

P. I. T. W. M.



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EDITOR'S WORDS:  
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As those who freely receive this Newsletter and who freely receive the Sunday School Lessons I send forth, please consider this to be a priority for those that do not receive the Word of God freely. There is a church in Africa who has asked and are in need of Bibles, yes the Word of God in their own language— **The Ekegusil language**. I have already sent our used Sunday School Books and other materials (2 boxes full of literature) to them in July 2013. They have received them but, they still request literature in their own language. And yes, the postage was enormous.

I have run into a glitz; the entire (Old & New Testament) Bible seems to be rare in that language on Amazon.com (also the New Testament Bibles). You can only buy one & there are no used ones at this time.

This is the email Pastor Isaac sent me last year: **God's blessings be upon you and your precious Family and you ministry, I pray that everything is well with you all. We are always in pursuit of God's best for all believers in Christ, because that was what Jesus was pursuit of when he walked**

**on this earth. To lead all men to God's best. MY DEAR TEACHER GWOODARD, I NEED YOUR HELP OF BIBLES.PLEASE I REQUEST YOU, we need 65copies of bible; please help. It is biblical it's more blessed to give than to receive. Love always in his precious name Jesus. Pastor Isaac 7/10/2013**

Can you please help in this endeavor for those in Kenya. They're a small church in Kenya asking for 65 bibles. That's not allot. So, my desire is to get bibles to Pastor Isaac and his church in Kenya in their language this year. They would be able to read it in their language as well as use the other material I have already sent. If there is a church that you know that is already doing this, please let me know. I need your help as well as they! **Please respond by giving to this cause, and also send me your comments.**

I am not a no-profit organization. My desire is still helping others. All I want to do is get the Word of God out. You don't have to be a huge organization to do that. Help me fulfill a need! Whatever you are able to give would help tremendously. **Thank you.** My address is on the website <http://www.pitwm.net/pitwm-contact1.html> and on the back of this Newsletter. **God Bless!**

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# Recognizing Your Season --New Attitude!

I'm not going to talk about a bad attitude, that's easy, but to expound on how to present an uplifting attitude. These are the

## ABC Scriptural Alphabet for Daily Use:

Abstain from all appearance of evil, - - - - - 1 Thess. 5:22

Be instant in season, out of season, - - - - - 2 Tim. 4:2

Commit thy way unto the Lord,- - - - - Ps. 37:5

Delight thyself in the Lord,- - - - - Ps. 37:4

Endure afflictions, - - - - - 2 Tim. 4:5

Forgive, and ye shall be forgiven, - - - - - Luke 6:37

Grieve not the Holy Spirit of God, - - - - - Eph. 4:30

Hold fast that which is good,- - - - - 1 Thess. 5:21

If it be possible,... live peaceably with all men, - - Rom. 12:18

Judge not, that ye be not judged,- - - - - -Matt. 7:1

Keep thy tongue from evil,- - - - - Ps. 34:13

Let your speech be always with grace, - - - - - Col. 4:6

Mind not high things, - - - - - Rom. 12:16

Not slothful in business, - - - - - Rom. 12:11

Overcome evil with good, - - - - -Rom. 12:21

Pray without ceasing, - - - - -1 Thess. 5:17

Quench not the Spirit, - - - - -1 Thess. 5:19

Resist the devil, - - - - - James 4:7

Search the Scriptures, - - - - -John 5:39

Trust in the Lord and do good, - - - - - Psa. 37:3

Use not liberty for an occasion to the flesh,- - - Gal. 5:13

Vengeance is Mine,... saith the Lord,... therefore avenge  
not yourselves, - - - - - Rom. 12:19

Watch and pray, - - - - - Matt. 26:41

Xamine yourselves, - - - - - 2 Cor. 13:5

Yield yourselves unto the Lord, - - - - - 2 Ch. 30:8

Zealous of good works, - - - - -Titus 2:14; Eph. 2:10

All the above words give us God's foundation of presenting ourselves with the new and right attitude. And as you go over these daily, your attitude will begin to change. He will begin to take over because of His word flowing through you; increasing in you. God deals with us differently as individuals in our circumstances, but the outcome will always be the same. **His Will be done!** Yes His Will! We have to keep in mind that we represent Him and not ourselves. Even the body we live in is not ours. It is bought with a precious price. It is created with the most spectacular elements that we can never design. God says if you lack wisdom ask of Him; don't waver or doubt; don't procrastinate about it, just do; do the right thing with right behavior. Are we going to be "set" in our old selves all our lives and never make a change? Yes change is not easy when we are not asking God for help and not take Him up on it. When we don't obey the "small still voice" that requires us to check ourselves, God will allow us to do what we will until... We don't want the until to come upon us. The new and right attitude starts with what I just said, **ask God.** Now those of us that read His Word, will hear His voice to know the truth. That truth that you know will make you free. The process has started because you desired to know, and God desires to answer your prayer.

