



# P. I. T. W. M.

VOLUME 3, ISSUE 3 MARCH 2011



Editor: Gloria Jean Woodard



We have really been having the cold weather flourishing

upon us. Some have gone through some sickness, some trials, some fights, but still you have survived, you have conquered what you thought would get the best of you. It is because of the magnitude of God's grace that we all have come through.

Toward the end of 2010 God had placed upon my heart to write about **Power In The Word** and He filled in the blanks. Every month you will see that Power In The Word is needed in your life to [Fill In The Blanks](#). And this month's topic is right on time for the season for those that need encouragement in your lives, I know I do! Thanks again for being an advent reader.

God Bless !

## Power In The Word To Encourage

From time to time we have looked to others to encourage us and we can't find that someone, therefore, we have to encourage ourselves in the Lord as David did in **1 Samuel 30:6**. We are not always prepared when the circumstances occur; we aren't always thinking of what would Jesus do (WWJD). We are either coming out of a test, going through a test, or going into a test when we least expect it! Chances are, we think of the solution or it's the Spirit of God who shows us our mistake afterward.



### DESTRUCTION:

After retuning home, David and his men learn that the Amalekites have

around at another to blame, when it might have been their fault.

### DIRECTION:

David began to look for a solution; a way out by inquiring of the Lord, and it was only toward the Lord that he received the answer. I want you to pay attention to the last part of **verse 6**—"David encouraged himself in the LORD his God" (KJV). Other versions say—"But David found strength in the LORD his God."

### ANSWER:

David didn't have the Bible or the Word to search for the answer as we have. He summoned the priest to bring the Ephod so he could consult God. He inquired of the Lord—prayed, **V8** "Shall I pursue?... Shall I overtake them?" God's answer: "Pursue, for you shall surely overtake them and without fail recover all!"

Now, if that doesn't encourage you right there, it has encouraged me for years. What are you going through right now? I advise you to inquire of

Inside this issue:		
Editor: Gloria Jean Woodard	1	raided, burned, and destroyed Ziklag and carried away the women and children including David's two wives.
Power In The Word To Encourage	1-2	Has there been a time in your life that you can relate to David?; that you didn't think there was a way out?; that seemed devastating to you? (fire, flood, disease, or any kind of loss, abortion etc.) that made you throw up your hands and say 'I give up!'
Prayer	3	
Health Awareness	3	
Scriptures For Encouragement	4	<b>DISTRESS:</b> Well, David and his men are distressed—very upset. They wept until they could weep no more. Then their weeping turned into bitter rage; they threatened to kill their leader David for allowing this to happen. They have put the blame on David and not on the Amalekites. During turbulent times people tend to blame the one that's close by; they tend to look
Bible Quiz	4	
Mission / Vision	4	

**Con't: Power In The Word To Encourage**

the Lord and not a single day linger with distress or depression, or sorrow.

Whether you're clergy, teacher, counselor, mom, dad, or friend, you are bound to have been in the position to encourage someone who was looking for a solution; someone who has had a challenging trauma.

David was led by God's Will. For us, there is **Power In The Word To Encourage** our hearts; Power In God's Word to be strengthened by. One important message we can glean from David is that he encouraged himself in the Lord when things were stacked against him; when they were about to stone him. If you can encourage yourself when down, you can encourage someone else to get up.



**Encouragement Brings Calmness To Life!**

God's Word is our blueprint to any circumstance we're going through. It is

the response we give and live by when we can't figure out what to do. It's the roadmap to when we're hurt, when sad, when in a financial bind, losing a loved one, running from the past, etc.

God's Word says in **Proverbs 3:5-6**, "Trust in the Lord with all thine heart and lean not to thine own understanding. In all thy ways acknowledge Him and He shall direct thy paths." I find that if you talk in a drab way, you tend to act in a drab way; if you talk negative, your attitude is negative. But if you add a little pep in your talk, with the truth of God's Word, your whole outlook will be different.

