

P. I. T. W. M.



DECEMBER 2013



*Editor: Gloria Jean Woodard*

LET US  
NOW GO!

**Luke 2:8-15**

Now, is the appointed time of the Christ child to come!

As a small child I can remember learning the Christmas story as a speech. And now it's brought to my remembrance again.

In Luke 2:8-15, it begins...

8 And there were in the same country shepherds abiding in the field, keeping watch over their flock by night.

9 And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

10 And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

11 For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

12 And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

13 And suddenly there was with the angel a multitude of the heavenly host praising God, and saying,

14 Glory to God in the highest, and on earth peace, good will toward men.

15 And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us.

Mary and Joseph had journeyed some 70 miles from Nazareth to this same country of where the shepherds were abiding in the field. They came to Bethlehem, going to be taxed.

**Point 1.** God's timing may not be of our timing, but it's the right timing. The timing was right for Jesus to be born. The timing was right for Mary and Joseph to be in Bethlehem. Their way of life was interrupted by way of heaven. And God wanted to get what was important to us, to this earth realm through them. Can God get you out of your comfort zone just as He came to Mary? He looks for us to play a part in what He's doing.

The uniqueness of reading this part of the story and it's vivid picture, is that it intrigues your imagination and brings a truth to be told over and over again!

**Point 2.** Heaven breaks through to the earth realm. We might not have seen angels in the sky but they did come on that night.

Here in the dismal cold, the blackness of the night, shimmering of the stars, a still peaceful night, but not so ordinary, some noise is going on in the heavenlies breaking through to the shepherds on the outskirts of town. They are hearing this startling proclamation from the heavenlies.

And lo the angel said unto them, "Fear not: for behold I bring you good tidings of great joy, which shall be to all people."

*'Don't be alarmed, calm down, I bring peace! There's great news, great joy, good tidings. The news I'm about to give you is for all people.'*

An angel does not come to the religious men, the priest, nor even the king. An angel comes to the shepherds on the night of the Savior's birth—The Good Shepherd—our High Priest—our King of kings! The shepherds were not of high statue; they were sinners who needed a Savior!

This is the first announcement of The Savior's appearance!



Inside This Issue:

Editor's Words:	1-2
Let Us Now Go	
Prayer	2
Foods That Look Like Body Parts	3-4
Healing Foods Chart	5
Mission / Vision	6
Christmas Quiz	6

Con't: LET US NOW GO!

Here it is:

- Shepherds – the ones that takes care of the sheep;
- the ones that have a compassionate heart for sheep;
- the ones that's responsible for the protection of sheep.

They were considered lowly, of no reputation. The religious people snubbed them because they didn't keep the ceremonial washing and cleansing.

And so, the announcement of Jesus' arrival was sent to lowly shepherds, shepherding sheep. The Good Shepherd was coming to call sinners to repentance and God uses shepherds to relay the news of His coming to others! How blessed is that?

And lo the angel said unto them, "*Fear not: for behold I bring you good tidings of great joy, which shall be to all people.*"

Meaning, "*don't be alarmed, calm down, I bring peace! There's great news, great joy, good tidings. The news I'm about to give you is for all people.*"

And now to top it all off, with this angel comes a multitude of heavenly host (*a host is an army of angels, ten thousand times ten thousand*). Can you imagine the spectacular beauty in the sky? The majestic splendor arrayed? They're glorifying and praising a Savior, the one

that was already prophesied about, the one proclaimed to Mary, the one that would bring peace and good will to all men. He's finally come!

- Glory to God - (Lift Him Up).
- In the Highest - (The Highest possible Being).
- On earth peace- (He brings Reconciliation).
- Good will toward men - (The "good will" will be between God and man again).

The angels have disappeared and the shepherds say, "*Let us now go even into Bethlehem.*"

They get in a hurry. They left with urgency after hearing the proclamation from the angels. They wasted no time. They acted with haste

**Point 3.** God trusts us with the answer to the world. Even having the answer, will we go forth to tell others? God's challenges are always the answer to your life situations

- It's not about your ability to do it or your inability to do it. It's about the One who told you to do it; the One who has a name above every name.

- If you said yes to Jesus at any-time, there will be a challenge. But He's the Overcomer.
- The evidence will not be seen before you say yes, but will appear while you're in it. He provides a way through or a way of escape while you're in it.

Yes, the angel came; the proclamation went forth to the shepherds; the challenge was, were they going to see the babe—the evidence of His coming.

