



It's Time To Pray!

given man time to come to Him and our disobedience has come to its limit.

Have you seen the pictures of war, killings, robberies, rapes, malice, disease outbreaks; gay marriages, changing laws that leave God out—when we've followed: In God We Trust for years?

Yes, the signs are vivid that He's on His way back. He has always given us so much time to prepare ourselves for His return;—for those that fall off the wagon so to speak, or have never gotten on the wagon (accepted Christ)! Yes, Pray that you be ready; pray for your loved ones; pray for the city, pray for the nation, the country, for Jerusalem! Believe in His Word! It will count in the end! God Bless!

As we have come to the end of 2014 year, and now there is a new beginning 2015, there were some challenges we overcame and some we did not, and we are still fighting, going inch by inch to the promise God has in store. I'm telling you, don't give up; the battle has been won but the victory still has to be manifested here on earth for some of us.

We pray all the time, Your Will be done on earth as it is in heaven. You see, there is a war going on in the heavens as long as you have hope and as long as you have breath to breathe in your body, and as long as you are praying God's Will

to be done, God does not let us down! Our intercessor is always praying on our behalf! Be fervent in prayer; that what you want is what God has for you. It is never too late. Our times are in God's hands. His plan for us is done by our Immutable God!

It's our plans that change because we get tired of waiting on God; we get tired of fighting the fight. Didn't He say in His Word, the battle was His? Then you're probably asking, what do I do? Well, you speak His promises; you praise His Name; you pray fervently, and don't give up on God.

Why do you think it's time to pray? Because our Lord Jesus is coming back; coming like a thief in the night for those that are His; coming because He's

P.I.T.W.M.

YOU NEED THE SAVIOR IN YOUR LIFE TODAY!

Believe by faith, Jesus is the Christ, born of God. Your New Life did not come from your earthly parents because the life they gave you will end in death. But this new life will last forever because it comes from the eternal, living God.

God gives a heart to know Him and return to Him. He is seeking you today, drawing you to a full life with Him.

ACCEPTANCE IS NEEDED BY YOU

SEEK the Lord today while you have breath to call upon Him. It's time to come clean with God if you truly do not know Him!

PRAY! I'm praying for the sinner that God tugs on your heart and you desire Him today! Accept Him by faith; Him dying on the cross for your sins, being buried in the grave for your sins,

Can't on pg 2

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YOU NEED THE SAVIOR IN YOUR LIFE TODAY
 and resurrected from the grave on the third day to give you new life in Him. May love win you today! I LOVE YOU!

RECEIVE! For it is by God's free grace (*God's unmerited favor*) that you are saved (*delivered from judgment and made partakers of Christ's salvation*) through [your] faith. And this [salvation] is not of yourselves (*of your own doing, it came not through your own striving*), but it is the gift of God Ephesians 2:8.

LOOK UP THESE SCRIPTURES

Is. 9:6;
JH. 3:16;
JH. 14:6;
1 JH.3:8B;
1 JH. 2:2;
MATT.13:30, 38-42;
ROM. 6:23;
JH.3:3;
1 Pt. 1:23;
JH. 8:24;
Is. 59:2;
JERM. 24:7;
Is.55:6;
JH.6:44;
MATT. 6:6;
ACTS 8:22A;
JAM. 5:19-20;
1 CORTH. 15:3-4;
EPH. 2:8

LAY IT ASIDE AT THE ALTAR

Jessica Reedy sings "Put It On The Altar" and Pamela Mann sings "Lay It On The Altar." They are both very up-beat songs with powerful meanings. When we assemble in our churches and altar prayer is called, we go expecting God's presence through the prayers prayed. But something is missing. Have we truly confessed and repented our sins? 1 John 1:9 says *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."* The true meaning is whatever is in the heart, get it out, and give it to God. You know you can't handle it; you can't make it happen. All you can do is *"humble yourself...under the mighty hand of God; then cast all your cares upon him, for He care for you"* 1 Peter 5:6-7. Don't just go to God just to be going. Go with an humbled heart. Go with expectation. Go with a love for Him more than an anger or disillusionment of your problem. Cherish the moment and time with Him! I was telling someone the other day: the

devil has been trying to get a hold of my money last year. The first time I tried it on my own by talking to the people. Then I talked to God and then called the people back up. God's favor was there for me; releasing me of the debt. Two instances they said, 'I'm taking this off!' You know I was truly elated! The first time, we do things in our flesh, but I'm so glad we turn around and do things by talking to God! That's why sin has to be dealt with. The first time was the test. The second time was God's grace and favor!