Paul tells Timothy, "*take heed unto thyself...for in doing this thy shalt both save thyself, and them that hear thee*" **1Tim.4:16**. This is what Jesus tells Peter, there is a test coming: "Satan desired to sift him." However, Jesus says, "I prayed for thee that thou faith fail not: and when thou art converted (turned, saved, transformed) strengthen (make stronger, encourage, reinforce) thy brethren" **Lk.22:32**.

Sometimes you have been in the same place they

were or the same test, they're in and you came through by the grace of God! But there was a Word spoken in your spirit that revived you.

**Power In The Word** quickens to transform the image the enemy had placed to deter you. "God has given you power, love, and a sound mind" **II Tim.1:7**. **Matthew 6:34** "*So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*" Therefore, as we begin our declaration of encouragement upon ourselves we get to help others to face the challenges in their lives.

**DECLARATIONS OF CONFESSION:**

- **This is the day the LORD has made. I will rejoice and be glad in it.** (Psalms 118:24)
- **The LORD is my refuge in times of trouble.** (Psalms 9:9)
- **The LORD delivers me from all my troubles.** (Psalms 34:19)
- **When my soul is feeling down, I do not rely on my feelings. I remember my hope is in God, for I will yet praise him, my Savior and my God.** (Psalms 42:5-6)
- **God has plans for me -**

**to prosper me and not to harm me, plans to give me hope and a future.**(Jeremiah 29:11)

- **I commit my actions to the LORD and my plans will succeed.**(Proverbs 16:3)
- **Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, I think on these things.**(Philippians 4:8)
- **I overcome evil with good.**(Romans 12:21)
- **I am encouraged. Though outwardly I am wasting away, my inward self is being progressively renewed day after day.**(2 Corinthians 4:16)
- **You will surely forget your trouble recalling it only as waters gone by.** (Job 11:16)

Now, after speaking truth to your spirit, your spirit comes alive with hope that lead you to walk by faith and live with an encouraged heart because of the Power in the Word of God.

God Bless!

**PRAYER:**

Father, there are times we need encouragement from others and there are times we need to encourage ourselves because our words also control our destiny—what we think and say about ourselves and who You say we are.

I am who You made me! I am strong when I am in You. I am the head and not the tail; above and not beneath be-

cause You have commanded the blessings upon me. Considering all You have done, I say Thank You, Hallelujah! You are worthy of all my praise. Father, forgive me and continue to move my thoughts and my will, Your way. As I feed upon Your Word each day, my mind is changed to fo-



cus upon what You have did, and who You have made me to be. I can no longer see myself as weak, sad, despondent, or discouraged because of something that happened in my life. Any problem I have will be as water passing away. I am wonderfully made in Your image and I like that! My joy comes alive in Your presence. I Thank You Lord, for

You are my Counselor, my Peace, and my Encourager! I know Your Word works, if we use it. I pray that others will begin to use Your Word to encourage themselves and others. There will always be challenges. As we take a step back and question ourselves, may we remember, You have made us more than what we see! Thank You Lord, In Jesus' Name, for all You have covered and made possible in our lives. **Amen!**

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

**DIABETES:**

Most of us know one or more people with this disease. Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone needed to help the body use or store the blood sugar it gets from food. The cause of diabetes is still not known, but it can be detected through test that measure the level of sugar in your blood.

**TYPES OF DIABETES:**

**Type I Diabetes—**

When your body makes little

or no insulin. This type of diabetes is called Insulin Dependent Diabetes, and you may take insulin shots.

**SYMPTOMS OF TYPE I**

- Increased thirst.
- Increased hunger.
- Feeling very tired.
- Increased urination.
- Sudden weight loss.

**Type II Diabetes—**

Your body makes insulin, but it can't use it the right way. Type II is the most common type of the disease which occur in 9 out of 10 cases.