So my word to you today is "*Let Us Now Go!*" We've heard the story, but are we telling the story. We know what the Christ child brought to mankind, but are we telling others what He is able to do for them. Many Christmas' come and go, have we become relaxed in our duty to tell a dying world about Jesus; about the true Savior? We have Good News today: The Savior lives. The Savior delivers. The Savior heals. And The Savior saves.

Now, is the appointed time!  
**NOW GO AND TELL THAT!**

12/16/2007

Revised for 12/2013



Father, in the Name of Jesus, I ask You to forgive me for the sin of grumbling and complaining for not walking in faith, and of living to the destiny that I have.

Lord, I will speak Your Word to others without shame or fear. Thus, I pray Your strong Spirit of conviction to be stirred up in me, that as I speak, the Spirit of God will assist me in what to say. Break up the fallow ground of the hearts I

speak to, that their hearts will not be able to resist the Spirit's leading! The enemy will desist and You will arise! Use my voice not for gossip but to save the souls of mankind with the truth of Your Word; to praise and worship Your Holy

Name with a pure heart! And to show forth love. You are the righteous and holy One living in me and I shall never forget whose I am—a child of the King—a messenger for the Savior! I Thank You Father for Your Son Jesus. Hallelujah! In Jesus' Name, Amen!

## Foods That Look Like Body Parts

Dr. Akilah—Celestial Healing Wellness Center  
The Natural Health and Holistic World According to Dr Akilah El

There's no question that maintaining a nutritious diet can help keep your body healthy. But when it comes to which foods can specifically benefit which body parts, science remains surprisingly sketchy. But nature gives us a big clue as to what foods help what part of our body!

Here are **10 foods that mirror the body parts** they provide nutrients for—for example, brain-boosting walnuts actually look like a brain. Coincidence? Maybe. Though these healthy foods are beneficial to the whole body, the list below is a fun reminder of what to eat to target specific areas. Remember, these are best & more powerful when eaten raw.

**A sliced Carrot** looks like the human eye. greatly enhances blood flow to the eyes. Carplant chemical called beta-carotene, which racts. The chemical also protects against sight problem that affects one in four indi- to pop a pill of beta-carotene it doesn't have the same effect, says scientists at John Hopkins Hospital in Baltimore, USA.

CAN'T SHOW

IMAGE

According to science, eating carrots rot gets their orange color from a reduces the risk of developing cata- macular degeneration an age-related

viduals over the age of 65. If one tries

CAN'T SHOW **A Tomato** has four chambers and is red in color, so also the heart is red and has four chambers. Research has confirmed that tomatoes are loaded with lycopine and it is indeed pure heart and blood food.

IMAGE

CAN'T SHOW

IMAGE

**Grapes** resembles the alveoli of the lungs. The lungs are made of branches of ever-smaller airways that finish up with tiny branches of tissue called alveoli. These structures allow oxygen to pass from the lungs to the blood stream. A diet high in fresh grapes has shown to reduce the risk of lung cancer and emphysema. Grape seeds also contain a chemical called proanthocyanidin, which is thought to reduce the severity of asthma triggered by allergy. One reason that premature babies struggle to survive is that, these alveoli do not begin to form until 23 to 24 week of pregnancy.

CAN'T SHOW

IMAGE

**A Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are similar to those of the neo-cortex. Scientists claim that walnuts help in developing over three dozen neuron-transmitters within the brain enhancing the signaling and encouraging new messag-

ing link between the brain cells. Walnuts help warding off dementia. They also extract and break down the protein based plaques associated with Alzheimer's diseases, according to a study by Dr. James Joseph of Tuft University in Boston.

**Kidney Beans** actually heal and help maintain kidney function and are shaped exactly like the human kidneys (hence their name). Kidney beans provide a variety of minerals and vitamins, and so are generally beneficial for your health. If your kidneys are healthy, kidney beans can — when consumed as part of a balanced diet — contribute to your kidney health. If your kidneys are diseased, you might need to moderate your intake of kidney beans.

CAN'T SHOW

IMAGE

CAN'T SHOW

IMAGE

**Celery, Rhubarb, Bok-choy** and more look just like bones structure. These foods specifically target bone strength. Bones are made up of 23% sodium and these foods have sodium in them. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.

**Avocados and Pears** are good for the health and functioning of the womb and cervix of the female and look just like these organs. Modern research shows that when a woman eats one avocado a week, it balances the birth hormones, sheds unwanted birth weight and can even prevent cervical cancer. It even takes exactly nine months to grow an avocado from blossom to ripened fruit, just like a human baby! There are said to be over 14,000 photolytic chemical constituents of nutrition in each one of these foods.

