

SISTER 2 SISTER

*A TREASURED GIFT
BY TONYA Y. REED AND THE
INSPIRATION OF THE HOLY
SPIRIT*

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Unless otherwise indicated, all Scripture quotations are taken from the King James Version or the New King James Version of the Bible.

Please note that the name satan and related names are not capitalized intentionally. We choose not to acknowledge him, even to the point of violating grammatical rules.

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A True woman of God

*A true woman of God
is a woman who
Holds her head up high
No matter what she's going through
She carries herself in a respectful way
And being tasteful in the words she say
She prays for her children day and night
And keeps them from harm with all her might
She stands behind her husband
No matter what she has heard
And says "Go ahead baby"
When he's preaching the word
She is the single woman who goes to bed alone
Praying to the Lord Jesus Christ
Who is still on the throne
To help her to hold out
While her heart is still yearning
Knowing that weeping endures thru the night
But joy comes in the morning
A woman of God encourages her sister
And corrects her when she's wrong
She empowers her brother
To keep his mind strong
She falls to her knees and asks God for a hand
And to give her wisdom
Where she doesn't understand
A true woman of God
Arms herself with the Word
For satan is her enemy
And the Bible is her sword*

*So I say unto you now
Woman of God, keep the faith
Don't you dare turn back
For the race is not given
To the swift nor the strong
But true woman of God
We must hold on!*

***Tonya y. Reed
12/02/2002***

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~~~~~DEDICATION~~~~~

Experiencing life as a woman for me has truly been, and still is, a wonderful gift from God. I dedicate this book to my Heavenly Father, My Master, My Manufacturer, My Abba Father, for such a wonderful life even with the ups and downs. Father Abba, I knew as far back as I can remember as a little girl, that you were ever present in my life. I thank you Lord God, not only for your only begotten Son Jesus Christ; but for Understanding, Wisdom, Revelation and Knowledge that you have so lavishly bestowed upon me, Your servant.

I also dedicate this book to my 3 angels; Dareon, Chima and Demmetraus Jr. who God so graciously placed me over as a steward. I hope and pray that I have made you proud. I also want to thank my mother, Beverly Alexander-Grant for birthing and molding me into the woman that I am today. I dedicate this book to my late "Cousin" and Sister Veronica Rogers. How I wish I could have helped you. I miss you Sis. Also to my natural Sisters, Anika, Deniece, Keyatta, and my late Sister Cotessa Reed, I Love you. Last but not least, to my First Lady Stella Steele who I serve with pleasure, and all of the women who have played an influential part in my life. You know who you are. May God Bless you real good!

