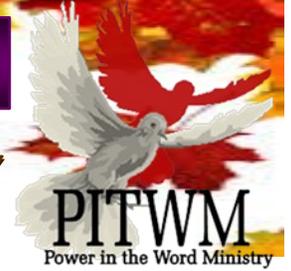


P. I. T. W. M

EDITOR: GLORIA JEAN WOODARD

AFTER THE BEAUTY

THE COURAGE AND DELIVERANCE PT.2



God is not through with you yet! His plans and purposes keep bringing you into other challenges.

than having outward beauty and competing for the big bucks and endorsements. That courage that rose up at the right time, that gave you holy boldness came from God. You took chances, leaped into circumstances without fear. God did it and can do it again! He's made us to be more! He delivered you through trials and awkward plights and gave you a chance to tell your story, but your story is not over. You still have breath in your body if you're reading this! God always has one more person to listen and hear your testimony, because He will bring us into that place to give it. There is a purpose of being delivered from abuse, from sickness, or from addictions. So why not ask Him now, *"who else do you want me to tell, to go to, to share with?"*

Lyndon B. Johnson's quote: *"Yesterday is not ours to recover, but tomorrow is ours to win or lose."* Our yesterdays will bring us into our today and our tomorrows that others will need to hear about to receive a push forward. Hebrews 13:8 says

"Jesus Christ the same yesterday, today, and forever." So whatever the circumstance we were in— yesterday, today or tomorrow, Jesus will be the same for you in it. He never changes! He helps us change in and through the circumstances! He can restore your energy, He can revive your stamina, transpose your outlook and abil-

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You thought your glory days were over. You thought after you had gotten hurt by circumstances and disappointed by those that said no, that it was over. You thought since your beauty faded, you don't feel courageous enough to start a movement and show others what God is able to do now; you thought you'd just take a seat; your loved one that built you up passed away; you got physically hurt, you gained weight, you lacked confidence. Excuse after excuse, and you probably told yourself plenty of times I don't have the energy; I can't seem to get that umph back; God is not going to call on me to do anything else. Well, when you quit telling yourself those excuses and when you think life is over and you begin to cry, it just shows that you are weak in your own strength. That's ok to be weak in your own strength, just as long as you have the profound and ultimate strength giver inside you. Jesus Christ and His Word gives you the truth of the matter instead of the enemy's lies. Let me tell you again, God is not through with you!

That beauty on the outside fades away but the beauty on the inside stays forever. It comes from God. Yes, beauty will get you into the palace and the paaeants, but He's made us for more; more

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ity to help those that need your purpose. So, stop worrying about the past and learn from it; stop being held up about yesterday and live in today; stop allowing circumstances to overwhelm you and know that there are more chances in our path to accomplish.

It's good to keep up with the news—looking at life events. I was reading about the young lady who won and was crowned. She was Miss Delaware, then officials took back her crown because of her age (24) which prevented her from running in the Miss American Pageant. Yes, she was the right age and everything was signed off by the officials and her age did not seem to be a problem, and now it is. She's suing, not only for her, but for others that have been or will be in that predicament because of the wording. The officials want to make it the contestant's problem instead of their problem. I know God

AFTER THE BEAUTY THE COURAGE AND DELIVERANCE PT.2

has a plan for her after this beauty pageant and He's not through with her yet. All is not lost, that's how we have to look at it.

The show The Biggest Loser should speak volumes to us when they say you are not the biggest loser. You should say no I'm not, because now I got something to prove, I got my umph back to go another mile! Looking at the athletes on the show proves that we all may at some point think it's over, but they found strength enough to come on nationwide TV to say this is what I want! I'm putting my struggle to rest; I'm going to do something about it! It's never too late for God's extended purpose. They were star football players ; Olym-

pic champions, softball players, a cheerleader, a tennis pro, and etc., who were fit and walked in their professions they trained for at one time. Now these 20 contestants each came by different circumstances but have one goal in mind—to lose the weight they had acquired in their body over a length of time. Who do you think holds you back? Who do you think will be in that same predicament? If you are a singer, a pianist, an orator, a preacher, an actor/actress, and want to keep doing what you do, you've got to be real to yourself. After your glory days of doing what you're good at, keep practicing, keep learning, keeping moving; keep singing; keep play-

ing the piano; keep finding pieces to learn; keep studying the Word; keep memorizing quotes in your spare time. After the glory days of these athletes had ceased, they all forgot what it took to stay in that shape. They all took it for granted that it would be easy to keep the weight off. Some had been in physical accidents; some gained the weight after losing a loved one, and some just wouldn't exercise. Just because you're not speaking, not the celebrity, or the coach and adviser; no more beauty contests; no more going off to war; no more life threatening and stressful situations that you were used to, but now it going to call for a new adjustment. Your history can be taught to your future but your shine is still burning bright inward; your courage is still there to bring on great potential, and your deliverance was not just for you but always for someone else, and it keeps going on and on. Keep telling yourself, its about God's purpose! God's purpose for you keeps going on and on when your spirit is willing! He always have you in mind! God Bless!



