal, Hold to God's unchanging hand.”

Genesis 1:27 (NIV) So God created mankind in his own image, in the image of God he created them; male and female he created them.

- Gave man dominion over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.” (vs.26)
- We have greater value over all other creatures
- We can think, reason, and make right or wrong choices
- We can have the Holy Spirit living within us
- We are made for relationship - vertically with God and horizontally with People
 - He commands us to Love God and then to Love our neighbor as ourselves. (Matthew 22:36-40)
- We are made with eternity in mind - we have a desire for eternity built in. It's why we are not satisfied with just the things in this life - we want to live more & do more.



Time is Filled with Swift Transitions

Psalms 90:12 (NIV) 12 Teach us to number our days, that we may gain a heart of wisdom.

If your last day was tomorrow what would you do differently?

1. Pray about everything - **Philippians 4:6 (NIV)** Do not be anxious about anything, but in **every** situation, by prayer and petition, with thanksgiving, present your requests to God.
2. Pick up your cross daily and follow Christ - **Luke 9:23 (NLT)** "If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me."
3. Let your conversation be full of grace - **Colossians 4:5-6 (NIV)** 5 Be wise in the way you act toward outsiders; make the most of **every** opportunity. 6 Let your conversation be **always** full of grace, seasoned with salt, so that you may know how to answer everyone.

Time is Filled with Swift Transitions



If your last day was tomorrow what would you do differently?

1. Make the most of every opportunity - **Ephesians 5:15-17(NIV)** **15** Be very careful, then, how you live—not as unwise but as wise, **16** making the most of every opportunity, because the days are evil. **17** Therefore do not be foolish, but understand what the Lord's will is.
2. Work while it is day - **John 9:4 (NIV)** As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work.
3. Do the will of God - **Hebrews 10:24-25 (NIV)** **24** And let us consider how we may spur one another on toward love and good deeds, **25** not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

What To Do While You Wait



2 Peter 3:8-9 (NIV) **8** But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. **9** The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

What do you do with your time while you are waiting on God?



The Days of the Week
“The Works of My Hands”

Evangelist Tayon Dancy
South Atlantic Regional Chaplain

How To Use My Talent



Colossians 3:17 (ESV)

And **whatever** you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:23-24 (NIV)

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Galatians 6:4-5 (NIV)

Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.

Proverbs 16:3 (NIV)

Commit to the LORD **whatever** you do, and he will establish your plans.



The Impact of My Talent

Be Salt & Light of the World

Matthew 5:16 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Help the Least of These

Acts 20:35 In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'

Use Your Spiritual Gifts to Benefit Your Natural Talent

"Spiritual gifts are spiritual abilities to do certain things. Natural talents are often the vehicle through which spiritual gifts can be used." ~Crosswalk

1 Corinthians 12:8-10, 27-31(KJV) Wisdom, Knowledge, faith, healing, working of miracles, prophecy, discerning of spirits, diverse tongues, interpretation of tongues



The Charge for Our Purpose

1 Timothy 6:11-21 (NIV) - Mentoring relationship between Paul and his Protege Timothy

11 But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.

12 Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses. **13** In the sight of God, who gives life to everything, and of Christ Jesus, who while testifying before Pontius Pilate made the good confession, I charge you **14** to keep this command without spot or blame until the appearing of our Lord Jesus Christ, **15** which God will bring about in his own time—God, the blessed and only Ruler, the King of kings and Lord of lords, **16** who alone is immortal and who lives in unapproachable light, whom no one has seen or can see. To him be honor and might forever. Amen.

17 Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. **18** Command them to do good, to be rich in good deeds, and to be generous and willing to share. **19** In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.

20 Timothy, guard what has been entrusted to your care. Turn away from godless chatter and the opposing ideas of what is falsely called knowledge, **21** which some have professed and in so doing have departed from the faith.



Life Application & Heartwork “Soul Care”

Dr. Tammie D. Moore



Life Between Sundays
Our Treasure & Thoughts

Rev. Carla Jackson, Esquire
Richmond Alumnae Chapter

The Lenten Season

(March 2, 2022-April 14, 2022)



- A season where we practice of prayer and penance
- A season of fasting (abstaining, refraining, withdrawing)
- A season of self-examination
- A period of self-denial and purification
- A time of discipline (when we experience temptation)
- A time of preparation
- A period where we perform positive acts

What better time to focus on our **TREASURE** and our **THOUGHTS**?!!



