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As you read these Newsletters, I pray that they give encouragement at a time you really need it. The Word that God gives me always seems to bring confirmation when someone tells me that that was a good Word or I needed to read that!

I would like for you to pass these on to the many people you come in contact with when you have finished reading them or make a copy for those you want to give one to. **Please** don't throw them away. One day I saw one in the trash can at my church and I was so irked (am I allowed to use that word?)—well, because of the time put in and the cost of the ink. My daughter says, *'well they throw away magazines'!* I had to get over it and not let it affect me.

Truly I do look at God's Word as being special and life changing for myself and others!

God Bless !

STILL HEADED IN THE RIGHT DIRECTION ! POWER IN THE WORD IN YOUR MEDITATION

I'm still pushing you forward in the right direction. My first topic was about Salvation. To go forward there had to be the act of Salvation in your life, now to grow from there, you will have to meditate on the God's Word. We have an enemy and he would love to take you backward and not forward. This is why God wants you to meditate on His Word! Just as a person goes to school for a profession, they get into a certain mode to be taught; they apply what they have learned to equip them for success. Some of us may have to go back to a metamorphous training, just to get back to meditating on God's Word! I encourage you to pick up your bibles, it will set the right course in your life, even transform your reaction towards others because of what you have read in your meditation time.

I know reading the Bible may seem boring and sometimes you quite don't understand some of the scriptures, especially the King James Version (KJV). Well get one you can understand! Most people will turn to The New International Version (NIV) or The Living Bible (TLB). This is a brand new year for you to begin to read Psalms, Proverbs or just the New Testament to



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get wisdom for many things that you didn't think was in the bible. If there are questions that you have about a particular verse, write it down; read it over and over until you receive the answer

from God. He brings things to you in very peculiar ways. Don't get stuck and give up by saying I don't understand it; it will

come. Some things will stick as you read and some will not. I'm not going to say how long it took me to understand a question I asked, but it was at the right timing to receive it! The Holy Spirit is our **"Helper" and our "Counselor!"** He will give you the answer.

- Begin to look up words you don't know.
- Break that word or verse down to get an understanding.

Everyone is not going to have a Greek or Hebrew Bible, so use your English Dictionary. God wants you to learn something from the meaning of that word you've stopped on. Its just like school. What

happened in the sentence or paragraph, especially the one coming before it? You say I don't have time to read? There are audio CDs; Podcasts, Phones, audio Bibles on the Internet. My favorite is...

<http://www.dailyaudiobiblemedia.com/player/dab.html>

Click the red box for English . There are other languages. You can begin at the beginning of the year or start at that days date. If you do this daily, you would have listened to the whole Bible in a year. He reads and does an overview of what was read; prays; and others give testimonies.

It's very good when you want your mind and the atmosphere on God; and focusing your awareness on how the bible can be a part of your daily life.

We are **still headed in the right direction!** Now what I really want to get to, is a daily meditation on a scripture a week. There is **Power in the Word In Your Meditation**. On the back of every Newsletter are scriptures that you can meditate on for the month and then learn to pray those scriptures. One scripture a week is all you have to meditate on. I remember being asked for the first time to pray for a co-worker in a crisis. The

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Word that came to me is the Word I had meditated on; the Word I had gotten into my spirit; and the Word the Holy Spirit would use for that one person that was waiting on me to pray for: "*Trust in the Lord with all thine heart and lean not to thine own understanding*" **Prov.3:5**.

Who do you want to be used by (Satan or God)? You are going to be used by somebody! People feed on the Word from the pastor, but never take that Word and meditate or ponder over it by studying it when they leave church. It lays dormant. Leaving it dormant can never work for you; it can never prosper you.

Ps.1:2-3 says "But his delight is in the law of the LORD; and in

his law doth he meditate day and night. ³And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper (KJV). When you see a tree with its green leaves, think of yourself! When you notice God's Word coming up in your spirit, know that the blessing of the Lord is upon you and His favor desires to bless someone else. It's not only for you! What you learn will help someone else as it's helping you.

As you meditate, ponder and study god's Word, God makes Himself known to you! **Your Words prosper in your mouth which feed your brain/mind!** That's what meditation is all about,

spending time with God in His Word that when applied it will be an ever flowing river causing you to prosper with good fruit.

Paul told Timothy: "Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all" **ITim.4:15**.