Tonya Y. Reed

~~~~~INTRODUCTION~~~~~

Hey girls!!! Before you even get started in this book, there are a few things that you need to do to get prepared. First of all, put a pot of coffee on or a kettle of tea because there are some topics that we are going to hit hard, so I want you to feel as if we are having a girl to girl talk right in my kitchen. Next, I ask that you pray and ask God to clear your mind of any negative thoughts, and to protect you from any hindering spirits that set out to solely cloud your head and to prevent you from seeing the truth. I ask our Lord Jesus Christ to give you Understanding; Revelation, Wisdom and Knowledge, and the change of heart to want to be the woman of God that you have been called to be. Although some things that are expressed in *Sister 2 Sister: A Treasured Gift*, are thoughts and ideas from myself; I will humbly say that this book was written under the direction of the Holy Spirit to empower you, to encourage you and in some cases, deliver you from your circumstances. I often read this book for strength for I am just a vessel that God chose to use to address situations that are keeping us women in bondage. I pray that you get set free today.

The Author



Chapter One

Sister 2 sister

Hey Sis, can we talk? What has happened to our unity? What ever happened to girl power? We have allowed the adversary into our homes, our hearts, and our lives. Whatever happened to the virtuous woman that King Solomon spoke about in Proverbs 31? I often wonder; was he talking about someone he knew personally, or was he speaking hypothetically about what a man *believes* the perfect wife is suppose to be.

Who can find a virtuous woman? For her price is far above rubies. (Proverbs 31:10)

As I come across different women throughout this journey called life, I can't help but to think that under all of the make-up and hair, the scars from giving birth, the wear and tear of everyday living; we are all connected in one way; we were chosen by God to be the weaker vessel;

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 (1st Peter 3:7).

We are to be the help meet (mate) for the man and to replenish the earth ***God blessed them and said “be fruitful and increase in number; fill the earth and subdue it. (Genesis 1:28)***

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Even though there are many women who are barren (can't have children), God has put a nurturing mechanism inside of each and every one of us. When God created the very first woman Eve, He took a rib from the man Adam to give him a help mate. God could have created Eve without any part from Adam, but I believe that the significance of putting a part of Adam into Eve was to symbolize the two were one flesh;

For this reason a man shall leave his mother and father and be united to wife, and they will become one flesh. (Genesis 2:24)

The woman was designed to be a companion for Adam, for God felt that Adam was lonely. He (God) saw that the animals had been paired up; one male and one female and felt that it was time for Adam to have the same. Get this: the woman was a gift from God to the man; man He had created in His own image. God not only gave the woman as a gift, but a surprise gift, for Adam was put into a deep sleep and had awoken to find her there;

And the Lord God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place. Then the rib which the Lord God had taken from man He made into a woman, and He brought her to the man. (Genesis 2:21, 22)

My frame was not hidden from You, when I was made in secret, and skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. (Psalms 139:15, 16)

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The history of Adam and Eve should make you as a woman feel special because God looks at us as gifts, surprises and helpers. I believe that although God created Adam first, the woman was already being made for the scripture says;

So God created man in His own image, in the image of God He created him; male and female He created them. (Genesis 1:27)

We have the best of both worlds; we are male and female. We have the same parts as a man; 2 arms, 2 legs, a head, a neck ect; but the one thing that we have that men don't have is a womb (womb man). Adam even recognized that the first time he laid eyes on Eve;

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." Genesis 2:23)

Hey Sis, can we talk? You don't know how powerful you are to a man; sometimes, the man doesn't even know it. We are beautifully and wonderfully made by God,

For You formed my inward parts; You covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made (psalms 139:13, 14).

We are very emotional, loving, and nurturing. Babies even recognize us, even if it's not our own. There is gentleness to us that no one can duplicate; even those men who claim to have some revelation that they were born a woman trapped in a man's body can't do it. They try so hard to duplicate us but it is not an

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easy task. Yes, the makeup and the clothes can give the illusion that it's a woman; but sit with them long enough over a cup of tea. You will definitely figure out that it is an impostor. A man just cannot duplicate God's creation of a woman. We are sharp thinkers, problem solvers, peace makers. We have a desire to satisfy our men; to please our men. We are disappointed and sadden in many ways because we see less and less of good men; yet more and more of gay men.

Hey Sis, can we talk? As soon as God approached Adam in the Garden of Eden and asked him "Why are you hiding from Me, and who told you that you were naked?" (**Genesis 3:9-11**) God already knew what had happened because He didn't ask the question, "*How* did you know that you were naked?" but instead He asked, "*Who* told you that you were naked?" The first thing Adam did was to put the blame on God and then on Eve, for Adam told God, "You know that woman that you made for me, she is the one who gave me of the tree and yes I did eat it." (**Genesis 3:12**) God turned to Eve and asked her, "What have you done?" and as the story goes, Eve blamed it on the serpent.

Adam was not forced to eat of the tree, however; the scriptures suggest that Adam knew where the fruit had come from. Eve presented it to her man and he ate, that is why God questioned Eve about what she had done. God's plan was for the man to be the head of the woman, therefore, she is to listen to her man and follow his directions for his directions were coming directly from God. Adam was in error because he became the follower instead of the leader of the two. Adam assumed that Eve would have the same leadership skills as he did. I would even go as far as to say that Adam got caught up in Eve's gentleness, subtleness and skills of seduction that we women are equipped with. Come on now; we know how to turn on the sex appeal to let a man know that we are interested in him. Adam just got caught up in