Defining Our Terms

Dictionary.com defines “**Treasure**” [trezh-er] as

1. wealth or riches stored or accumulated, especially in the form of precious metals, money, jewels, or plate
2. wealth, rich materials, or valuable things
3. any thing or person greatly valued or highly prized

Dictionary.com defines “**Thought**” [thawt] as:

1. the product of mental activity; that which one thinks
2. a single act or product of thinking; idea or notion
3. the act or process of thinking; mental activity

See Dictionary.com, “Treasure,” based on the *Random House Unabridged Dictionary*, Random House, Inc., accessed February 17, 2022, <https://www.dictionary.com/browse/treasure>; and “Thought,” accessed February 17, 2022, <https://www.dictionary.com/browse/thoughts>.



Defining Our Terms: Our Treasure

Define Treasure.

Create a one-sentence definition of the noun
“Treasure” using these questions.



What is it?

How do we use it?

Why is it important?



Defining Our Terms: Our Treasure

Define Treasure.



What is it?

- Something of value
- Money
- An ability
- An expertise

How do we use it?

- That we give to another
- That we contribute to our community
- That we use in service to society

Why is it important?

- To get something in return
- To negotiate business
- To complete a transaction
- To make it better
- In order to help others
- To impact the world



Defining Our Terms: Our Thoughts

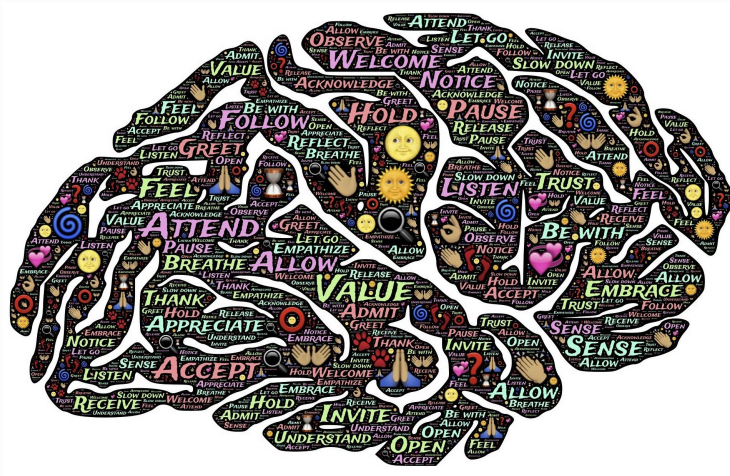
Define Thoughts.

Create a one-sentence definition of the noun
“Thoughts” using these questions.

What are they?

How do they appear?

Why do we have them?





Defining Our Terms: Our Thoughts

Define Thoughts.

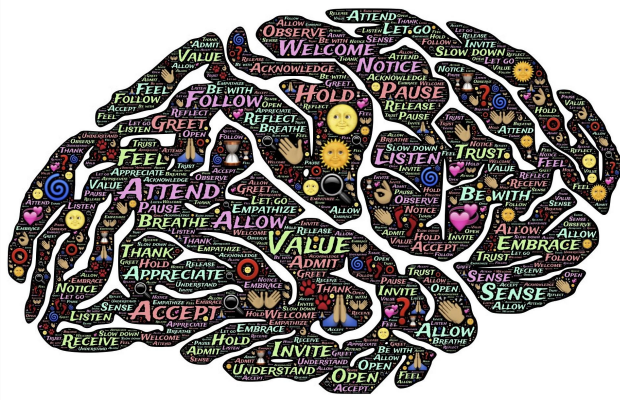
Create a one-sentence definition of the noun “Thoughts” using these questions.

What are they?

- Mental impulses
- Mental objects
- Mental reactions

How do they appear?

- That appear as words
- That appear as images



Why do we have them?

- As a reaction to an experience
- Because we have an idea
- So that we can make a decision
- In order to take action

WWJD: #ImagesOfJesusMatter



What did Jesus do with (how did he handle) his **TREASURES**?

- What were his **TREASURES**?
- What were his “things” of value?
- How did he use them?

What did Jesus do with (how did he handle) his **THOUGHTS**?

- What kind of **THOUGHTS** did he have?
- What were his mental impulses/reactions?
- How did he manage them?