There were some people in the Old Testament in the bible that had the right attitude and didn't turn. They were the only ones that crossed into the Promised Land. Yes, I'm talking about Joshua and Caleb. Even with the right attitude, Caleb didn't receive his promise until he was 80yrs. old. Can you imagine that? In **Numbers 14:24** God showed me that Caleb had "another spirit", that's why he could follow God fully. He didn't have the spirit of grumbling and complaining. **Numbers 32:12**, says, "Save Caleb and Joshua, for they have wholly followed the Lord." They followed fully and obeyed the Lord with the right spirit. I believe when you believe right, you will do right and live right!.

Con't:*Recognizing Your Season -- New Attitude!*

**Is your mind made up?** Elijah was a tremendous follower and a powerful man of God but somehow his attitude changed toward the end and he wanted to die. God wants strong warriors till the end, not just in show, but in spirit; being not dampened by any little thing.

God kept me and covered me through the things I hated to do. When you have to change something that you did for years... It's like a new leader comes into a company and changes the old method of doing things when it worked alright before, and therefore you have to change with the flow. Are you going to stay aloof and not do it or are you going to ask God for help to do what you cannot do on your own and like it? Well, in order to live life to its fullest, you've got to have peace within and therefore, the attitude must change. You will be only hurting yourself when you go against the grain. A new attitude is within and exhumes without. I was mad at my husband for something he did and wouldn't apologize for because he thought he was right. God would deal with me because I know better. So, sometimes I'll apologize and say sorry, or I'll say give me a kiss, I'm tired of not talking, and we'd laugh and things are back to normal. With a bad attitude, I couldn't minister, I couldn't do what I'm doing, or pray and think God hears my prayers. I've got to stay in touch and in tune with His power of His Holy Spirit! I tell myself: **I'm a light—this light does not go out until God puts it out—this light shines in dark places, and I've gotten up for His purpose—to show the God in me! And ain't nothing coming in between it! Hallelujah!** I've got to have the new and right attitude when it truly counts. I've got to delight myself in the Lord daily; I've got to forgive daily; I've got to keep my tongue from evil, and I've got to examine myself daily. In order to have this New Atti-

tude, ask God for His help 24/7. That's what I'm doing while studying His Word. Sometimes we have to be vulnerable and we have to ask for God's help! **He's Jehovah Jireh, Our Provider** in whatever we need!

Let's take a look at Job who lost everything and I do mean everything he had—from his children, down to his health, etc. He was already known as a perfect and an upright man who feared God. His wife said curse God and die; friends came by and tried to council but they whined up rebuking him. Even the devil had permission from God to afflict Job's body, causing sores to come all over his body, but he couldn't destroy Job's life. Now all of this is to the extreme but Job managed to say, **'blessed be the name of the Lord' (1:21c)**. Job held on to great integrity for awhile; he held on to God with the right attitude until chapter 23. He just needed some questions answered after all his friends came down on him. The suffering was so great but when God never answered, Job thought he could complain. God waited till chapter 38 to answer Job. But when Job submits, have a change of heart, God truly blesses him with more than he had ever had at first. God says to the friends, **for ye have not spoken of me the thing that is right, as my servant Job hath 45:7c**. The God in you can be greater than all those around you. You just have to believe on Him! He's the only one that can hold you up when you're going through something to even encourage someone else. He's the only one that's able to fix you in perfect peace in the midst of a storm! Job did not curse God, he declared my **'Redeemer lives!'** Our new and right attitude is already in us, its just a work in progress! It happens when we truly trust Him and He will cause it to happen! I love you and **God Bless!**

# STRESS

"God will never give you anything you can't handle, so don't stress" quoted by **Kelly Clarkson**.

For many people, stress is so commonplace that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price.

## WHAT IS STRESS?

1. It is pressure or tension exerted on a material object.
2. A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

## Thoughts Affect Your Health:

**Prolonged stress** has been shown to cause numerous health problems, including:

- **Weakening of the Immune System**, making you more likely to have colds or other infections
- **High Blood Pressure**
- **Upset Stomach**, ulcers and acid reflux

- **Anxiety**
- **Increased Rapid Heart Beat** and heart palpitations
- **Panic Attacks**
- **Cardio-Vascular Problems**
- **Increase in Blood Sugar levels**
- **Irritable Bowel Problems**
- **Backaches**
- **Tension Headaches** or migraines
- **Sleep Problems**
- **Chronic Fatigue** syndrome
- **Respiratory Problems** and heavy breathing
- **Worsening of Skin Conditions**, such as eczema

Life won't change but we have to change how we approach life.