CAN'T SHOW

IMAGE

# Con't: **Foods That Look Like Body Parts**

**Dr. Akilah—Celestial Healing Wellness Center**  
The Natural Health and Holistic World According to Dr Akilah El

CAN'T SHOW  
IMAGE

**Figs** are full of seeds and hang in twos when they grow. Studies have shown that Figs increase the mobility of male sperm and increase the sperm count as well as overcoming male sterility.

CAN'T SHOW  
IMAGE

**Sweet Potatoes** resemble the pancreas and can actually balance the glycemic index of diabetics. The oblong sweet potato bears a strong resemblance to the pancreas, and also promotes healthy function in the organ. "Sweet potatoes are high in beta-carotene, which is a potent antioxidant that protects all tissues of the body, including the pancreas, from damage associated with cancer or aging," says Somer.

CAN'T SHOW  
IMAGE

**Olives** assist the health and function of the ovaries. An Italian study found that women whose diets included a lot of olive oil had a 30% lower risk of ovarian cancer. The reasons are unclear, but the healthy fats in the oil may help suppress genes predisposed to causing cancer.

**CAN'T SHOW IMAGE Grapefruits, Oranges, and other citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts. The similarity between round citrus fruits—like lemons and grapefruit—and breasts may be more than coincidental. "Grapefruit contains substances called limonoids, which have been shown to inhibit the development of cancer in lab animals and in human breast cells," says Dr. Moulavi.

CAN'T SHOW  
IMAGE

Eating a **Banana** will cheer you up and put a smile on your face. This popular fruit contains a protein called tryptophan, when digested it gets converted into a neurotransmitter called serotonin, which is a mood regulating chemical in the brain. Banana can be termed as an antidepressant drug, since it adjusts the level of serotonin production in the brain.

**Onions** look like the body's cells. Research shows onions clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.

CAN'T SHOW  
IMAGE

CAN'T SHOW  
IMAGE

**Ginger** looks like the stomach and it also aids in digestion. Indians and Chinese have been using it for over 5000 years to calm stomach and cure nausea, and motion sickness. It also slows down the growth rate of bowel tumors.

**A Mushroom** when sliced in half resembles the shape of the human ear. Mushrooms improve hearing abilities, since they contain Vitamin D, which is healthy for bones, especially the 3 tiny bones in the ear that transmit sound to the brain.

CAN'T SHOW  
IMAGE

**Broccoli** – the close-up of tiny green tips on a broccoli head looks like 100 of cancer cells. A team of researchers at US National Cancer Institute found if a weekly serving of broccoli was enough to reduce the risk of prostate cancer by 45%.

CAN'T SHOW  
IMAGE

CAN'T  
SHOW  
IMAGE

**Ginseng root** looks like a human body, and it is a holistic cure for nearly all ailments.

CAN'T SHOW  
IMAGE

**Red wine**, which is rich in antioxidants and polyphenols, including powerful resveratrol, looks like blood. "When you drink it, you're really loading up on the healthy stuff that protects against destructive things in the blood, like LDL cholesterol, which can cause heart disease," says Somer. "There's also a blood-thinning compound in red wine, so it reduces blood clots, which are associated with stroke and heart disease."