Luke 4:1-13 (NRSV)

1 Jesus, full of the **the Holy Spirit**, returned from the Jordan and was **led by the Spirit in the wilderness**, 2 where for forty days **he was tempted** by the devil. He **ate nothing at all during those days**, and when they were over, he was famished. 3 The **devil said to him**, “If you are **the Son of God**, **command** this stone to become a loaf of bread.” 4 **Jesus answered him**, “**It is written**, ‘**One does not live by bread alone.**’” 5 Then the **devil led him up** and showed him in an instant all the kingdoms of the world. 6 And the **devil said to him**, “To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. 7 If you, then, will worship me, it will all be yours.” 8 **Jesus answered him**, “**It is written**, ‘**Worship the Lord your God, and serve only him.**’” 9 Then the **devil took him to Jerusalem**, and placed him on the pinnacle of the temple, **saying to him**, “If you are **the Son of God**, throw yourself down from here, 10 for it is written, ‘He will command his angels concerning you, to protect you,’ 11 and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’” 12 **Jesus answered him**, “**It is said**, ‘**Do not put the Lord your God to the test.**’” 13 **When the devil had finished every test**, **he departed** from him until an opportune time.

WWJD: #ImagesOfJesusMatter



Jesus' TREASURES:

- **The Holy Spirit** (v. 1)
- **Relationship w/God** (v. 3,8,9)
- **Scripture** (vv. 4,8,12)
- **Skills (strengths/gift of miracles)** (v. 3)
- **Discipline** (v. 1,2)



How did he use them?

- **As a guide/direction** (v. 1)
- **To stay on track** (vv. 4,8,12)
- **As a way toward discipline**
- **To help people** (4:18-21)

Jesus' THOUGHTS:

- **Temptations/Tests** (vv. 2,3,5,6,9)
- **Perversions**
- **Distractions v. God's intentions**
- **Needs v. Wants** (v. 4)
- **Scripture** (vv. 4,8,12)
- **Consequences** (v. 12)



How did he use them?

- **Recalling scripture** (vv. 4,8,12)
- **To discipline himself** (v. 4)
- **To check himself** (v. 8,12)
- **As a warning** (v. 12)



Luke 4:14-21 (NRSV)

14 Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country.

15 He began to teach in their synagogues and was praised by everyone. **16** When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, **17** and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was

written: **18 “The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, 19 to proclaim the year of the Lord’s favor.”** **20** And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. **21** Then he began to say to them, “Today this scripture has been fulfilled in your hearing.”



Life Application & Heartwork “Soul Care”

Dr. Tammie D. Moore



Heartwork “Soul Care”

Evangelist Tayon Dancy



Heartwork for your Private Time

- 1. Determine the area of your life where you are the least aligned to what you have learned tonight in God's word.**
- 2. Think about how you can apply the scriptures from tonight in that area.**
- 3. Create a plan to intentionally practice doing whatever the word of God said in the area you selected for 6 weeks.**
- 4. Do it. Whatever you do work at it with all your heart, as working for the Lord, and not for man.**
- 5. Share what you have learned with someone else.**

LET GOD BE GLORIFIED!!



Questions & Answer

REGISTER NOW: ***Easter Cantata: Jesus Understood the Assignment*** on Sunday,
April 10, 2022 at 5:00pm

https://zoom.us/webinar/register/WN_E0qs1yNXSEy3h8rJ59yqjw



Backup



Life Application

1. **Pray** and Seek God for guidance.
2. **Live in community** with others that will hold you accountable.
3. Pay attention to how you fuel your **body**.
4. Pay attention to how you fuel your **mind**.
5. Pay attention to how you fuel your **soul**.
6. **Rest** and **eat** for the journey
7. **Say No** to good things that are not your God things for this season



Heartwork for your Private Time

- 1. List your priorities according to what your calendar says in the coming week and the previous week.**
- 2. Evaluate if your priorities aligned to what the word of God says or are some driven by your own selfish desires?**
- 3. Choose a Soror that you can discuss priorities with for accountability.**
- 4. Journal where you see God in each part of your life.**
- 5. Say No to a good thing that is not a God thing.**
- 6. Set boundaries with your family or friends when their requests interfere with God's desires.**
- 7. Spend 30 days committing to writing your priorities, praying about your priorities, and adjusting to God's guidance.**

SPIRITUAL HEALTH SURVEY RESULTS



Prioritized Bible Study Topics Based on Survey Feedback

1. **Balancing Life's Responsibilities**

2. Women in the Bible

3. Managing Stress & Anxiety

4. Forgiveness

5. Conflict Resolution

6. Unconditional Love

7. Rest in God

Bible Study:

- Time: 1 hour 15 mins @7:00pm
- Day: 1st or 4th Thursday of the month Dec, Feb, April)
- All Sorors are welcome.