**Andrew Bernstein** says *"The truth is that stress doesn't come from your boss, your kids, your spouse, traffic jams, health challenges, or other circumstances. It comes from your thoughts about these circumstances."*

**Tiger Woods** says *"Well, you know, a lot of people look at the negative things, the things that they did wrong and - which I do. But I like to stress on the things I did right, because there are certain things that I like to look at from a positive standpoint that are just positive reinforcement."*

## 6 SURPRISING WAYS

## TO INSTANTLY LOWER STRESS

1. **Laugh**— Laughing for one minute is the equivalent to 15 minutes on an exercise bike or 10 minutes on a rowing machine. Laughter can reduce stress hormones, boost your immune system and lower your blood pressure. Get a comedy movie or go to Comedy Central, call a friend who makes you laugh or pull out old photos albums. Go ahead: laugh out loud!
2. **Reinvent your vocabulary**— Learn how to say "no." Know your limits and stick to them, whether in your personal or professional life. Words have a powerful influence over our mind. Think positive thoughts and use positive words. Saying things like "I can't do it anymore" is a defeatist attitude that is a recipe for failure. And with failure comes stress. So don't say "I can't." Say "I'll try."
3. **Talk slower**— Whenever you feel overwhelmed by stress,

practice speaking more slowly than usual. You'll find that you think more clearly and react more reasonably to stressful situations. Stressed people tend to speak fast and breathlessly. By slowing down your speech you'll also appear less anxious and more in control of any situation.

4. **Embrace routine tasks**—Instead of rushing through the day on auto pilot, elicit the relaxation response while you're doing simple household tasks, like folding laundry or washing dishes. They may seem tedious and tiresome, but the repetitive quality of activities like these can actually have a soothing effect by short-circuiting stressful thought patterns. The key is to focus your attention on a particular aspect of what you're doing, such as putting a crease in your pants as you iron them, which will keep your mind from drifting to more stressful thoughts. Focusing on relaxation while doing chores doesn't take any longer, but it does take away from stress.

Con't:



5. **Get a haircut or get hair your done**— Beautify! Invest in a good haircut, adopt a 5-minute makeup routine or get out of those sweat pants. Looking good makes you feel better. Even if you just do a quick swipe of blush, mascara and lipstick, you'll feel better. A jazzy

necklace or a great pair of earrings can quickly lift your spirits – even if you're not leaving the house.

6. **Stop counting calories**

Counting calories every single day can be a very tiring, stressful that makes you even hungrier! Instead, focus on making healthy food choices. A diet rich in fruits, veggies, beans and whole grains, is high in water content and fiber, you'll feel full and be less inclined to overeat or eat unhealthy foods. And in turn, this will reduce the stress connected

with weight gain and self-blame.

<http://www.agingcare.com/Articles/managing-your--caregiver-stress-143093.htm>

*"Getting stress out of your life takes more than prayer alone. You must take action to make changes and stop doing whatever is causing the stress. You can learn to calm down in the way you handle things"* by

Joyce Meyer

Quotes from [http://www.brainyquote.com/quotes/keywords/stress\\_2.html](http://www.brainyquote.com/quotes/keywords/stress_2.html)



Dear Heavenly Father, I thank You for this day. I thank You for my being able to awake once again, to see, and to hear this morning. I'm blessed because You are a forgiving God and an understanding God. You have done so much for me and You continue to bless me. Please forgive me every day for anything I have done, said or thought that was not pleasing to You, and I ask now for Your forgiveness. Please keep me safe from all danger and harm. Help me to start this day with a new attitude and plenty of gratitude. Let me make the best of each and every day to clear my mind so that I can hear from You. Please broaden my mind that I can accept all things. Let me not whine and whimper over things I have no control over. Let

me continue to see sin through Your eyes and acknowledge it as evil. And when I sin, let me repent, and confess with my mouth my wrongdoing, and receive Your forgiveness. And when this world closes in on me, let me remember the example of Jesus -- to slip away and find a quiet place to pray. It is the best response when I'm pushed beyond my limits. Continue to use me to do Your will. Continue to bless me that I may be a blessing to others. Keep me strong that I may help the weak. Keep me uplifted that I may have words of encouragement for others. I pray for those who are lost and can't find their way. I pray for those who are misjudged and misunderstood. I pray for those who don't know You intimately. I pray for those who don't believe, and I thank You that You are in my heart and that I do believe and have true faith in You. I believe that You change people and You can

