WELCOME HOME
- An Introduction to Righteousness -

These are the beginning steps to walking in God's divine truth,
that you are an Israelite, a direct descendant of Abraham, Isaac and Jacob.

Understand...the Bible is your history book.

Written by: Bishop Nathanyel ben Israel
Edited by: Josiah ben Israel
THE LEADERSHIP OF ISRAEL UNITED IN CHRIST

ACKNOWLEDGE THAT YOU ARE AN ISRAELITE.

THE SO-CALLED INDIANS OF THE AMERICAS AND CARIBBEAN ARE ISRAELITES

THE 12 TRIBES OF ISRAEL

THE NEXT THING YOU MUST DO IS...REPEND!

CHANGE AND CONTROL YOUR EATING HABITS

LAWS FOR MEN

LAWS FOR OUR WOMEN

MARRIAGE

CHILDREN

THE SABBATH DAY
The Leadership of Israel United in Christ

Elders
Nathanyel & Kani

Deacons
Yawasap, Asaph, Aithan, Labachaa, Malachiyah, Abbayael & Malachi

This is a school of learning, we will not tolerate foolishness or confusion from anyone. According to the scriptures there must be order, there must be men set up as leaders.

Ecclesiasticus 44:4
Leaders of the people by their counsels, and by their knowledge of learning meet for the people, wise and eloquent are their instructions:

Exodus 18:25
And Moses chose able men out of all Israel, and made them heads over the people, rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens.

1 Timothy 5:1, 17
1. Rebuke not an elder, but intreat him as a father; and the younger men as brethren;
17. Let the elders that rule well be counted worthy of double honour, especially they who labour in the word and doctrine.

1 Peter 5:5
Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.

1 Thessalonians 5:12-13
12. And we beseech you, brethren, to know them which labour among you, and are over you in the Lord, and admonish you;
13. And to esteem them very highly in love for their work's sake. And be at peace among yourselves.

Ecclesiasticus 32:7-9
7. Speak, young man, if there be need of thee: and yet scarcely when thou art twice asked.
8. Let thy speech be short, comprehending much in few words; be as one that knoweth and yet holdeth his tongue.
9. If thou be among great men, make not thyself equal with them; and when ancient men are in place, use not many words.
Support the truth

This truth needs your financial help.

According to the scriptures, we can not depend on other nations to help us. We must be self sufficient and obey the Most Highs commandments.

2 Corinthians 9:6-7
6. But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.
7. Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

Ecclesiasticus 12:1-4
1. When thou wilt do good know to whom thou doest it; so shalt thou be thanked for thy benefits.
2. Do good to the godly man, and thou shalt find a recompence; and if not from him, yet from the most High.
3. There can no good come to him that is always occupied in evil, nor to him that giveth no alms.
4. Give to the godly man, and help not a sinner.

Ecclesiastes 7:12
For wisdom is a defence, and money is a defence: but the excellency of knowledge is, that wisdom giveth life to them that have it.

Ecclesiastes 10:19
A feast is made for laughter, and wine maketh merry: but money answereth all things.

Acts 4:34-35
34. Neither was there any among them that lacked: for as many as were possessors of lands or houses sold them, and brought the prices of the things that were sold,
35. And laid them down at the apostles' feet: and distribution was made unto every man according as he had need.

When we don't help this Truth

Haggai 1:6-7
6. Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes.
7. Thus saith the LORD of hosts; Consider your ways.
These are the tools you will need to help you in your studies.

King James Version Bible  
KJV 1611

Apocrypha

Notebook and pen

Bible Dictionary  
(Zondervan)

Concordance  
(Strong’s)
**Deuteronomy 28:15-68**

32. Thy sons and thy daughters shall be given unto another people, and thine eyes shall look, and fail with longing for them all the day long: and there shall be no might in thine hand.