**HONORABLE MENTION:**

# Healing Foods -- Chart

Apples	Protect Heart	Prevent Constipation	Blocks Diarrhea	Improves Lung Capacity	Cushions Joints
Apricots	Combats Cancer	Control Blood Pressure	Saves Eyesight	Shields Against Alzheimer's	Slows Aging Process
Artichokes	Aide Digestion	Lowers Cholesterol	Protects Heart	Stabilizes Blood Sugar	Guards Against Liver Disease
Avocados	Battles Diabetes	Lowers Cholesterol	Help Stop Strokes	Control Blood Pressure	Smoothes Skin
Bananas	Protect Heart	Quiets a Cough	Strengthens Bones	Control Blood Pressure	Blocks Diarrhea
Beans	Prevents Constipation	Helps Hemorrhoids	Lowers Cholesterol	Combats Cancer	Stabilizes Blood Sugar
Beets	Control Blood Pressure	Combats Cancer	Strengthens Bones	Protects Heart	Aids Weight Loss
Blueberries	Combats Cancer	Protect Heart	Stabilizes Blood Sugar	Boosts Memory	Prevents Constipation
Broccoli	Strengthens Bones	Saves Eyesight	Combats Cancer	Protect Heart	Control Blood Pressure
Cabbage	Combats Cancer	Prevents Constipation	Promotes Weight Loss	Protect Heart	Helps Hemorrhoids
Cantaloupes	Saves Eyesight	Control Blood Pressure	Lowers Cholesterol	Combats Cancer	Supports Immune System
Carrots	Saves Eyesight	Protect Heart	Prevents Constipation	Combats Cancer	Promotes Weight Loss
Cauliflower	Protect Against Prostrate Cancer	Combat Breast Cancer	Strengthens Bones	Banishes Bruises	Guards Against Heart Disease
Cherries	Protect Heart	Combat Cancer	Ends Hemorrhoids	Slows Aging Process	Shields Against Alzheimer's
Chili Peppers	Aids Digestion	Soothes Sore Throat	Clears Sinusitis	Combat Cancer	Boost Immune System
Figs	Promotes Weight Loss	Helps Stops Strokes	Lowers Cholesterol	Combat Cancer	Control Blood Pressure
Fish	Protect Heart	Boosts Memory	Protect Heart	Combat Cancer	Supports Immune System
Flax	Aids Digestion	Battles Diabetes	Protect Heart	Improve Mental Health	Boosts Immune System
Garlic	Lowers Cholesterol	Control Blood Pressure	Combat Cancer	Kills Bacteria	Fights Fungus
Grapefruit	Protects Against Heart Attack	Promotes Weight Loss	Helps Stops Strokes	Combat Prostrate Cancer	Lowers Cholesterol
Grapes	Saves Eyesight	Conquers Kidney Stones	Combat Cancer	Enhances Blood Flow	Protects Heart
Green Tea	Combat Cancer	Protect Heart	Helps Stops Strokes	Promotes Weight Loss	Kills Bacteria
Honey	Heals Wounds	Aids Digestion	Guards Against Ulcers	Increases Energy	Fights Allergies
Lemons	Combat Cancer	Protect Heart	Control Blood Pressure	Smoothes Skin	Stops Scurvy
Limes	Combat Cancer	Protect Heart	Control Blood Pressure	Smoothes Skin	Stops Scurvy
Mangoes	Combat Cancer	Boosts Memory	Regulates Thyroid	Aids Digestion	Shields Against Alzheimer's
Mushrooms	Control Blood Pressure	Lowers Cholesterol	Kills Bacteria	Combat Cancer	Strengthen Bones
Oats	Lowers Cholesterol	Combat Cancer	Battles Diabetes	Prevents Constipation	Smoothes Skin
Olive Oil	Protect Heart	Promotes Weight Loss	Combat Cancer	Battles Diabetes	Smoothes Skin
Onions	Reduce Risk Of Heart Attack	Combat Cancer	Kills Bacteria	Lowers Cholesterol	Fights Fungus
Oranges	Supports Immune System	Combat Cancer	Protect Heart	Strengthens Respiration	
Peaches	Prevents Constipation	Combat Cancer	Helps Stop Strokes	Aids Digestion	Helps Hemorrhoids
Peanuts	Protects Against Heart Disease	Promotes Weight Loss	Combats Prostrate Cancer	Lowers Cholesterol	Aggravates Diverticulitis
Pineapple	Strengthen Bones	Relieves Colds	Aids Digestion	Dissolves Warts	Blocks Diarrhea
Prunes	Slows Aging process	Prevents Constipation	Boosts Memory	Lowers Cholesterol	Protects Against Heart Disease
Rice	Protect Heart	Battles Diabetes	Conquers Kidney Stones	Combat Cancer	
Strawberries	Combat Cancer	Protect Heart	Boosts Memory	Calms Stress	
Sweet Potatoes	Saves Eyesight	Lifts Mood	Combat Cancer	Strengthens Bones	
Tomatoes	Protects Prostrate	Combat Cancer	Lowers Cholesterol	Protect Heart	
Walnuts	Lowers Cholesterol	Combat Cancer	Boosts Memory	Lifts Mood	Protects Against Heart Disease
Water	Promotes Weight Loss	Combat Cancer	Conquers Kidney Stones	Smoothes Skin	
Watermelon	Protects Prostrate	Promotes Weight Loss	Lowers Cholesterol	Helps Stop Strokes	Control Blood pressure
Wheat Germ	Combat Colon Cancer	Prevents Constipation	Lowers Cholesterol	Helps Stop Strokes	Improves Digestion
Wheat Bran	Combat Colon Cancer	Prevents Constipation	Lowers Cholesterol	Helps Stop Strokes	Improves Digestion
Yogurt	Guards Against Ulcers	Strengthens Bones	Lowers Cholesterol	Support Immune System	Aids Digestion

**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 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 7:11

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**

“Jesus didn’t come to earth to establish a new religion. He came to restore a broken relationship.” Charles Swindoll