**SYMPTOMS OF TYPE II**

- Feeling tired.
- Getting a lot of infections.
- Blurry vision.
- Slow healing of cuts or

- sores.
- Numbness or tingling in hands or feet.
- Dry itchy skin.
- Increased urination

**CESTATIONAL DIABETES**—This is when the illness occur during pregnancy, and disappear when the baby is born.

**PRE-DIABETES**—When blood sugar levels are higher than normal, but not yet high enough to be called Diabetes.

**MANAGING TYPE II**

- Eat healthy—Eat foods that are low in fat, salt, and sugar. Eat a healthful diet in vegetables, fruits and whole grain.
- Be more active—Get

- regular exercise, at least 30minutes per day (walking, swimming, raking leaves, working in the garden, and chores as vacuum, and moping the floor).
- Take meds as prescribed—Follow your doctors direction. Know how much medicine to take and when to take it.

Have you been tested for Diabetes? Well check with your doctor on your next visit.

*Proverbs 3:5 says, In all thy ways acknowledge Him and he shall direct thy paths.*

**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 the God-given gifts for His glory!

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

**SCRIPTURES ON ENCOURAGEMENT**

1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK
<b>G</b> od is our refuge and strength, a very present help in trouble.  Psalms 46:1	<b>I</b> f God be for us, who can be against us?  Romans 8:31	<b>F</b> or when I am weak, then I am strong.  II Corinthians 12:10b	<b>F</b> or I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.  Jeremiah 29:11

I'm on the web  
[www.pitwm.net](http://www.pitwm.net)

"Instead of giving myself reasons why I can't, I give myself reasons why I can."  
UNKNOWN

**Dates To Remember—March 2011**

- Mar. 13 Daylight Saving Time Begins
- Mar. 14-18 Spring Break
- Mar. 17 St. Patrick's Day
- Mar. 20 Spring Begins



**Bible Quiz: Only One- JESUS** Just as there is only one true, perfect Jesus to follow, there is only one correct spelling of His name in this puzzle. Can you find it among the would-be imposters?

J S E S S J S S J S J S U  
 J J U J S S S J J E J J  
 S E S S J J E S J S J U S  
 E S E J U J J J E S U J U  
 J J S J J J J E E J S E  
 E J S U J J J J S S S J J  
 U J J S S E E S S S S S  
 S S J E J E U E E S J S J  
 J E U J S E J S S J E S S  
 J J J J J U J J J E U J S  
 J U J J J E S J J E J E U  
 U J U J S J S S J E J S J  
 E S J S J S S S J S S E S

**TO ENCOURAGE YOU AND OTHERS:**



1. The church was encouraged by - Acts 9:31.
2. \_\_\_\_\_ encouraged Paul by his visit- 2 Corinthians 7:6-7.
3. Why did the church need encouraging? – Who brought encouragement? - Acts 11:19-23.
4. Two important points in Hebrews 3:6 to encourage us.
5. What did David tell Solomon? - 1 Chronicles 28:20
6. When the righteous are in afflictions, you can count on... - Psalms 34:19
7. Psalms 55:22a, what other NT verse says the same? What is the b part in Psalm and the b part in the other verse?
8. In the declarations of confession, which verse will you use when rising early in the morning?
9. What verse will you give to others to encourage them?
10. Why is it important to encourage others?

- ANSWERS:**
1. THE HOLY SPIRIT.
  2. TITUS.
  3. THE PERSECUTION OF STEPHEN; BARNABAS 9. WHATEVER IT IS, LEARN IT
  4. CHRIST IS FAITHFUL OVER HIS HOUSE; AND WE HOLD ON TO OUR COURAGE AND THE HOPE (TO THE END).
  5. BE STRONG AND COURAGEOUS. 10. 1THESS.5:11 (TO BUILD UP AND KNOW GOD'S TRUTH TO CHANGE OTHERS)
  6. THE LORD DELIVERS HIM OUT OF THEM ALL
  7. 1 PETER 5:7; HE WILL SUSTAIN YOU; HE CARES FOR YOU.
  8. PSALMS 118:24