Prosperity is noticeable! God is laying out the path for your life. As He gives it to me, I'm sharing it with you. This change is a spiritual change on the inside moving outward. You can't hide light under a bushel. There is too much **Power In The Word!**

Joshua was told by Moses in **Josh.1:8** This book of the law shall not

depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. When it says "shall not depart out of thy mouth" it's meant as a figure of speech, meaning it has to be in the mouth before it can leave or not leave the mouth. What you kept speaking; what you kept meditating on won't depart, won't go away, won't leave you. It's in your mind and it shall

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come up every time from your lips. If you had a pop quiz tomorrow, what did you learn yesterday? What sunk in? Whatever sunk in will not go away; will not depart from your mouth because it's on your lips. That's an action process to bring to fruition. It will be a time when it is not enough to hear and read the Word; to recommend and admire it; to know and remember it; to talk and discuss it, but we must do it!

But thou shall meditate...day and night means to think about; think through the implications for application; to resolve in the mind. What speaks to you in the verse you're meditating on? Ask God what am I to learn

from this scripture? That means you have taken time out to allow God to teach you. There is **Power In The Word!** We come to God for things, why not come to God for Who He is! Just to spend time with Him. In those moments you get to gleam from the Master; you really become the student. There are people God want you to talk to; they need a Word from you. They will come to you, sent by God. God is pruning you in your meditation time to use that **Word of Power!** you're meditating on. As you meditate the Holy Spirit' job says: "But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you" **Jh.14:26**.

Conclusion: I want you to see that there has to be time for God and His Word because the Power can't stay dormant. You have accepted Him and now it's time to grow. **Grow** like the trees along the river. **Meditate** on His Word by spending time in it; **removing distractions; focusing; learning a scripture a month** (a good place to start from the Newsletters) or as you read or listen to His Word. Remember, "...I have set before you life and death... therefore choose life, that both thou and thy seed may live" **Deut.30:19**.

Power In The Word Of Your Meditation lies in Your Mouth. Life and

death speaks from your tongue.

What will it teach you? - "**To do right!**" when no one else will, because there is **Power In The Word** to convict you when God has spoken to you **in meditation** time. You will begin to apply what you have learned so you can prosper! There will be psychological, physical, emotional, and spiritual benefits. God wants you to use **your** faith!

ASK HIM FOR HELP!
God Bless!

PRAYER

Father, I thank You and need Your presence as I pray! May Your Holy Spirit give me the words to say. Forgive me of my sins; continue to show me Your way.

I pray for the delightfulness of the readers of this Newsletter. As they meditate on every Word, make it something that they can't put down, but hear that one that will keep them glued.

Grow this Word within them so they can be like trees planted by the rivers of water that bring forth good fruit in their season. As Your Word goes forth to be firmly planted in them, they will not wither but bloom continuously. Satan will not take this Word from them. They will boldly apply this Word to their everyday life to prosper them and have good success!

I Praise You Lord for Your excellent way of causing them to obey You! Just

as You were with Joshua and Timothy, the Word will not be dormant in them either; it will move them to meditating on that Word day and night; it will cause them to see You as never before.

As their faith level rises, point them to Your Will for their lives. It's all about You Lord and what You want for them. I thank You that the Holy Spirit will bring to their remembrance all things that they have read; all things that they take time

to meditate on; all things of You! In their quiet time Lord reveal Your nature, Your Promises, and Your favor!

May they choose life by giving themselves wholly to meditating on the things of God and that it will be evident to many that they have been with You because of the Word prospering in them. Lord I thank You for Your love everyday. I would not be able to do any of this without You! In Jesus' Name, **Amen!**

MEDITAION:

Speak to me, Lord, so that I might hear and take notice of Your Word: and accept the truth of what You have done for me:

Speak to me Lord, so that I might recognize what you are doing in the world: and face the issues that You bring to my attention:

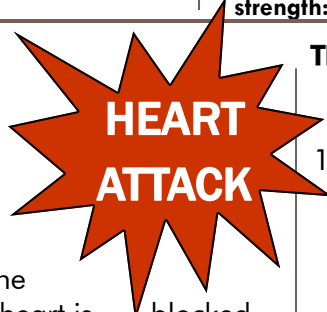
Speak to me Lord, so that I might honor the fellowship of Your Church: and worship You with all my heart, soul and strength:

Speak to me Lord, so that I might give my energy to Your work and service: and not lose sight of Your presence all around me:

Speak to me Lord, so that I might show honesty and good faith to all I meet: and never fail to love even those people who hate me:

Speak to me Lord, so that I might put everything else in my life to one side and find the fulfillment of my life, and eternity, in You!