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the moment; he relaxed, if you will, and as soon as he relaxed, satan moved in.

Satan is not stupid, he knows the power that we women have to nurture the man, stroke his ego and in many instances, cause him to do things that no man can cause him to do. Satan knows that the man is very visual, so he gets caught up in women with big hips, big breast and no common sense. This theory was proven when satan watched Eve's power in the garden. He (satan) continues to this day to use the same tricks to bring down the man. Men have killed other people at the direction of a woman. Men have left there families for other women who *presented the fruit and caused the man to eat*. Women have even left their men who could not handle the separation, and in turn, took their own lives. Women have given some men such traumatic experiences that the man turned to other men just to keep from experiencing that hurt again. Sister, I know that it's tight but it's right.

Hey Sis, can we talk? We have to know who we are and what our purpose is on this earth. It is no accident that we were created female, but a blessing. If I could come back again to this earth, I would want to come back as a female. We have been looked upon as sex objects, maids, and incubators. What or who do you think that you are? Men seem to think that our bodies were made just for them but I beg to differ. The Bible tells me that my body is the temple of the Holy Ghost, the Spirit of God;

(What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 1st Corin 6:19)

Although our hips and breasts our pleasing to look at; they were not made totally for that purpose. Our hips were made

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curvier than the man's hips because of our ability to birth whole bodies out of our birth canal. God made the female bones farther apart from each other so that a baby can grow in the uterus. When the time comes to give birth, the hip bones move away from each other to make room for the baby to be expelled from the woman's body.

The female breast may be a man's dream toy, but were really created for the baby to receive nourishment from the mother. A baby can survive a long time off of the nourishment that comes from the woman's breast. I endured 3 years of being ridiculed as I breast fed my youngest son. I read that in China many years ago, the Emperor was breast fed until his ladder years (around 8). God skillfully and wonderfully made the woman to have the ability to supply the child with the proper nutrients that a child needs to grow. I noticed while breast feeding, that every time I heard my son cry my breast would fill up with milk automatically. It did not work that way with other crying babies; just my own.

Hey Sis, can we talk? The one thing that perturbs me about some women is that when they do luck up on a good man, they don't know how to treat him. When I watch talk shows, I get so angry when a woman comes on the show to tell her unsuspecting man that she was cheating on him and that their baby might not be his. I watch in despair as the men break down and cry in front of millions of viewing audiences. I watch as their hearts are broken right before everyone's eyes; how tragic. I also watch in amazement when the man declares, "I forgive my girl for cheating on me, and even if the baby is not mine, I am still the father." I know that it's tight but it's right. We have to know that men don't deal with rejection or disappointment the way we do. Men process things internally and woman, externally. When a man messes up, he tries to hide his mistakes. Let's go back to the Garden of Eden with our team players, Adam and Eve. As

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soon as both of them ate the fruit, the Bible says that immediately, their eyes were open and they knew at that moment that they were naked. Adam knew that he had messed up so he tried to hide his mistake;

And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves apron (Genesis 3:7).

Men don't like to display their heart to anyone; they don't like to wear their hearts on their sleeves. Men have a tendency to keep their hurt on the inside and channel it through different outlets. Some began to drink heavenly, do drugs, or even turn to another man. We were made as a help mate for the man. The devil has been confusing the man and woman relationship since the beginning of time. Satan uses the woman to suppress the man; to make him feel inferior. The man is made to be the head and not the tail. God established an order for the man and woman's roles while being here on earth;

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 God. (1st Corin 11:3)

It is unfortunate that by the time a good, long awaiting, God fearing woman runs across a man that she is attracted to, finds out that he has some deep underlining issues. Some chick has hurt him in his past, and even though he has physically gotten over the experience; he doesn't forget. A wall goes up over the heart to prevent the new woman from getting in and hinders the freedom and happiness that the two of them could experience together.

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I know a woman that really gets under my skin because of the way she treats men. She is a beautiful girl, and has no problem picking up a guy; but it seems as soon as he lets his guard down and starts trusting this woman with his heart, then the dumping occurs. I have seen this woman break down the hardest of men; players, married men, old men, and young. I have watched her destroy families, homes, you name it. It is a game to her. If the man is playing hard to get, then she steps up the game. She makes the man think that she has falling head over heels for him and that it is going to be her and him against the world. I will admit, she will stand by his side through thick and thin; and will turn on everyone to protect the man. When the man finally shows any signs of weakness to her, the game is over.

I have heard of a man coming to this woman's house and stealing her underwear. I have been approached by men asking me "what's up with your girl?" It is plain to see that this woman is a very important pawn to the adversary, the devil. She is used by the devil to lure in the man and then tear him down. The Bible speaks of this type of woman and goes through great measurements to warn the man of her type;