**Scripture For The Month**

"Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel." Isaiah 7:14

**DATES TO REMEMBER 2013**

- Saturday, Dec.21 Winter Begins
- Wednesday, Dec.25 Christmas Day
- Tuesday, Dec. 31 New Year's Eve

**Christmas BIBLE QUIZ**

1. The name of the mother of Jesus was:
  - a. Martha
  - b. Mary
  - c. Eve
  - d. Deborah
2. Jesus was born in what town?
  - a. Jerusalem
  - b. Nazareth
  - c. Bethlehem
  - d. New York
3. Joseph was a:
  - a. Carpenter
  - b. Doctor
  - c. Engineer
  - d. Fisherman
4. Why didn't Joseph and Mary stay at the inn?
  - a. It was too expensive
  - b. There was no inn
  - c. There was no room
  - d. None of the above
5. How did Joseph and Mary get to Bethlehem?
  - a. Colt
  - b. Mary rode a donkey and Joseph walked
  - c. Wagon
  - d. Who knows?
6. After being born, Jesus was placed in a:
  - a. Basket
  - b. Manger
  - c. Pile of hay
  - d. On the back of a donkey

7. A manger is a:
  - a. Stable
  - b. Feeding trough
  - c. Wooden table
  - d. Barn
8. Which animals does the Bible say were housed in the stable?
  - a. Cows, donkeys, sheep
  - b. Lions, tigers and bears
  - c. Goats, sheep and cows
  - d. The Bible doesn't say.
9. From what area were the three kings that visited Jesus?
  - a. The west
  - b. The east
  - c. The orient
  - d. None of the above
10. What sign were the shepherds told to look for by the angel?
  - a. A lion and a sheep together in peace
  - b. A tree with a star on top
  - c. A star over Bethlehem
  - d. None of the above
11. With what words did the heavenly host of angels praise God?
  - a. "Joy to the World, the Lord is Come"
  - b. "Glory, Glory, Hallelujah"
  - c. "King of Kings and Lord of Lords"
  - d. "Glory to God in the highest,"
12. What is frankincense?
  - a. A form of gold
  - b. An incense from a tree
  - c. A jewel
  - d. None of the above.
13. What is myrrh?
  - a. A musical instrument
  - b. A spice used for burial
  - c. A valuable wine
  - d. None of the above
14. How many wise men came to see Jesus?
  - a. One
  - b. Two
  - c. Three
  - d. The Bible doesn't say
15. What does "wise men" most likely refer to?
  - a. Lawyers
  - b. Star gazers.
  - c. Priests
  - d. Doctors
16. The wise men met Jesus in a:
  - a. Manger.
  - b. Castle.
  - c. Stable.
  - d. House.
17. Who told Joseph and Mary to go to Bethlehem?
  - a. An angel
  - b. Caesar Augustus.
  - c. Herod
  - d. No one told them to go.

18. The child Jesus went to Egypt:
  - a. To meet pharaoh
  - b. Because Joseph was told in a dream to take him
  - c. Joseph did not take Jesus to Egypt
  - d. None of the above
19. According to the Bible, the little drummer boy met Jesus:
  - a. When Jesus was in the manger
  - b. At a house
  - c. When Jesus was about two years old
  - d. None of the above
20. In which books do we find the story of Jesus' birth
  - a. Matthew
  - b. Mark
  - c. Luke
  - d. John
21. December 25th has been celebrated as Christmas since the Bible was written.
  - a. True
  - b. False

1. What happened to both John the Baptist and Jesus at the age of eight days?
  - a. They met
  - b. Circumcision
  - c. Their mothers met
  - d. Joy in the Temple
2. Who had been the most famous resident of Bethlehem, so much so that Bethlehem was known as his city?
  - a. The city of angels
  - b. Michael
  - c. David
  - d. Herod

**Blessed Among Women! - Unscramble Luke 1**

1. USMCFOHAR \_\_\_\_\_
2. IRCHASZAA \_\_\_\_\_
3. REIGNTEANO \_\_\_\_\_
4. SLEBESD \_\_\_\_\_
5. MINKDOG \_\_\_\_\_
6. ABELIGR \_\_\_\_\_
7. FNGYIAM \_\_\_\_\_
8. SEPSUEDO \_\_\_\_\_
9. BLIZTEEHA \_\_\_\_\_
10. NATIOLSTUA \_\_\_\_\_

**ANSWERS:**

1. Gabriel	2. Zacharias	3. Generation	4. Blessed	5. Kingdom
6. Forasmuch	7. Magnify	8. Espoused	9. Elizabeth	10. Salvation