



# Praying In The Midst Of An Unexpected Gift Of life

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P. I. T. W. M.

As life began to unravel after jumping from one relationship to the next, God showed and

made me "STILL." Yes, for 9 months I had another life growing inside of me. At that point, it wasn't about me anymore, but about my bundle of joy that would soon be born. I stopped wanting to be in a relationship, stopped worrying about how my family would judge me on getting pregnant, and came to the fact that I would be the sole parent of this newborn child.

God had a plan for me and my son, and He would surely open my eyes to see sooner than expected.

Dredan Semaje' was born full term and looked healthy as ever. But the unexpected occurred when Dredan was life flighted to Children's Memorial Hermann because he was diagnosed with a heart defect. On the day to go home, I expected to be happy and joyous, instead I



was very frantic and scared. The surgeon met with us at the beginning of the next week and informed me that Dredan had Shone's Syndrome where the left side of his heart was too small, the blood flow was not properly pumping and he had a hole in his heart. He told us that he would need heart

surgery immediately. Everything happened so swiftly. But, you know what, after settling down and God making me "STILL" again I knew that God is the Healer!

When saints come together; praying, fasting, and being faithful than ever in prayer; I knew God was still in control of the circumstance!

With God having His hands all over the surgeons, cardiologists, nurses, and all the

other specialists through this trying time; my son survived the heart surgery.



All I can say is, "GOD IS AWESOME!" He heard and answered all our prayers.

The situation was unexpected, but God saw His child through. I am so grateful that we can



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Con't:

share this testimony of the unexpected gift of life! Dredan came in with a bang. He brought so many people together in prayer, all of which brought encouragement to me as to becoming a strong mother in prayer for my son. Come to find out, there are so many other babies that have gone through this same process. That was one of the

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things God allowed me to see. With all things happening in a matter of two weeks, He allowed the nurse to find the heart murmur, He sent us to the right hospital and He brought the right surgeon to operate.

I overcome by the blood of the

Lamb and by the word of my testimony. I have a story to tell about the greatness of God and Dredan will also! Born on the 4th of February; heart surgery on the 10th of February; out of the hospital on the 20th of February! WOW, Look at God!!! Be Blessed!

There are many times we want to keep our eyes off the prize, and put our eyes on the problem, but we can't!

The enemy has set a trap when

we expose a leave way; a trickle of weakness; a midget of doubt. We have no time for a pity party. We have to get out and act together when it counts.

There is strength in focusing, and we receive direction when we focus. Example: when you're racing on the track and you keep looking around, you lose your full stride; you lose your timing; you get off balance, and you miss the prize. Another example: if a juggler take his eyes off the balls he's juggling, he'll get hit by them. It's the same way with the believer. We can't take our eyes off Jesus. He's the true and living God we need to focus on. He has the ability to keep us on the right path!

*Hebrew 12:2 says Looking unto Jesus...; fixing our eyes on. Jesus...fixing our attention on Jesus, the author and finisher of our faith. Why? Because Isaiah 26:3 says Thou (He) will keep him (me) in per-*

## FOCUS

### Editor's Words: Gloria Jean Woodard

*fect peace, whose mind is stayed on thee: Why? Because he trusteth in thee.* It all boils down to a matter of trust: what you trust and who you trust. There is a song that says; *Turn your eyes upon Jesus—look in His wonderful face—And the things of earth will grow strangely dim—In the light of His glory and grace.*

There is such inspiration when our eyes are turned upon Jesus. If the enemy has exposed us to any lies; if we are weary from the trials of life; if our trial seems too hard to bear—  
**TURN YOUR EYES ; KEEP THEM FIXED AND FOCUSED UPON JESUS FOR HELP!**

My acronym for **FOCUS: Fixed On Christ Under Stress!** When my daughter was in labor and the pains were coming, her eyes focused on my other daughter who coached

her. The connection was so intense—their eyes were trained on each other and her breathing was focused.

She couldn't hold her breath because she would be holding the breath of her baby. The next time I saw such intense focus was when my daughter was feeding her baby. The baby's eyes had that same intense connected stare with his mother. *"Sometimes it's really a fight."* But, I can tell you, I've gone through the fight, and all my focus was on God, for I couldn't do anything of my own, but to pray. He won the battle for us.

Now, I feel drained, virtue is gone out. However, the enemy has regrouped, and so must I. I have to keep doing what I was doing in the first place: **TURN MY EYES ; KEEP THEM FIXED AND FOCUSED UPON JESUS FOR HELP!** And that's through prayer! **God Bless!**

# Benefits of Stretching

## Benefits of Stretching

*What We've Learned from Stretching Experts, Jacques Gauthier & Dorothée Lavoie*

<sup>1</sup>Stretching has so many benefits. Just start a program of stretching, and you'll soon notice many of them. Some of the benefits of stretching are—

- relief from pain
- increased energy levels
- increased flexibility
- better range of motion of the joints
- greater circulation of blood to various parts of the body
- relaxation and stress relief
- enhanced muscular coordination
- improved posture
- greater sense of well-being

### Increased Flexibility and Range of Motion

As we age, our muscles tighten and we have less range of motion in our joints. Simple activities that we once took for granted, like cutting our toenails, picking things up from the floor or zipping a dress, can all become difficult. A regular stretching program can help lengthen your muscles and make these daily activities easier and more enjoyable.

### Improved Circulation

Stretching improves circulation of blood

to the muscles and joints. Increased blood circulation, of course, brings nutrients to our cells and removes waste byproducts.