48. Therefore shalt thou serve thine enemies which the LORD shall send against thee, in hunger, and in thirst, and in nakedness, and in want of all things: and he shall put a yoke of iron upon thy neck, until he have destroyed thee.

68. And the LORD shall bring thee into Egypt again with ships, by the way whereof I spake unto thee, Thou shalt see it no more again: and there ye shall be sold unto your enemies for bondmen and bondwomen, and no man shall buy you.
Isaiah 22: 18
He will surely violently turn and toss thee like a ball into a large country: there shalt thou die, and there the chariots of thy glory shall be the shame of thy lord's house.

1 Kings 8:46
If they sin against thee, (for there is no man that sinneth not,) and thou be angry with them, and deliver them to the enemy, so that they carry them away captives unto the land of the enemy, far or near;
Joel 3: 3-6
3. And they have cast lots for my people; and have given a boy for an harlot, and sold a girl for wine, that they might drink.
4. Yea, and what have ye to do with me, O Tyre, and Zidon (Africans), and all the coasts of Palestine (Arabs)? will ye render me a recompence? and if ye recompence me, swiftly and speedily will I return your recompence upon your own head;
5. Because ye have taken my silver and my gold, and have carried into your temples my goodly pleasant things:
6. The children also of Judah and the children of Jerusalem have ye sold unto the Grecians, that ye might remove them far from their border.

Luke 21:24
And they shall fall by the edge of the sword, and shall be led away captive into all nations: and Jerusalem shall be trodden down of the Gentiles, until the times of the Gentiles be fulfilled.
The so-called Indians of the Americas and Caribbean are Israelites

2 Esdras 13: 40-45

40. Those are the ten tribes, which were carried away prisoners out of their own land in the time of Osea the king, whom Salmanasar the king of Assyria led away captive, and he carried them over the waters, and so came they into another land.

41. But they took this counsel among themselves, that they would leave the multitude of the heathen, and go forth into a further country, where never mankind dwelt,

42. That they might there keep their statutes, which they never kept in their own land.

43. And they entered into Euphrates by the narrow places of the river.

44. For the most High then shewed signs for them, and held still the flood, till they were passed over.

45. For through that country there was a great way to go, namely, of a year and a half: and the same region is called Arsareth.
Deuteronomy 28:30-36

30. Thou shalt betroth a wife, and another man shall lie with her: thou shalt build an house, and thou shalt not dwell therein: thou shalt plant a vineyard, and shalt not gather the grapes thereof.

“The 10 tribes wives were raped by the Spanish conquistadors. They built houses they could not live in. They planted plenteous vineyards they could not enjoy.”

31. Thine ox shall be slain before thine eyes, and thou shalt not eat thereof: thine ass shall be violently taken away from before thy face, and shall not be restored to thee: thy sheep shall be given unto thine enemies, and thou shalt have none to rescue them.

32. Thy sons and thy daughters shall be given unto another people, and thine eyes shall look, and fail with longing for them all the day long: and there shall be no might in thine hand.

33. The fruit of thy land, and all thy labours, shall a nation which thou knowest not eat up; and thou shalt be only oppressed and crushed alway:

36. The LORD shall bring thee, and thy king which thou shalt set over thee, unto a nation which neither thou nor thy fathers have known; and there shalt thou serve other gods, wood and stone.
Deuteronomy 28:37
And thou shalt become an astonishment, a proverb, and a byword, among all nations whither the LORD shall lead thee.

A proverb and a byword means your nationality would be changed into a mockery, an insult. The 10 Tribes of Israel are called ‘INDIANS’ today which is a Latin word meaning ‘Servants/Slaves’.

Deuteronomy 28:49
The LORD shall bring a nation against thee from far, from the end of the earth, as swift as the eagle flieth; a nation whose tongue thou shalt not understand;

Spain’s symbol was the eagle, and they spoke Spanish.