change all things. I pray for all my sisters and brothers, and for each and every family member in their households. I pray for peace, love, and joy in their homes that they are out of debt and all their needs are met. I pray that every eye that reads this knows there is no problem, circumstance, or situation greater than You. Every battle is in Your hands for You to fight. I pray that these words be received into the hearts of every eye that sees them and every mouth that confesses them willingly. This is my prayer... and I pray in the name of Jesus Christ, my Lord and Savior, Amen! Amen! Amen!

Taken from <http://www.rosenbloomthings.com/MP.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!

### Quote

“People may hear your words, but they feel your attitude.”

John C. Maxwell

### Scripture For The Month

“And have put on the new self, which is being renewed in knowledge after the image of its creator.” Colossians 3:10

### DATES TO REMEMBER 2014

February Black History Month

Feb. 2 Groundhog Day / National Wear Red Day

Feb. 13 Ash Wednesday

Feb. 14 Valentine's Day

Feb. 18 President's Day



## A HEART TRANSPLANT

To help His people obey Him, God said He would replace their heart of stone with a heart of flesh. Work this puzzle to find a different term for these Holy Orders that

- |               |          |
|---------------|----------|
| 1. INISOV     | 1. _____ |
| 2. DRROBE     | 2. _____ |
| 3. EDDRINK    | 3. _____ |
| 4. EIPNRC     | 4. _____ |
| 5. BASTEDELET | 5. _____ |
| 6. ANFLEL     | 6. _____ |
| 7. CRATEST    | 7. _____ |
| 8. KPESA      | 8. _____ |
| 9. STESTUAT   | 9. _____ |

## BIBLE QUIZ

### A Psalm of David—Ps.51:1-10

SWAH

4	6	

OVLE

2	7	

AGRET

9	3	8	10

WSNO

5		

CEFA

1		

1	2	3	4	5

6	7	8	9	10	

Create in me a \_\_\_\_\_, O God Psalm 51:10

Sermons4Kids.com

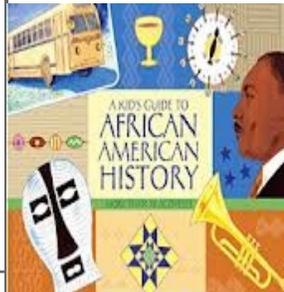
Answer Heart Clean

### Who Is the Greatest?

Sitting down, Jesus called the Twelve and said, “Anyone who wants to be first must be the very last, and the servant of all.” Mark 9:35 (NIV)

W	Y	Q	M	B	D	Z	R	U	V	K	H	C	A	L	J	N	I	S	E	P	F
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22

G	O	T	X
23	24	25	26



- 22-18-8-19-25 \_\_\_\_\_
- 15-14-19-25 \_\_\_\_\_
- 8-24-14-6 \_\_\_\_\_
- 15-18-25-25-15-20 \_\_\_\_\_
- 13-12-18-15-6 \_\_\_\_\_
- 12-24-9-19-20 \_\_\_\_\_
- 23-8-20-14-25 \_\_\_\_\_
- 19-20-8-10-14-17-25 \_\_\_\_\_
- 14-8-4-19 \_\_\_\_\_
- 17-14-4-20 \_\_\_\_\_

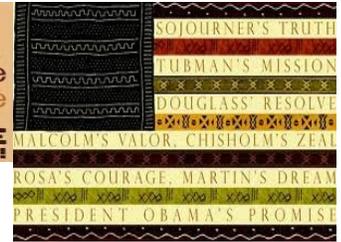
www.sermons4kids.com

Answers

Name \_\_\_\_\_  
 Servant \_\_\_\_\_  
 Road \_\_\_\_\_  
 Great \_\_\_\_\_  
 House \_\_\_\_\_  
 Last \_\_\_\_\_  
 Little \_\_\_\_\_  
 First \_\_\_\_\_  
 Arms \_\_\_\_\_  
 Child \_\_\_\_\_

- |               |             |
|---------------|-------------|
| 1. VISION     | 6. FALLEN   |
| 2. BORDER     | 7. SCATTER  |
| 3. KINDRED    | 8. SPEAK    |
| 4. PRINCE     | 9. STATUTES |
| 5. DETESTABLE |             |

Answers



If they kept these, he would be their God.

Secret Answer: \_\_\_\_\_

Secret Answer ORDINANCES