Father, I love what You have done through so many— how You have shaped and molded us, and how You are still placing us into new fields that continue our potential to be used. It certainly shows us that You are not through with Your workmanship. May those who think it's over, get re-

vived to push through the enemies lies and make another step forward. Father, strengthen their will, their health, and their faith in You that they will continue to do what it took before. Place that desire and joy within them; recover what seems to be lost! *"Praise ye the Lord and praise ye the servants of the Lord"* Fa-

ther, have Your way, move by Your Spirit, counsel our hearts with Your Word. I thank You and lift You up for all the many blessings You have already bestowed upon us. Your mercy and grace has done it! You are my Helper so I will not fear about tomorrow but live in today therefore, causing Your Will to be done. Hallelujah! Amen!

WHAT ARE THE SIGNS OF HAVING BLOCKED ARTERIES

By: Joy Sunday

Published: August 5, 2007

Blocked Arteries? - Can they be harmful. Yes, because the lack of oxygen due to a slower flow of blood through the arteries will cause damage to the heart muscle. This will limit your capacity to enjoy life and even eventually lead to a heart attack or stroke.

HOW DO YOU KNOW IF YOU HAVE BLOCKED ARTERIES?

I think most people would be unaware that they have a problem because the various signs can be associated with other discomforts or disorders of the body.

Or the patient may present a number of symptoms that they describe in such a way that the doctor has difficulty in deciding what exactly the patient is suffering from. Some people find it hard to describe the various symptoms they have in an adequate way, and as time passes the disease is progressing quickly, particularly in the later stages so that it may be too late, and the person may have the heart

attack.

WHAT ARE THE SIGNS OF BLOCKED ARTERIES?

It is worth noting that there are a large number of symptoms that are not noted by the person with Coronary Artery Disease as being of any significance. These include, - tiredness, - snoozing often during the day, - discomfort in the center of to the left of the chest (sometimes described as irritation), - daily heart-burn or the - indigestion, - tightening of area around the jaws, - sharp pain in the discomfort when exercising, head in cold weather, - lack of concentration, - poor sleep pattern, - general irritability, - forgetfulness and/or mood swings, - lack of interest in day to day family life, - an inability to sexually perform, - no enthusiasm for new things - not accepting any changes in any area of living.

These are just a few symptoms but there are others less obvious. The person

with the disease will not notice the majority of these symptoms but family members will become aware of them over time. But without adding at least three or four of them together family members may miss the pointers. Meanwhile the disease is progressing and may result in a heart attack or a stroke.

At this point, it is worth noting that the person may have been very active, eaten a good diet and may never have had any health problems during their lifetime. They can be of normal weight for their age and height, have lead a very active healthy exercise lifestyle, have no substance abuse and may only become aware that something is wrong when they suffer from discomfort when exercising. Yet their normal daily activities (apart from physical exercises) may cause no problems and not give any cause for concern.

It is better to know you have a problem before a heart attack or a stroke and have treatment while the heart muscle is in good condition. Once

you have a heart attack or stroke your heart is damaged and there is very little can be done to repair it. It is much better to have the 'stent' inserted in the Artery or Arteries or by-pass surgery' done before you have the heart attack and give yourself the change of many years of vitality.

Heart Surgery is for many very terrifying and is a very difficult procedure. It can take anything from 4 to 6 weeks to recover and it is a very difficult time. But if you have the operation done before a heart attack. then there is every reason to expect a full recovery and a very normal life afterwards.

Always consult your family doctor and take a family member along to help you to articulate your observations and ask them to help you note other symptoms that are not obvious to you. They may know more about your family health history than you are aware of and this can be very useful to your doctor in deciding which health checks should be done in the first instance.

10 FOODS TO HELP PREVENT CLOGGED ARTERIES

By *Positivemed Team*

Edited By: *Stephanie Dawson*

1. **Garlic**

Since ancient times garlic has been used to treat heart disease and hypertension. According to a study published in preventive medicine, garlic inhibits coronary artery calcification which serves as a marker for plaque formation.