50. A nation of fierce countenance, which shall not regard the person of the old, nor shew favour to the young:

Psalms 49:11
Their inward thought is, that their houses shall continue for ever, and their dwelling places to all generations; they call their lands after their own names.

America was named after Amerigo Vespucci in 1493.

“Over 77 million Indians were slaughtered on the mainland of North America alone, and over 200 million killed in central and South America.”

Lamentations 5:2-5
2. Our inheritance is turned to strangers, our houses to aliens.
3. We are orphans and fatherless, our mothers are as widows.
4. We have drunken our water for money; our wood is sold unto us.
5. Our necks are under persecution: we labour, and have no rest.
Habakkuk 1:7-10

7. They are terrible and dreadful: their judgment and their dignity shall proceed of themselves.
8. Their horses also are swifter than the leopards, and are more fierce than the evening wolves: and their horsemen shall spread themselves, and their horsemen shall come from far; they shall fly as the eagle that hasteth to eat.
9. They shall come all for violence: their faces shall sup up as the east wind, and they shall gather the captivity as the sand.
10. And they shall scoff at the kings, and the princes shall be a scorn unto them: they shall deride every strong hold; for they shall heap dust, and take it.
The 12 Tribes of Israel

Judah - American Blacks
Benjamin - West Indian Blacks
Levi - Haitians
Ephraim - Puerto Ricans
Manessah - Cubans
Simeon - Dominicans
Zebulon - Guatemala to Panama (Mayans)
Gad - Native American Indians
Reuben - Seminole Indians
Asher - Columbia to Uruguay (Incás)
Issachar - Mexicans (Aztecs)
Napthali - Argentina/Chile
The next thing you must do is...Repent!

THIS MEANS YOU MUST CONFESS AND FORSAKE YOUR SINS.

The word “sin” means breaking God’s laws.

1 John 3:4
Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.

Leviticus 26:40-42
40. If they shall confess their iniquity, and the iniquity of their fathers, with their trespass which they trespassed against me, and that also they have walked contrary unto me;
41. And that I also have walked contrary unto them, and have brought them into the land of their enemies; if then their uncircumcised hearts be humbled, and they then accept of the punishment of their iniquity:
42. Then will I remember my covenant with Jacob, and also my covenant with Isaac, and also my covenant with Abraham will I remember; and I will remember the land.

Proverbs 28:13
He that covereth his sins [makes excuses] shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

1 Kings 8:47-48
47. Yet if they shall bethink themselves in the land whither they were carried captives, and repent, and make supplication unto thee in the land of them that carried them captives, saying, We have sinned, and have done perversely, we have committed wickedness;
48. And so return unto thee with all their heart, and with all their soul, in the land of their enemies, which led them away captive, and pray unto thee toward their land, which thou gavest unto their fathers, the city which thou hast chosen, and the house which I have built for thy name:

Matthew 4:17
From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

Acts 5:29-31
29. Then Peter and the other apostles answered and said, We ought to obey God rather than men.
30. The God of our fathers raised up Jesus, whom ye slew and hanged on a tree.
31. Him hath God exalted with his right hand to be a Prince and a Saviour, for to give repentance to Israel, and forgiveness of sins.

Psalms 51:1-3
1. Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions.
2. Wash me throughly from mine iniquity, and cleanse me from my sin.
3. For I acknowledge my transgressions: and my sin is ever before me.
Change and control your eating habits

Leviticus 11:6-12

6. And the hare[rabbit], because he cheweth the cud, but divideth not the hoof; he is unclean unto you.
7. And the swine [pig], though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you.

8. Of their flesh shall ye not eat, and their carcase shall ye not touch; they are unclean to you.

This is an example of a hoof

This is an example of a cloven “split” hoof

Animals that chew the cud
(such as cattle, deer, goats, cows, oxen giraffes and sheep),
cud is the food brought up into the mouth from the first stomach
called the rumen and chewed again.
Dietary laws for fish
9. These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat.

