



Editor: Gloria Jean Woodard

# AN EXALTED KING: Psalm 110

P. I. T. W. M.

*Psalm 110:1 The Lord said unto my Lord, Sit thou at my right hand, until I make thine enemies thy footstool.*

The Lord Jehovah (*meaning everything that came into being came from the self-existent God who simply spoke and brought the universe into existence*), said unto Adonai (*refers to Lord, Master who expects obedience*), David's King, (*our Lord*), who is The Messiah. Christ is the perfect fulfillment of the Davidic covenant, and among His names are both Branch of David and Root of David.

Jehovah speaks directly to David's Master, and bids Him to sit at His right hand. This represents the third step in the exaltation. The first step in His exaltation was His Resurrection: the second step was His ascension into heaven. Now He's saying you have royal power, you have permanent

honor, an intimate posture, until I make your enemies Your footstool. Having completed His atoning work, the dominion of Christ over His enemies, as commissioned by God, all His enemies will be put under His feet.

*110:2 The Lord shall send the rod of thy strength out of Zion: rule thou in the midst of thine enemies.*

The custom of Eastern conquerors signifies a complete subjection, complete victory and superiority. He says the rod of Your strength will rule in the midst of Your enemies (an emblem of world dominion).

*110:3 Thy people shall be willing in the day of thy power, in the beauties of holiness from the womb of the morning: thou hast the dew of thy youth.*

And because of the power of the gospel and of His mighty hand, the servants of the Saviour will be willingly ruled by the Messiah. The people freely

offer themselves in the beauty of holiness because they were refreshed and strengthen like the dew of the morning.

*110:4 The Lord hath sworn, and will not repent, Thou art a priest for ever after the order of Melchizedek.*

In verse 4, Christ is the Eternal Priest, who has sworn and will not repent. The priestly Order of Melchizedek was different from the Levitical or the Aaronic Priesthood. The Melchizedek Order was eternal while the Aaronic Order was temporary.

*110:5 The Lord at thy right hand shall strike through kings in the day of his wrath.*

*110:6 He shall judge among the heathen, he shall fill the*

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*Have A Blessed Christmas*

*2015*

## Con't: AN EXALTED KING: Psalm 110

places with the dead bodies; he shall wound the heads over many countries.

Verses 5 and 6 predicts the triumph of the Messiah over the Antichrist and his followers. The eternal Messiah is the eternal Priest; the eternal

Priest is the eternal King; the eternal King is the eternal Judge; the eternal Judge is the eternal Lord! The Messiah's conquests are described, though His work and God's are the same.

*110:7 He shall drink of the brook in the way: there-*

*fore shall he lift up the head.*

As a conqueror, yet pursuing, He shall be refreshed by the brook in the way, and pursue to completion His divine and glorious triumphs. The attacks of Satan shall not cause the march of Christ to faint, nor fail. The lifting up of the head means that

Christ will be exalted over the nations of the world and as the only head, he will rule in Righteousness, Holiness, and Judgment. So let us not faint because the King must be exalted in our lives! God Bless!

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## THANKS TO THE P.I.T.W.M. NEWSLETTER READERS

I began this journey with writing the monthly News letters to the moms for the Children of Christ Choir Ministry. That was in 2001.

I then began writing quarterly Newsletters for the UNG (Ushers, Nurses, Greeters) Organization of the AME Church. That began in 2008.

The Children of Christ ended and I began writing monthly Newsletters for the Power In The Word Ministry (P.I.T.W.M.) in 2009, where I developed a website to publish them. I

must say that God has really used me and dealt with me in the writings, and now I believe this phase will come to an end. This has been 7yrs for P.I.T.W.M Newsletters and I'm happy about all God has brought me through.

Each and every month He has come through in giving me something vital to write about, and it has helped many who have come across them. I know this because He always lets me

know by the comments, and the encouragement given; and also the giving that allowed others to receive these newsletters free as I printed them out. God always made a way for others to receive the generosity of others.

However, God leads me into this next phase, pray that I will be able to succeed in carrying it through. I always need your prayers.

God Bless

*Sis. Gloria Jean Woodard*

## "MY PRAYERS ARE WITH YOU EVERYDAY"

**F**ather, may each person that reads this prayer, walk in peace, with forgiveness in the front and in the back of them. You are a holy God and they can only come to You with a holy vesture. Clothe their hearts and their countenance with Your love. Love them when it's hard for them; Love them in spite of their errors, because tomorrow is not promised to them, so they get it right on this side. Their next generation need You! Lead their loved ones in paths of righteousness so each generation will follow after.

**C**ounsel their minds when pain comes upon them.

Cause them to reflect on the power of Your Word and the moving of the Holy Spirit when they are weak. You are the strong One inside them, and their weakness will not last when they begin to quote Your Word back to You!

**H**elp them to continue to walk in faith; continue to study to show themselves approved unto You; continue to walk in Your Spirit so fear will not avail. Close doors of evil. Preserve them as they speak those things that You have spoken as if they are—overcoming the enemy; and sharing their faith and testimony with anyone who will listen Thank You Father in Jesus Name, Amen!

# AGING CHANGES IN HAIR AND NAILS

<sup>1</sup>Your hair and nails help protect your body. They also keep the temperature of your body steady. As you age, your hair and nails begin to change.

## Hair Changes and Their Effects

**Hair color change**— This is one of the clearest signs of aging. Hair color is due to a pigment called melanin, which hair follicles produce. Follicles are structures in the skin that make and grow hair. With aging, the follicles make less melanin, and this causes gray hair. Graying often begins in the 30s.

Scalp hair often starts graying at the temples and extends to the top of the scalp. Hair color becomes lighter, eventually turning white.

Body and facial hair also turn gray, but usually later than scalp hair. Hair in the armpit, chest, and pubic area may gray less or not at all.