• **Grapes**

Grapes are rich in flavonoids, quercetin, and resveratrol. These flavonoids have been found to prevent the oxidation of bad cholesterol that leads to the formation of plaque in artery walls. They also lower the risk of developing blood clots that can lead to heart attacks.

• **Spinach**

Spinach is rich in potassium and folic acids, both of which act as a defense against high blood pressure. Spinach is also rich in lutein, a plant carotenoid which not only protects against age related macular degeneration but also prevents heart attacks by keeping arteries free from cholesterol build up.

• **Fish**

A study conducted by researchers at Southampton University found that Omega 3 oils, present in fishes like tuna and salmon, stop the build-up of fatty deposits in the arteries. These fatty acids prevent clots from forming and cholesterol from becoming oxidized.

• **Olive oil**

Only oxidized cholesterol is able to stick to your artery walls and form plaques. Monounsaturated fats present in olive oil when mixed with molecules of bad cholesterol become less likely to be oxidized.

• **Tomatoes**

According to a study conducted by Korean researchers, lycopene, a compound present in tomatoes that gives them their color, helps in preventing hardening of the arteries. Researchers found that women with the highest lycopene levels in their blood had the least stiffness in their arteries.

• **Pomegranates**

Pomegranate juice not only appears to prevent hardening of the arteries by reducing blood vessel damage, but may also reverse the progression of this disease. Pomegranate fruit and its juice are high in antioxidant content, which may help fight hardening

of the arteries.

• **Kiwi and Cantaloupe**

These antioxidant-rich foods work by reducing toxic LDL cholesterol, which is formed by a rusting process in your arteries. They can help stop the rust in its tracks and even prevent it from spreading. Eat one cup of cantaloupe or one kiwi per day to unclog your arteries.

• **Cranberry juice**

This juice strains the fat out of arteries. Instead of having fat build up in your blood vessels, this juice boosts your cell's ability to absorb the fat and use it for production of energy. Drink three glasses of this juice every week to unclog your arteries.

• **Oats**

Thanks to the soluble fiber in oats, cholesterol doesn't stand a chance. This fiber attaches itself to cholesterol and carries it right out of your system. Some studies have shown that eating just 1 1/2 to 2 1/2 cups of cooked oat-bran cereal daily can lower cholesterol levels by almost 20%.

POWER IN THE WORD MINISTRY

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 discernor 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!



Quote On The Web—pitwm.net

"Yesterday's purposes verses Today's purposes will still leave a legacy forever more." G. J. W.

SCRIPTURE

"And, behold, I purpose to build a house unto the name of the Lord my God, as the Lord spake unto David my father, saying, Thy son, whom I will set upon thy throne in thy room, he shall build a house unto my name." 1 KINGS 5:5

DATES TO REMEMBER 2014



BIBLE QUIZ: MATCHING

- | | |
|-------------|---|
| 1. Abraham | A. escaped burning city with wife and daughters |
| 2. Samson | B. hid spies in her home |
| 3. Ruth | C. rebuilt a city wall |
| 4. David | D. was asked to sacrifice his son |
| 5. Lot | E. met her husband while working in the fields |
| 6. Nehemiah | F. won a beauty pageant |
| 7. Hosea | G. destroyed a house full of Philistines |
| 8. Rahab | H. married a prostitute |
| 9. Esther | I. murdered a soldier |

WHAT THE BIBLE SAYS ABOUT "THE WAY HOME"

¹Posted on Sep 1, 2013 in Bible Quizzes

1. According to **Philippians 3:20**, where is a Christian's true citizenship? _____
2. In **2 Corinthians 5:1**, Paul discussed how Christians will eventually have "a building from God, a house not made with hands." Where is that house located?

3. According to **Matthew 25:46**, what are the only two options regarding where a person's soul can end up for eternity?

4. Jesus said in **John 14:6** that there is only one way to Heaven. What is that one way?

5. What statement did King David make in **2 Samuel 12:23** that showed his desire to one day go to Heaven?

6. What "torn feelings" did the apostle Paul express in **Philippians 1:23-24**?

7. In **Matthew 6:33**, what did Jesus command His disciples to do?

8. In **Joshua 24:15**, what did Joshua tell the Israelite people to do? _____
9. What two attributes of God are discussed in **2 Peter 3:9**?

10. According to **2 Corinthians 5:10**, what appointment do all people have scheduled in the future that cannot be avoided?

11. **Isaiah 35:8** describes a certain "highway" that we need to ply if we expect to make it to Heaven. What did Isaiah call that highway?

12. What did Jesus tell His followers in **Matthew 16:24** regarding the road home?