10. And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you:
11. They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcases in abomination.
12. Whatsoever hath no fins nor scales in the waters, that shall be an abomination unto you.

UN-CLEAN SEA FOOD COMMONLY EATEN

CAT FISH  CRAB  LOBSTER  SHRIMP

SHARK  CLAMS  SQUID  OCTOPUS
DO NOT EAT RAW OR HALF COOKED MEAT - NO BLOOD!

Leviticus 17:10-14

10. And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood; I will even set my face against that soul that eateth blood, and will cut him off from among his people.
11. For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.
12. Therefore I said unto the children of Israel, No soul of you shall eat blood, neither shall any stranger that sojourneth among you eat blood.
13. And whatsoever man there be of the children of Israel, or of the strangers that sojourn among you, which hunteth and catcheth any beast or fowl that may be eaten; he shall even pour out the blood thereof, and cover it with dust.
14. For it is the life of all flesh; the blood of it is for the life thereof: therefore I said unto the children of Israel, Ye shall eat the blood of no manner of flesh: for the life of all flesh is the blood thereof: whosoever eateth it shall be cut off.

RARE/RAW MEAT

EAT IN MODERATION...DON’T BE GREEDY

Ecclesiasticus 31:16-20

16. Eat as it becometh a man, those things which are set before thee; and devour not, lest thou be hated.
17. Leave off first for manners’ sake; and be not unsatiable, lest thou offend.
18. When thou sittest among many, reach not thine hand out first of all.
19. A very little is sufficient for a man well nurtured, and he fetcheth not his wind short upon his bed.
20. Sound sleep cometh of moderate eating: he riseth early, and his wits are with him: but the pain of watching, and choler, and pangs of the belly, are with an unsatiable man.
Laws for men

“Job 40:7
Gird up thy loins now like a man:
I will demand of thee, and declare thou unto me.”

THE BEARD

Leviticus 19:27
Ye shall not round the corners of your heads,
neither shalt thou mar the corners of thy beard.

Leviticus 21:5
They shall not make baldness upon their head,
neither shall they shave off the corner of their beard, nor make any cuttings in their flesh.

Zondervan’s bible dictionary says a beard is a sign of manly dignity.

2 Samuel 19:24
And Mephibosheth the son of Saul came down to meet the king, and had neither dressed his feet, nor trimmed his beard, nor washed his clothes, from the day the king departed until the day he came again in peace.

2 Samuel 10:4-5
4. Wherefore Hanun took David's servants, and shaved off the one half of their beards, and cut off their garments in the middle, even to their buttocks, and sent them away.
5. When they told it unto David, he sent to meet them, because the men were greatly ashamed: and the king said, Tarry at Jericho until your beards be grown, and then return.

Work / Get a job!

2 Thessalonians 3:10
For even when we were with you, this we commanded you, that if any would not work, neither should he eat.

Proverbs 6:6-11
6. Go to the ant, thou sluggard; consider her ways, and be wise:
7. Which having no guide, overseer, or ruler,
8. Provideth her meat in the summer, and gathereth her food in the harvest.
9. How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?
10. Yet a little sleep, a little slumber, a little folding of the hands to sleep:
11. So shall thy poverty come as one that travelleth, and thy want as an armed man.
DO NOT BE SUPPORTED BY A WOMAN

Ecclesiasticus 25:22
A woman, if she maintain her husband, is full of anger, impudence, and much reproach.

HOW TO DRESS

Ecclesiasticus 19: 29-30
29. A man may be known by his look, and one that hath understanding by his countenance, when thou meetest him.
30. A man's attire [clothing], and excessive laughter, and gait [walk], shew what he is.

Zephaniah 1:8
And it shall come to pass in the day of the LORD's sacrifice, that I will punish the princes, and the king's children, and all such as are clothed with strange apparel.