But I know there are many going through tests that don't seem to be answered right away. Ask those that have gone through the obstacles you're going through and they'll tell you that it's not impossible for God. That's why the second half of this scripture is important: *"... let us lay aside every weight, and the sin which does so easily ensnare us..." Hebrew 12:1.* This verse refers to a runner in a race while the onlookers can cheer you on as they

watch the miracle about to happen in your life. Yes, there are many things occurring in our lives, but we can't be strapped with the worries and obstacles before us. Whatever does not aid in the race is a weight and must be cast aside. Put it on the altar / Lay it on the altar! The enemy will try his thing but God has our victory before us. All we have to do is keep laying aside the weight upon Him! All we have to do is continue to confess to Him the sin in our lives having a contrite heart before Him. Whatever altar we go before, make sure we are not just going to be going, but go as I said with expectation and a love for Him! When we turn to God make sure the heart is His also! So when trouble arises—lay it aside on the altar! Are we truly going to accept what God gives? Yes, He knows what's best! He's our Father, our creator, our Defense! And our Refuge! Or are we going to look for another way? It won't be the best God has for us!

God Bless!

KNEE ARTHRITIS

By Jonathan Cluett, M.D.
Orthopedics Expert

Arthritis of the knee joint is one of the most common causes of knee pain. There are different types of arthritis that can affect the knee joint, and the treatments may vary depending on the condition that is causing the symptoms.

Osteoarthritis is the most common type of knee arthritis. Also called wear-and-tear arthritis or degenerative joint disease, osteoarthritis is characterized by progressive wearing away of the cartilage in the joint. As the protective cartilage is worn away, bone is exposed, the knee becomes swollen and painful, and activities become increasingly painful.

Knee arthritis typically affects patients as they get older. Symptoms are more common in patients who are overweight, and weight loss tends to reduce the severity of pain associated with knee arthritis. There is also a genetic component, meaning knee arthritis can be passed down within a family. Other factors that can contribute to developing knee arthritis include injuries to the knee, torn cartilage, and fractures to the bone around the joint.

Symptoms of Knee Arthritis

Knee arthritis symptoms tend to gradually progress as the condition worsens, however, symptoms may suddenly worsen with minor injury or overuse. Some patients report long episodes of mild symptoms, with sudden changes that increase the severity of their symptoms. Often patients report good months and bad months, or symptoms that fluctuate with the weather. This is important to understand because comparing the symptoms of arthritis on one particular day may not accurately represent the overall progression of the condition. Since there is not a cure for arthritis, learning ways to slow the progression of arthritis is also important.

The most common symptoms of knee arthritis include:

- Pain with activities
- Limited range of motion
- Stiffness of the joint
- Swelling of the joint
- Tenderness of the knee
- A feeling the knee may "give out"
- Deformity of the joint (knock-knees or bow-legs)

Treatment of Knee Arthritis

Treatment should begin with the most basic steps

and progress to the more invasive, possibly including surgery. Not all treatments are appropriate for every patient, and you should have a discussion with your doctor to determine which treatments are appropriate for your particular situation. The range of options includes:

Weight Loss Probably one of the most important, yet least commonly performed treatments. The less weight the joint has to carry, the less painful activities will be.

Activity Modification Limiting certain activities may be necessary, and learning new exercise methods may be helpful.

Walking Aids Use of a cane or a single crutch is the hand opposite the affected knee will help decrease the demand placed on the arthritic joint.

Physical Therapy Strengthening of the muscles around the knee joint may help decrease the burden on the knee. Preventing atrophy of the muscles is an important part of maintaining functional use of the knee.

Anti-Inflammatory Medications

Anti-inflammatory pain medications (NSAIDs) are prescription and nonprescription drugs that help treat pain and inflammation.

Cortisone Injections Cortisone injections may help decrease inflammation and reduce pain within a joint.

Synvisc Synvisc may be effective against pain in some patients with knee arthritis and may delay the need for knee replacement surgery.

Knee Arthroscopy Exactly how effective knee arthroscopy is for treatment of arthritis is debatable. For some specific symptoms, it may be helpful.

Knee Osteotomy While most patients are not good candidates for this alternative to knee replacement, it can be effective for young patients with limited arthritis.

Knee Replacement Surgery In this procedure, the cartilage is removed and a metal & plastic implant is placed in the knee.

Partial Knee Replacement Also called a unicompartamental knee replacement, this is replacement of one part of the knee. It is a surgical option for the treatment of limited knee arthritis.

For the Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Hebrews 4:12.

MY MISSION: Reach and encourage others in letting you know that God is able to do the impossible.

MY VISION: Articles to be written in a Book to inspire others.

IT CAN HAPPEN

How much more shall your Father which is in heaven, give good things to them that ask him? Matthew 7:11b

MY MISSION: Use this God-given gift for His glory!