### Better Posture

Chronically tense and tight muscles contribute to poor posture, which in turn can affect the functioning of our internal organs, not to mention our appearance. Stretching the muscles of the lower back, shoulders and chest can help keep the back in better alignment and improve posture.

### Relaxation and Stress Relief

Stretching, done properly, helps to relax tense muscles which result from stress. The feeling of relaxation brings a sense of well-being and relief from tension.

### Reduce or Prevent Lower Back Pain

Greater flexibility and range of motion in the hamstrings and muscles of the hips and pelvis help to reduce the stress on your spine that causes lower back pain.

We've heard many peoples' stories from stretching expert, Jacques Gauthier when he has taught stretching in our area. In Jacques' experience, the benefits of stretching are often much more far-reaching than those described above. He has known people who have reported great improvement and sometimes complete healing from arthritis, multiple sclerosis, headaches, back/neck/shoulder pain, bursitis, depression, fatigue and even conditions like fibromyalgia.

Jacques feels that the pain relief many people experience with stretching is due to its effect in reducing inflammation. The anti-inflammatory effect of stretching has been demonstrated in a study showing that stretching reduced heel pain in a condition known as plantar fasciitis. (Plantar fasciitis is an inflammatory condition.)

<sup>1</sup><http://heartofhealing.net/relaxation-wellness/stretching/benefits-of-stretching/#sthash.eCA3I5Zz.dpuf>



## AFFIRMATIONS

- I will seek God's kingdom and His righteousness first; all these things shall be added unto me.
- Whatever things are true, honest, just, pure, lovely, of good report; of virtue, and are praiseworthy, I will think on those things .
- The weapons of my warfare are not carnal, but they are mighty through God to the pulling down of *every* stronghold. I cast down *every* imaginations, and every high thing that exalts itself against the knowledge of God, and I bring into captivity every thought to the obedience of *the Lord and Savior Jesus Christ*.

**DON'T BE DISCOURAGED, GOD IS WORKING, AND YOU WILL SEE THE RESULTS SOON!**

### 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

Monday, Mar. 2 **Red Cross** Day

Friday, Mar. 6 Employee Appreciation Day

Advanced by one hour

Sunday, Mar. 8 Daylight Savings Begins

Mar.16-20 Spring Break (HISD)

Tuesday, Mar.17 **St. Patrick's Day**

Friday, Mar. 20 **Spring Begins**

**READ SLOWLY** Jack took a long look at his speedometer before slowing down: 73 in a 55 speed zone. Fourth time in as many months as one could get. How could a guy get caught so often? When his car had slowed to 10 miles an hour, Jack pulled over, but only partially. Let the cop worry about the potential traffic hazard. Maybe some other car will tweak his backside with a mirror. The cop was stepping out of his car, the big pad in hand.

Bob? Bob from church? Jack sunk farther into his trench coat. This was worse than a ticket. a cop catching a guy from his own church. A guy who happened to be a little eager to get home after a long day at the office; a guy he was about to play with tomorrow.

Jumping out of the car, he approached a man he saw every Sunday; a man he'd never seem in uniform. "Hi Bob, Fancy meeting you like this." "Hello Jack", no smile. "Guess you caught me red-handed in a rush to see my wife and kids." "Yeah, I guess." Bob seemed uncertain. Good. I've seen some long days at the office lately. I'm afraid I bent the rules a bit—just this once."

Jack toed at a pebble on the pavement. "Diane said some-

thing about roast beef and potatoes tonight. Know what I mean?" "I know what you mean. I also know that you have a reputation in our precinct." Ouch. This was not going in the right direction. Time to change tactics. "What'd you clock me at?" "Seventy. Would you sit back in your car please?" "Now wait a minute here, Bob. I checked as soon as saw you. I was barely nudging 65." The lie seemed to come easier with every ticket.

Please, Jack, in the car—flustered, Jack hunched himself through the still-open door. Slamming it shut, he stared at the dashboard. He was in no rush to open the window. The minutes ticked by bob scribbled away on the pad.

Why hadn't he asked for a driver's license? Whatever the reason, it would be a month of Sundays before Jack ever sat near this cop again. A tap on the door jerked his head to the left. There was Bob a folded paper in hand Jack rolled down the window a mere two inches, just enough room for Bob to pass the slip. "Thanks!" Jack could not quite keep the sneer out of his voice. Bob returned to his police car without a word. Jack watched his retreat in the mirror. Jack unfolded the sheet of paper. How much was this one going to cost?

Wait a minute, what was this? Some kind of joke? Certainly not a ticket, Jack began to read:

**Dear Jack,** Once upon a time I had a daughter. She was six when killed by a car. You guessed it—speeding driver. a fine and three months in jail, and the man was free; free to hug his daughters, all three of them. I only had one, and I'm going to have to wait until Heaven before I can ever hug her again. A thousand times I've tried to forgive that man. A thousand times I thought I had. Maybe I did, but I need to do it again. Even now. Pray for me. And be careful, Jack, my sin is all I have left." "Bob." Jack turned around in time to see Bob's car pull away and head down the road. Jack watched until it disappeared. A full 15 minutes later, he too, pulled away and drove slowly home, praying for forgiveness and hugging a surprised wife and kids when he arrived. Life is precious. Handle with care. This is an important message; please pass it along to your friends. Drive safely and carefully. Remember, cars are not the only things recalled by their maker. **FOCUS!**