WEAR FRINGES

Numbers 15:38-40
38. Speak unto the children of Israel, and bid them that they make them fringes in the borders of their garments throughout their generations, and that they put upon the fringe of the borders a ribband of blue:
39. And it shall be unto you for a fringe, that ye may look upon it, and remember all the commandments of the LORD, and do them; and that ye seek not after your own heart and your own eyes, after which ye use to go a whoring:
40. That ye may remember, and do all my commandments, and be holy unto your God.
MEN DO NOT COVER YOUR HEAD WHEN YOU DEAL WITH THE SCRIPTURES

1 Corinthians 11: 4
   Every man praying or prophesying, having his head covered, dishonoureth his head.

1 Corinthians 11:7
   For a man indeed ought not to cover his head, forasmuch as he is the image and glory of God: but the woman is the glory of the man.

GOD IS ABOUT ORDER

1 Corinthians 11:3
   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.

Ezekiel 34:31
   And ye my flock, the flock of my pasture, are men, and I am your God, saith the Lord GOD.

Genesis 18: 19
   For I know him, that he will command his children and his household after him, and they shall keep the way of the LORD, to do justice and judgment; that the LORD may bring upon Abraham that which he hath spoken of him.

1 Timothy 3:5
   (For if a man know not how to rule his own house, how shall he take care of the church of God?)

GET A PLACE TO LIVE

Ecclesiasticus 29: 21-28
   21. The chief thing for life is water, and bread, and clothing, and an house to cover shame.
   22. Better is the life of a poor man in a mean cottage, than delicate fare in another man's house.
   23. Be it little or much, hold thee contented, that thou hear not the reproach of thy house.
   24. For it is a miserable life to go from house to house: for where thou art a stranger, thou darest not open thy mouth.
   25. Thou shalt entertain, and feast, and have no thanks: moreover thou shalt hear bitter words:
   26. Come, thou stranger, and furnish a table, and feed me of that thou hast ready.
   27. Give place, thou stranger, to an honourable man; my brother cometh to be lodged, and I have need of mine house.
   28. These things are grievous to a man of understanding; the upbraiding of houseroom, and reproaching of the lender.
**Laws for our women**

When a women’s menstrual cycle begins she is unclean/no sex for seven days.

**Leviticus 15:19**

And if a woman have an issue, and her issue in her flesh be blood, she shall be put apart seven days: and whosoever toucheth her shall be unclean until the even.

**No sex during cycle**

**Leviticus 18:19**

Also thou shalt not approach unto a woman to uncover her nakedness, as long as she is put apart for her uncleanness.

**Leviticus 20:18**

And if a man shall lie with a woman having her sickness, and shall uncover her nakedness; he hath discovered her fountain, and she hath uncovered the fountain of her blood: and both of them shall be cut off from among their people.

**Ezekiel 18:6**

And hath not eaten upon the mountains, neither hath lifted up his eyes to the idols of the house of Israel, neither hath defiled his neighbour's wife, neither hath come near to a menstruous woman.

**Cleanliness**

**Esther 2:12**

Now when every maid's turn was come to go in to king Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, to wit, six months with oil of myrrh, and six months with sweet odours, and with other things for the purifying of the women;)

**Cover head**

**Genesis 24:64-65**

64. And Rebekah lifted up her eyes, and when she saw Isaac, she lighted off the camel.

65. For she had said unto the servant, What man is this that walketh in the field to meet us? And the servant had said, It is my master: therefore she took a vail, and covered herself.

**Judith 10:3**

And pulled off the sackcloth which she had on, and put off the garments of her widowhood, and washed her body all over with water, and anointed herself with precious ointment, and braided the hair of her head, and put on a tire upon it, and put on her garments of gladness, wherewith she was clad during the life of Manasses her husband.
**Numbers 5:18**

And the priest shall set the woman before the LORD, and **uncover the woman’s head**, and put the offering of memorial in her hands, which is the jealousy offering: and the priest shall have in his hand the bitter water that causeth the curse:

---

**Zephaniah 1:8**

And it shall come to pass in the day of the LORD’s sacrifice, that I will punish the princes, and the king's children, and all such as are clothed with **strange apparel**.