**Health Awareness
Wellness For Life
From The Kelsey Korner
by Sis. Esther Corners**



Heart attacks occur when the blood flow to a part of the heart is blocked, often by a blood clot!

SIGNS OF A HEART ATTACK

1. Uncomfortable pressures, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes then goes away and comes back.
2. Pain or discomfort in one or both arms, your back, neck, jaw or stomach.
3. Feel out of breath along with chest discomfort.
4. Break out in a cold sweat, feel sick to your stomach or light headed.
5. Nausea, vomiting, and dizziness may occur.

If you suspect a Heart Attack: **CALL 911!!!**
If you are properly trained and it is necessary, you can give CPR.

THINGS TO DO TO AVOID A HEART ATTACK!

1. Don't smoke and avoid other people 's tobacco smoke—It's called Secondhand Smoke. It increases your heart rate and blood pressure.
2. Treat high blood pressure if you have it.
3. Eat a healthy diet that's low in saturated fats, cholesterol, and salt. Eat lots of fruits and vegetables.
4. Exercise 30 to 60 minutes—5 days a week if possible.
5. Maintain weight in your normal weight range.
6. See your doctor for regular check-ups and take medicine as prescribed at prescribed times.
7. Control your blood sugar if you have diabetes.

MAKE A COMMITMENT TO CHANGE

And the Peace of God which passeth all understanding shall keep your hearts and minds through Christ Jesus
Philippians 4:7.

SCRIPTURES ON MEDITATION

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

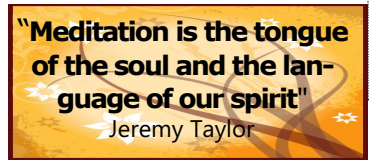
How much more shall your Father which is in heaven, give good things to them that ask him? Matthew 7:11b

My MISSION: Use the God-given gifts for His glory!

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

1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK
<p>My meditation of him shall be sweet: I will be glad in the Lord.</p> <p>Psalms 104:34</p>	<p>Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength and my redeemer .</p> <p>Psalms 19:14</p>	<p>But his delight is in the law of the Lord; and in his law doth he meditate day and night.</p> <p>Psalms 1:2</p>	<p>This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night</p> <p>Joshua 1:8</p>

TAKE A LOOK AT THE WEBSITE
www.pitwm.net



Dates To Remember—February 2011

- Feb. 2 Groundhog Day
- Feb. 12 Lincoln's Birthday
- Feb. 14 Valentine's Day
- Feb. 21 President's Day
- Feb. 22 Washington's Birthday



Bible Quiz: Do Something Amazing

Ordinary people did some extraordinary things in the pages of scriptures. Try to solve these spotty headlines to find three New Testament men who did some amazing things.

B●AV● MAN ATTEM●TS
●O WALK ON WAT●R

EVANGE●●ST DISA●●EARS,
S●OWS UO M●LES AWAY

A●RONS ●SED TO HE●L SICK
PEOP●E

Bible Quiz: Do Watch What You Say

The Bible tells us to be careful about the word we use. Solve to discover what kind of "opening" we need to diligently guard (Psalms 141).

- 1. ODWO
- 2. OECVI
- 3. LOUS
- 4. STRUT
- 5. REVPORE
- 6. TERHO
- 7. IMALACSITE
- 8. RERYAP
- 9. NFLIGIT
- 10. AESPCL

1. ____ _ _ _ ○

2. ____ ○ ____ _ _ _

3. ____ ○ ____ _ _ _

4. ____ ○ ____ _ _ _

5. ____ _ _ _ _ _ ○ _ _ _

6. ○ _ _ _ _ _ _ _ _

7. ____ _ _ _ _ _ ○ _ _ _ _ _

8. ____ _ _ _ _ _ ○ _ _ _

9. ○ _ _ _ _ _ _ ○ _ _ _ _

10. ○ _ _ _ _ _ _ _ _ ○

Don't leave this ajar.

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Answers

Answers
Peter, Phillip, Paul

- 1. Wood 2. Voice 3. Soul 4. Trust 5. Reprove 6. Forth 7. Calamities
- 8. Prayer 9. Lifting 10. Places

DOOR OF MY LIPS