Graying is largely determined by your genes. Gray hair tends to occur earlier in white people and later in Asians. Nutritional supplements, vitamins, and other products will not stop or decrease the rate of graying.

## Hair thickness change—

Hair is made of many protein strands. A single hair has a normal life between 2 and 7 years. That hair then falls out and is replaced with a new hair. How much hair you have on your body and head is also determined by your genes.

Nearly everyone has some hair loss with aging. The rate of hair growth also slows.

Hair strands become smaller and have less pigment. So the thick, coarse hair of a young adult eventually becomes thin, fine, light-colored hair. Many hair follicles stop producing new hairs.

Men may start showing signs of baldness by the time they are 30 years old. Many men are nearly bald by age 60. A type of baldness related to the male hormone testosterone is called male-pattern baldness. Hair loss may be at the temples or at the top of the head.

Women can develop a similar type of baldness as they age. This is called female-pattern baldness. Hair becomes less dense and the scalp may become visible.

As you age, your body and face also lose hair.

Women's remaining facial hair may get coarser, especially on the chin and around the lips. Men may grow longer and coarser eyebrow, ear, and nose hair.

Contact your health care provider if you have sudden hair loss. This can be a symptom of a health problem.

## Nail Changes and Their Effects

Your nails also change with age. They grow more slowly and may become dull and brittle. They may also become yellowed and opaque.

Nails, especially toenails, may become hard and thick. Ingrown toenails may be more common. The tips of the fingernails may break.

Lengthwise ridges may develop in the fingernails and toenails.

Check with your provider if your nails develop pits, ridges, lines, changes in shape, or other changes. These can be related to iron deficiency, kidney disease, and nutritional deficiencies.

As You Grow Older, You Will Have Other Changes, Including:

- In the skin
- In the face

## 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 us 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 about, and that they would desire Him today; accept Him by faith; that He died on the cross for their sins; that He was buried in the grave for their sins, and He was resurrected from the grave on the third day to give them 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 a partaker 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.

<sup>1</sup><https://www.nlm.nih.gov/medlineplus/ency/article/004005.htm>

**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 7:11b

**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](http://pitwm.net)**

**DATES TO REMEMBER 2015**

**Dec. 21st** Winter Begin

**Dec. 25th** Christmas Day

**Dec. 31st** New Year's Eve

*Have A Blessed*

*New Year*

*2016*

**Bible Quiz**

1. Which city did David pray for the peace of?

- a. Jerusalem
- b. Jericho
- c. Bethlehem
- d. Nazareth

2. Who shall the prayer of faith save?

- a. The guilty
- b. The repentant
- c. The sick
- d. The elderly

3. Who did Jesus pray for that his faith failed not?

- a. Peter
- b. James
- c. John
- d. Judas

4. Which king was saved from death by Abraham's prayer?

- a. Abimelech
- b. Ahab
- c. Ahaziah
- d. Ahasuerus

5. At which battle were the Israelites defeated because Joshua didn't pray first?

- a. Jericho
- b. Gibeon
- c. Heshbon
- d. Ai

6. Who prayed, "I pray thee, open his eyes that he may see?"

- a. Jesus
- b. Elisha
- c. Elijah
- d. Ananias

7. Where did the hypocrites love to pray?

- a. Standing in the synagogues
- b. On the rooftops
- c. In the marketplace
- d. On the temple steps

8. You will be healed if you pray for one another and what else?

- a. Confess your faults

- b. Thank God
- c. Do a good turn

9. How were the Thesalonians told to pray?

- a. Regularly
- b. Once a day
- c. Twice a week
- d. Without ceasing

10. What is sanctified by the word of God and prayer?

- a. God's creation
- b. Oil
- c. Sacrifices
- d. Prophecy

11. How many times is the word "prayer" mentioned in the Bible (KJV)?

- a. 20
- b. 114
- c. 176
- d. 497

12. Jesus said, that men ought always to pray, and not to...

- a. Worry
- b. Faint
- c. Fear
- d. Sleep

13. Just before Jesus was betrayed, he prayed to the Father, that those which had been given to him would be...

- a. Held faithful until the end
- b. Be as one
- c. Delivered from death
- d. Taken out of the world

14. Jesus said, "Bless them that curse you, and pray for them which..."

- a. Treat you well
- b. Believe in my words
- c. Despitely use you
- d. Pray without ceasing

15. Jesus said that when we stand praying, we must first...

- a. Forgive
- b. Cleanse our body
- c. Bow our heads
- d. Rebuke the devil

16. What did God do in response, as Hezekiah wept to God in prayer?

- a. Healed him
- b. Killed him
- c. Killed his enemies
- d. Raised his child from the dead

17. Who responded to Daniel's prayer of confession?

- a. The Lord Himself
- b. The Angel Michael
- c. The Angel Gabriel
- d. The King Darius

18. Why did Isaac pray to the LORD for his wife, Rebekah?

- a. Because she was barren
- b. Because she had leprosy
- c. Because she had been bitten by a snake
- d. Because the king had chosen her to be his wife

**ANSWERS:**

- 1. 1.Ps.122:6— a
- 2. Jam.5:15— c
- 3. Lk.22:31— a
- 4. Ge.20:7-18— a
- 5. Josh.7— d
- 6. 2Kigs.6:17— b
- 7. Math.6:5— a
- 8. Jam.5:16— a
- 9. 1Thess.5:17— d
- 10. Heb.11:6— d
- 11. 1Tim.4:4— a
- 12. Lk.18:1— b
- 13. Jh.17:12— b
- 14. Math.5:44— c
- 15. Mk.11:25— a
- 16. 1Kgs.20:5— a
- 17. Dan.10:12, 13, 21— b
- 18. Gen.25:21— a