---

**1 Corinthians 11: 5-6**

5 But every woman that prayeth or prophesieth with her head uncovered dishonoureth her head: for that is even all one as if she were shaven.
6. For if the woman be not covered, let her also be shorn: but if it be a shame for a woman to be shorn or shaven, let her be covered.

---

**Isaiah 3:20-22**

20. The bonnets, and the ornaments of the legs, and the headbands, and the tablets, and the earrings,  
21. The rings, and nose jewels,  
22. The changeable suits of apparel, and the mantles, and the wimples, and the crisping pins,

---

**No sex for forty days after giving birth to a boy / No sex for eighty days after giving birth to a girl**

---

**Leviticus 12: 2-5**

2. Speak unto the children of Israel, saying, If a woman have conceived seed, and born a man child: then she shall be unclean seven days; according to the days of the separation for her infirmity shall she be unclean.
3. And in the eighth day the flesh of his foreskin shall be circumcised.
4. And she shall then continue in the blood of her purifying three and thirty days; she shall touch no hallowed thing, nor come into the sanctuary, until the days of her purifying be fulfilled.
5. But if she bear a maid child, then she shall be unclean two weeks, as in her separation: and she shall continue in the blood of her purifying threescore and six days.
Dress Modestly

1 Timothy 2:9
In like manner also, that women adorn themselves in *modest apparel*, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array;

Fringes and a border of blue

Number 15:38-40
38. Speak unto the children of Israel, and bid them that they make them fringes in the borders of their garments throughout their generations, and that they put upon the fringe of the borders a ribband of blue:
39. And it shall be unto you for a fringe, that ye may look upon it, and remember all the commandments of the LORD, and do them; and that ye seek not after your own heart and your own eyes, after which ye use to go a whoring:
40. That ye may remember, and do all my commandments, and be holy unto your God.

Women DO NOT wear pants/breeches

Deuteronomy 22:5

The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the LORD thy God.

The priests had to wear linen pants/breeches

Exodus 28: 41-42

41. And thou shalt put them upon Aaron thy brother, and his sons with him; and shalt anoint them, and consecrate them, and sanctify them, that they may minister unto me in the priest's office.
42. And thou shalt make them linen breeches to cover their nakedness; from the loins even unto the thighs they shall reach:

Do not dress like a whore

Proverbs 7: 10-11
10. And, behold, there met him a woman with the attire of an harlot, and subtil of heart.
11. (She is loud and stubborn; her feet abide not in her house:)

Levitcus 19: 29
Do not prostitute thy daughter, to cause her to be a whore; lest the land fall to whoredom, and the land become full of wickedness.
Learn to be silent

1 Corinthians 14:34-35

34. Let your women keep silence in the churches: for it is not permitted unto them to speak; but they are commanded to be under obedience, as also saith the law.
35. And if they will learn any thing, let them ask their husbands at home: for it is a shame for women to speak in the church.

1 Timothy 2:11-12

11. Let the woman learn in silence with all subjection.
12. But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence.

Marriage

Hebrews 13:4

Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

1 timothy 5:14

I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully.

Exodus 22:16

And if a man entice a maid that is not betrothed, and lie with her, he shall surely endow her to be his wife.

Proof of marriage

Tobit 7:14

And called Edna his wife, and took paper, and did write an instrument of covenants, and sealed it.

Instrument of Covenant

Ecclesiasticus 42:7

Deliver all things in number and weight; and put all in writing that thou givest out, or receivest in.

Live together

Matthew 19:5

And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh?
Ecclesiasticus 42:10
In her virginity, lest she should be *defiled* and *gotten with child in her father's house*; and having an husband, lest she should misbehave herself; and when she is married, lest she should be barren.