Save the Date:

- Thursday, November 4, 2021 @ 7:00pm
- 1st Virtual study on balancing life's responsibilities.

TRUTH TUESDAYS INSPIRATION



Continuing Truth Tuesdays:

- An opportunity to share inspirational scriptures and/or messages to Sorors and our Social Media followers.
- Begin sharing October through end of Sorority year.
- Post to our Social Media FB, Twitter, and Instagram pages Tuesday mornings. Posts can be shared by chapters or individuals.
- Sent via email to Chaplains & Chapter Presidents for distribution to chapter.
- Chapters and Sorors to share in chapter newsletter, social media pages, websites, and more.

The graphic is a vertical rectangular poster with a tan background. On the left side, there are two overlapping images: a purple flower with yellow centers and a wooden cross on a red background. Both images are framed with black borders and appear to be pinned with torn paper. On the right side, the text is arranged vertically. At the top, it says "South Atlantic Region" in a cursive font, followed by "Delta Sigma Theta Sorority, Inc." in a sans-serif font. Below this, the words "TRUTH TUESDAYS" are written in large, bold, red capital letters. Underneath, the name "Jayon Nicole Dancy, SAR Chaplain" is written in a cursive font. The main body of text is a quote: "Yesterday is gone and tomorrow is not promised. Do not worry because God is with you through it all. Trouble won't last always." This is followed by the scripture reference "Matthew 6:34 (NIV)" and the text "34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." At the bottom right, there is a small circular logo of Delta Sigma Theta Sorority, Inc.

PRAYER, PETITIONS, AND PRAISE REPORTS



Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Weekly Prayer Call

- Hosted Weekly Thursdays
- 6:00 AM start time
- Prayer, praise reports, and petitions.

Monthly Chaplain/Clergy

Intercessory Prayer & Check-in



South Atlantic Region

MEDITATION & PRAYER

Join us weekly & invite a Soror.
Thursdays at 6:00 am

Call

Call-in: 667-770-1025

Passcode: 498044#

Mobile one click:

667-770-1025,,498044#

Join by FCC App: Meeting ID: tnw23

Hosted By,

Evangelist Jayon Dancy,
South Atlantic Regional Chaplain



Romans 12:12 (NIV) 12 Be joyful in hope, patient in affliction,
faithful in prayer.

CORE EVENT PLANNING TEAM



Evangelist Tayon Dancy – SAR Chaplain, Western Wake Alumnae, NC

South Carolina

- **Rev. Schrendria Robinson**, Richland County Alumnae, SC
- **Elder Marian Greene-Thompson**, Georgetown Alumnae, SC

North Carolina

- **Dr. Rico Wagner**, Charlotte Alumnae, NC
- **Rev. Shellena Atlas**, Raleigh Alumnae, NC

Virginia

- **Deaconess Marsicia Davis**, Fredericksburg Area Alumnae, VA
- **Rev. Katrina Smith**, Loudoun County Alumnae, VA

Bermuda

- **Vanessa Phillips-Williams**, Bermuda Alumnae, Bermuda

CONTACT INFORMATION & HELPFUL LINKS



Contact Information

- Email: SARChaplain2020@gmail.com
- Mobile: 919-454-6400
- Mail: PO Box 1364, Apex, NC 27502

Helpful Links:

- *In the Spirit Prayer Request* Form: <https://www.dstsouthatlanticregion.org/inthespirit>
 - Prayer Request Form is on the website and can be submitted by any Soror.
 - Chapter Presidents & Chaplains should share the link to the Prayer Request Form.
- *Clergy Data Request* Form:
<https://www.cognitoforms.com/TayonDancy/202122saregionclergydatarequestform>
- *Chapter Chaplain Data Request* Form:
<https://www.cognitoforms.com/TayonDancy/202122SARPresidentsAndChaplainsRequestForm>