For the lips of a strange woman drop as a honeycomb, and her mouth is smoother than oil: But her end is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death; her steps take hold on hell (Proverbs 5:3-5).

Hey Sis, can we talk? How do we expect the man to regain consciousness if we constantly keep knocking him out? You have to realize Sisters that our men have been damaged, and if you are not careful, you can become damaged in the process of trying to help him. Please understand that you can not change a man; only God can, so staying on your face before the Lord is

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your best weapon. A man has to be healed from the inside out, not the outside in. You may feel that you are doing everything in your power to keep him happy; but great sex and a good meal is not all that he needs. He needs a woman who will speak into his life. You say, "I have tried everything but nothing is working"; I say that maybe he is not ready to be healed. Maybe he is content in the state that he is in. Some men become content in their present situation. They feel that as long as they keep their guards up, they never have to experience the hurt and pain that was once felt in the past.

My best friend is a 46 year old man. I met him over the phone at my job approximately 4 years ago and we have been friends every since. I only met him face to face 2 times out of the 4 years (and yes, I found him very attractive), but we never took our friendship there. We would have long phone conversations that would sometimes be over 3 hours long. He is a very knowledgeable man and well diverse in the Word of God. From the very first conversation I had with him, I knew within my heart that he was sent to me by God. He became very useful to me as far as the different relationships that I have encountered. I was able to get a "man's point of view" about a lot of situations. This man became very special to me; he fed my spirit. He spoke into my life. He always told me the truth about me; even if the truth hurt. We later discovered that he was my soul mate. Not the kind of soul mate that we have been taught, (a spouse or a lover), but a brotherly/sisterly soul mate. We could feel each other. When either one of us was going through any situation; we would call each other to find out what was up. I had much love and respect for this man; still do. He has taught me a lot about a man.

One day, He and I were having a conversation about the situation that he was in. He had been seeing this woman for over a year, and had falling in love with her. He also adored her little

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girl and felt that he could make a big difference in her life since there was no father. He even went as far as to put the little girl on his insurance so that the little girl could receive good medical attention when needed. He had talked about marrying this woman on several occasions. He even brought her an expensive ring. While we were talking, I asked him what was wrong. He assured me that there was nothing wrong; I didn't settle for the response. Finally, he came out and told me that he had broken off the relationship with his woman. He went on to tell me that it was not *her fault* but *his fault*. He explained to me that he had in fact been seeing another woman and that he was going to marry the other woman.

I was confused; I knew that he was in love with the first fiancé but why was he dumping her? You are not going to believe his reason. He said that he dumped the woman that he loved because he was afraid of getting hurt by her. He went on to say that if the first fiancé was to up and leave him, he wouldn't be able to handle it, but if the second fiancé was to call it quits, he would be okay. He told me that he could not deal with being hurt again. Now, I know some of you would call that a cop-out reason for not marrying the woman that he loved; but after talking with my friend about the matter for several hours, even though I didn't really understand; I understood. Men allow their past experiences to keep them from obtaining true happiness.

To this day, my friend is still unmarried and seeking. I am not sure anymore what he is looking for, but one thing I do know; none of the women that he has dated ever fed him spiritually. The reason he and I get along so well and understand each other well is because we feed each others spirit. We have talked about deep things in our lives, and have been able to apply God's word to the situation. My friend never agrees with my errors; in fact, he always hit me with scriptures to let me know what God says about the situation and, *vis versa*.

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Hey Sis, can we talk? God may place a man in your life so that you can feed him. Not natural food, but spiritual food. God may send him to you as a project. Sisters, God says “*stop falling for your projects.*” This was mainly a word for me because I have a bad habit of falling for the men that God places in my life. Every man that God puts in our lives are not meant to stay; they are put there for us to encourage him, to help rebuild his self-esteem, to feed his spirit. Don’t get it twisted, satan will send you a man also to confuse your life; especially if he knows that men are your weakness.

The enemy will use the unsuspecting man to disrupt your life and cause you to have low self-esteem. When a woman’s self-esteem is low, she is not able to function properly therefore, she is no good to the man. Sister’s, we have to develop a hearing ear for the voice of the Holy Spirit, otherwise; you will not be able to know if the man that has entered your life, is either your other whole or your project. The devil is crafty and cunning in everything he does. It is very easy for him to send a man that is 6’2 with a nice build into your life to blind you and to hinder you from doing the job that God had intended for you initially.

And unto Adam He (God) said, “Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it; cursed is the ground for thy sake, in sorrow shalt thou eat of it all the days of thy life; (Genesis 3:17)

Hey Sis, can we talk? This scripture clearly says that because Adam listened to the woman and not to the Lord God; the ground would be cursed and he would have to retrieve his food from out of the ground by the sweat of his brow. Once again, the man was set in place to hear from God, and to pass on the information and instruction to the woman. Sisters, I understand the frustration