MY VISION: Teach others to reach for those God given gifts in them!

On The Web—pitwm.net

PRAYER Thank You Father for a brand new day and year in this season. Father I ask You to help me be consistent in prayer; not to be distracted by other things in life. I love being in Your Presence, but I ask You to forgive me for not spending the time I need, and I ask for Your strength to say no to those things that keep pulling me away from time in prayer. Holy Spirit nudge me to make this a high priority in my life. I know that with Your help I can learn to discipline myself to pray. I pray this in Jesus' Name! Amen!

DATES TO REMEMBER 2014

Thursday, Jan. 1 **New Year's Day**

Monday, Jan. 19 **Martin Luther King Day**

BIBLE QUIZ - PRAYER

- Which city did David pray for the peace of?
 - Jerusalem
 - Jericho
 - Bethlehem
 - Nazareth
- Who shall the prayer of faith save?
 - The guilty
 - The repentant
 - The sick
 - The elderly
- Who did Jesus pray for that his faith failed not?
 - Peter
 - James
 - John
 - Judas
- Which king was saved from death by Abraham's prayer?
 - Abimelech
 - Ahab
 - Ahaziah
 - Ahasuerus
- At which battle were the Israelites defeated because Joshua didn't pray first?
 - Jericho
 - Gibeon
 - Heshbon
 - Ai
- Who prayed, "I pray thee, open his eyes that he may see?"
 - Jesus
 - Elisha
 - Elijah
 - Ananias
- Where did the hypocrites love to pray?
 - Standing in the synagogues
 - On the rooftops
 - In the marketplace
 - On the temple steps
- You will be healed if you pray for one another and what else?
 - Confess your faults
 - Thank God
 - Do a good turn
- How were the Thessalonians told to

- pray?
 - Regularly
 - Once a day
 - Twice a week
 - Without ceasing
- What is sanctified by the word of God and prayer?
 - God's creation
 - Oil
 - Sacrifices
 - Prophecy
- How many times is the word "prayer" mentioned in the Bible (KJV)?
 - 20
 - 114
 - 176
 - 497
- Jesus said, that men ought always to pray, and not to...
 - Worry
 - Faint
 - Fear
 - Sleep
- Just before Jesus was betrayed, he prayed to the Father, that those which had been given to him would be...
 - Held faithful until the end
 - Be as one
 - Delivered from death
 - Taken out of the world
- Jesus said, "Bless them that curse you, and pray for them which..."
 - Treat you well
 - Believe in my words
 - Despitefully use you
 - Pray without ceasing

- Jesus said that when we stand praying, we must first...
 - Forgive
 - Cleanse our body
 - Bow our heads
 - Rebuke the devil
- What did God do in response, as Hezekiah wept to God in prayer?
 - Healed him
 - Killed him
 - Killed his enemies
 - Raised his child from the dead
- Who responded to Daniel's prayer of confession?
 - The Lord Himself
 - The Angel Michael
 - The Angel Gabriel
 - The King Darius
- Why did Isaac pray to the LORD for his wife, Rebekah?
 - Because she was barren
 - Because she had leprosy
 - Because she had been bitten by a snake
 - Because the king had chosen her to be his wife

ANSWERS

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|-------------------|---|------------------|---|
| 18. Dan. 10:12-13 | b | 17. 1 Kg. 2:25 | a |
| 16. Mk. 11:25 | a | 15. Matt. 5:44 | c |
| 14. Jh. 17:1 | b | 13. Lk. 18:1 | b |
| 12. — | b | 11. 1 Tim. 4:4 | a |
| 10. Heb. 11:5 | d | 9. 1 Thess. 5:17 | a |
| 17. 1 Kg. 2:25 | a | 16. Mk. 11:25 | a |
| 15. Matt. 5:44 | c | 14. Jh. 17:1 | b |
| 13. Lk. 18:1 | b | 12. — | b |
| 11. 1 Tim. 4:4 | a | 10. Heb. 11:5 | d |
| 9. 1 Thess. 5:17 | a | 8. Jam. 5:16 | a |
| 8. Jam. 5:16 | a | 7. Matt. 5:44 | c |
| 7. Matt. 5:44 | c | 6. 2 Kg. 5:17 | b |
| 6. 2 Kg. 5:17 | b | 5. Josh. 7 | d |
| 5. Josh. 7 | d | 4. Ge. 20:7-18 | a |
| 4. Ge. 20:7-18 | a | 3. Lk. 22:31 | a |
| 3. Lk. 22:31 | a | 2. Jam. 5:15 | c |
| 2. Jam. 5:15 | c | 1. Ps. 122:8 | a |