1 Corinthians 7:28
But and if thou marry, thou hast not sinned; and if a virgin marry, she hath not sinned. Nevertheless such shall have trouble in the flesh: but I spare you will have trouble when married

Man is the head of the wife

1 Corinthians 11:3
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.

Ephesians 5:22-23
22. Wives, submit yourselves unto your own husbands, as unto the Lord.
23. For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.

Colossians 3:18-19
18. Wives, submit yourselves unto your own husbands, as it is fit in the Lord.
19. Husbands, love your wives, and be not bitter against them.

Ecclesiasticus 26:7
An evil wife is a yoke shaken to and fro: he that hath hold of her is as though he held a scorpion.

Ecclesiasticus 26:13-15
13. The grace of a wife delighteth her husband, and her discretion will fatten his bones.
14. A silent and loving woman is a gift of the Lord; and there is nothing so much worth as a mind well instructed.
15. A shamefaced and faithful woman is a double grace, and her continent mind cannot be valued.

Ecclesiasticus 26: 23-25
23. A wicked woman is given as a portion to a wicked man: but a godly woman is given to him that feareth the Lord.
24. A dishonest woman contemneth shame: but an honest woman will reverence her husband.
25. A shameless woman shall be counted as a dog; but she that is shamefaced will fear the Lord.
26. A woman that honoureth her husband shall be judged wise of all; but she that dishonoureth him in her pride shall be counted ungodly of all.

Sex

Leviticus 15:16-18
16. And if any man's seed of copulation go out from him, then he shall wash all his flesh in water, and be unclean until the even.
17. And every garment, and every skin, whereon is the seed of copulation, shall be washed with water, and be unclean until the even.
18. The woman also with whom man shall lie with seed of copulation, they shall both bathe themselves in water, and be unclean until the even.

1 Corinthians 7:3-5
3. Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.
4. The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.
5. Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

Proverbs 5:18-19
18. Let thy fountain be blessed: and rejoice with the wife of thy youth.
19. Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love.

Providing

Exodus 21:10
If he take him another wife; her food, her raiment, and her duty of marriage, shall he not diminish.

1 timothy 5:8
But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel.

Tobit 10:12
And he said to his daughter, Honour thy father and thy mother in law, which are now thy parents, that I may hear good report of thee. And he kissed her. Edna also said to Tobias, The Lord of heaven restore thee, my dear brother, and grant that I may see thy children of my daughter Sara before I die, that I may rejoice before the Lord: behold, I commit my daughter unto thee of special trust; where are do not entreat her evil.
Children
You may have children or are planning to have children....

Psalms 127:3-5
3. Lo, children are an heritage of the LORD: and the fruit of the womb is his reward.
4. As arrows are in the hand of a mighty man; so are children of the youth.
5. Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.

Ecclesiasticus 16:1-3
1. Desire not a multitude of unprofitable children, neither delight in ungodly sons.
2. Though they multiply, rejoice not in them, except the fear of the Lord be with them.
3. Trust not thou in their life, neither respect their multitude: for one that is just is better than a thousand; and better it is to die without children, than to have them that are ungodly.

Matthew 15:4
For God commanded, saying, Honour thy father and mother: and, He that curseth father or mother, let him die the death.

Colossians 3:20
Children, obey your parents in all things: for this is well pleasing unto the Lord.

Deuteronomy 6:7
And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Deuteronomy 30:2
And shalt return unto the LORD thy God, and shalt obey his voice according to all that I command thee this day, thou and thy children, with all thine heart, and with all thy soul;
Psalms 78:4-7
4. We will not hide them from their children, shewing to the generation to come the praises of the LORD, and his strength, and his wonderful works that he hath done.
5. For he established a testimony in Jacob, and appointed a law in Israel, which he commanded our fathers, that they should make them known to their children:
6. That the generation to come might know them, even the children which should be born; who should arise and declare them to their children:
7. That they might set their hope in God, and not forget the works of God, but keep his commandments:

Ephesians 6:1-2
1. Children, obey your parents in the Lord: for this is right.
2. Honour thy father and mother; (which is the first commandment with promise;)

Ecclesiasticus 30:1-13
1. He that loveth his son causeth him oft to feel the rod, that he may have joy of him in the end.
2. He that chastiseth his son shall have joy in him, and shall rejoice of him among his acquaintance.
3. He that teacheth his son grieveth the enemy: and before his friends he shall rejoice of him.
4. Though his father die, yet he is as though he were not dead: for he hath left one behind him that is like himself.
5. While he lived, he saw and rejoiced in him: and when he died, he was not sorrowful.
6. He left behind him an avenger against his enemies, and one that shall requite kindness to his friends.
7. He that maketh too much of his son shall bind up his wounds; and his bowels will be troubled at every cry.
8. An horse not broken becometh headstrong: and a child left to himself will be wilful.
9. Cocker thy child, and he shall make thee afraid: play with him, and he will bring thee to heaviness.
10. Laugh not with him, lest thou have sorrow with him, and lest thou gnash thy teeth in the end.
11. Give him no liberty in his youth, and wink not at his follies.
12. Bow down his neck while he is young, and beat him on the sides while he is a child, lest he wax stubborn, and be disobedient unto thee, and so bring sorrow to thine heart.
13. Chastise thy son, and hold him to labour, lest his lewd behaviour be an offence unto thee.
The Sabbath Day

God has given us holidays to celebrate.
The 7th day Sabbath was the first holiday ordained.
We understand that brothers and sisters have to work and we are under mercy/grace.
Those who can get the days off are commanded to do so.

Genesis 2:1-3
1. Thus the heavens and the earth were finished, and all the host of them.
2: And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.
3: And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Leviticus 23:2-3
2. Speak unto the children of Israel, and say unto them, Concerning the feasts of the LORD, which ye shall proclaim to be holy convocations, even these are my feasts.
3. Six days shall work be done: but the seventh day is the Sabbath of rest, an holy convocation; ye shall do no work therein: it is the Sabbath of the LORD in all your dwellings.

Amos 8:5
Saying, When will the new moon be gone, that we may sell corn? and the Sabbath, that we may set forth wheat, making the ephah small, and the shekel great, and falsifying the balances by deceit?

Hebrews 10:25
Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

No Cooking / prepare before the Sabbath

Exodus 35:3
Ye shall kindle no fire throughout your habitations upon the Sabbath day.

Exodus 16:23
And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy Sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

No buying or selling

Nehemiah 10:31
And if the people of the land bring ware or any victuals on the Sabbath day to sell, that we would not buy
it of them on the Sabbath, or on the holy day: and that we would leave the seventh year, and the exaction of every debt.

Nehemiah 13:15-19

15. In those days saw I in Judah some treading wine presses on the Sabbath, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all manner of burdens, which they brought into Jerusalem on the Sabbath day: and I testified against them in the day wherein they sold victuals.
16. There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and sold on the Sabbath unto the children of Judah, and in Jerusalem.
17. Then I contended with the nobles of Judah, and said unto them, What evil thing is this that ye do, and profane the Sabbath day?
18. Did not your fathers thus, and did not our God bring all this evil upon us, and upon this city? yet ye bring more wrath upon Israel by profaning the Sabbath.
19. And it came to pass, that when the gates of Jerusalem began to be dark before the Sabbath, I commanded that the gates should be shut, and charged that they should not be opened till after the Sabbath: and some of my servants set I at the gates, that there should no burden be brought in on the Sabbath day.

The Sabbath as well as the new moons and all the holy days of the Most High are holy convocations meaning assemblies and we are not to work. However there is grace concerning work outside your control, meaning your job may order you to work on these days. Pray and ask your boss can you keep the law just like Daniel 1:8-16. John 1:17, Hebrews 10:26-29.