

## P. I. T. W. M.

EDITOR'S WORDS BY  
GLORIA JEAN WOODARDGOD WORKS  
FROM THE INSIDE

MAY 2013

Whenever my husband wash the car, I always say, did you clean the inside? I don't care how much you clean the outside of a car, you will be driving and sitting on the inside of the car. And I don't want dirt, stuff, or junk inside the car. Well, that's what God looks at: the inside, while man looks on the outside and they'll say, 'Oh that's a clean car!' People have another saying, "Don't judge the book by its cover."

When we put our best clothes on after bathing, can God look at our hearts and say, he/she has a pure heart. If God can just peel back the layers of our heart, what will He find? I'm talking about the heart because that's the inside of you. "Keep your heart with all diligence; for

out of it are the issues of life" Prov.4:23. This means to "Guard your heart more than anything else"; look inward that the course of your life would be pure and not corrupt. That's why Jesus said, "Woe unto you, scribes and Pharisees, hypocrites! for you make clean the outside of the cup and of the platter, but within they are full of extortion and excess" Matt:23:25. Also read the 23rd verse. Verse 28 "Even so you also outwardly appear righteous unto men, but within you are full of hypocrisy and iniquity". They were looking good on the outside, but had no mercy or faith on the inside. They had so many rules that God really was left out. It was their way or the

highway. When God looked within, He saw greed and self-indulgence. The same can be said about the rich man coming to Jesus and wanting to inherit Eternal Life. None of what is done in our lives is to be done for selfish gain or to put Christ last: whether it's our church programs, our singing, our preaching, or our speaking. None is OK with God if the wrong things are in our hearts. If the heart is not right with Him; if there is ought against your brother; if He is not placed first in what we're doing (being prayerful)— it's only an outside show. The Word said "Guard your heart", meaning you are so full of Him that nothing else can get in. You just want Christ to shine! He is to increase within you and you are to decrease within and without?

There will be such an overflow of Him within, flowing, till it spills over to the outside and changes the course of your life that God will be able to use! Now, that's a good flow from the heart! And it gives God glory!

Think about a little village in the mountains whose only source of water is a spring coming up from the ground. That spring provides

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## CON'T GOD WORKS FROM THE INSIDE

fresh water for drinking, cooking, bathing, crops, etc. That village would be foolish not to pay any attention to the condition of that spring because it's their source of life. If the spring becomes polluted, everyone and everything in the village would suffer. In the same way, we would be foolish not to pay attention to the condition of our heart, because our heart affects everything in our lives. Whatever fills our heart flows out into the rest of our lives. If the heart is right, so will the actions of men be. They will then spring from right principles, and be directed to right ends. "Above all else, guard your heart, for it is the wellspring of life" (v. 23, NIV). If we pollute that wellspring, the infection will spread and before long, hidden appetites will become open sins and public shame. What you believe in your heart affects the way you live. Whatever is deep down within the heart, will come out manifesting itself when you don't want it to. It will rear up its ugly head in your life.

There is a saying: 'You can fool some of the people some of the times but you can't fool all the people all the time.' It reminds me of the bag of chips you buy nowadays. I bought a 10oz bag of chips and you can clearly see or even feel the bag is not full all the way. We know this and we clearly buy the bag anyway because we want the chips inside. Now when you get it home, you are devastated that the bag is not full. Come to find out the ounces on the outside is nothing of what is on the inside. The inside is half full and full of air. We really bought the bag! Is God seeing you as half full? Half full of the world and half full of religion? Half full of light and half full of darkness? When a Contractor or CEO or Teacher, or even the Mayor, wanting to bring any plan to the table, whether it's being presented to a company, to the people, or to even the church, they have mulled over this for some time; prayed to hear direction from God; gotten others involved to hear what they say that might go wrong or is flawed with the plan. They want

to deal with every flaw before it's presented, even to God. Well, whatever is in our hearts, it will have to be dealt with. If it's half full, it's no good because the Spirit wants to house every room in our heart! And when God deals with us by showing us ourselves—those things that has left Him out, you will be grateful—like He dealt with the scribes and Pharisees and so many of the disciples. Guard your heart, so you won't be found in the "Woe!"

Is there bitterness, unforgiveness, or strife wallowing in the heart that has not been taken to God to clean up? Everything that's in your heart that's not like Him, has to be cleansed by His blood, showered with His Word, and ironed out by His Spirit. His delivering power closes the door on what the devil wants to rise up. The condition of your heart is important to God! You can't be fearful and not allow God to shine the light into your heart! When you release unforgiveness to God, you're really delivering yourself from the master jailer that had you walled in for no escape. There will become a new free-

dom in life when you release all that's in your heart to God. You will begin to look at life differently, and you will really come to find out something about yourself. When God does it, it won't take long; you can forgive someone you had a long grudge against. You've wasted a lot of time in your life holding them and yourself hostage, which really separated you from all the blessings of God. Did you know that the cause of many sicknesses may be spiritual and not just physical? As you release the unforgiveness to God, your spirit, soul, and body are made free; the flow of God has become unblocked; a weight is lifted; there is a change in your countenance; faith has been applied; and you trusted God enough to give Him control! This can be applied to anything in your heart that's displayed to the outside—negative words—hateful gestures that shows that God doesn't have all the heart! Make the choice right now to allow God to cleanse the inside of you, and watch the outside automatically reflect the inside!

**God Bless!**  
**2/13/2013**

# 10 TASTY BRAIN FOODS

## 10 TASTY BRAINS FOODS

<sup>1</sup>Delicious brain foods to give you energy, help you learn, think, and more.

### 1. AVOCADO

Avocado are smooth and creamy because of their fat content. They are rich in a fatty acid called oleic acid, which helps to build the coating of insulation known as myelin (found in white matter of the brain). Myelin helps information to travel at speeds of up to 200 miles per hour.

### 2. PURPLE GRAPES

Purple grapes contain the phytonutrient resveratrol, known for its helpful effects on circulation. Grapes help keep blood vessels healthy by preventing blockages - they raise good cholesterol and lower cholesterol.

### 3. BROWN RICE

Vitamin B<sub>2</sub> is found in Brown Rice. Vitamin B like riboflavin help produce energy for brain cells. Brown rice also contain niacin and thiamin which is good for your brain.

### 4. LENTILS

These tiny beans provide iron, a mineral important for learning. Iron helps form myelin, healthy red blood cells that deliver oxygen to the brain. Lastly, iron is used to form dopamine, a neurotransmitter in the brain that is a key player in learning, mood and behavior.

### 5. EGGS

Don't skip over easy source of good fats. Cholesterol - is good for brain health. Problems with cholesterol often arise because of an unhealthy diet too high in saturated fat and too low in plant foods. An excess of bad cholesterol is formed, and oxidation of this cholesterol leads to plaque and blockage of arteries. Enjoy a few eggs a week for an easy source of good fat.

### 6. FLAX SEEDS

Flax seeds are rich in brain-healthy fats. Flax seeds also contain GLA, a fatty acid from the omega-6 family which regulate the environment of the brain. To boost your brain have a table-spoon or two of flax seeds daily. You can sprinkle it on cereal or mix in a smoothie. You can also soak the seeds and add them to salad dressings.

### 7. SESAME SEEDS

Sesame seeds contain zinc, a mineral important in learning, memory and brain development. Zinc is also part of the brain's defense system, because it promotes immune health and drives enzymes that keep a healthy balance of trace metals in the brain.

### 8. SIMPLY D-LIGHTFUL (not a food)

This is none other than sunshine Whenever possible, let your skin soak up some sunshine. The sunshine provides Vitamin D that our brain needs. And Vitamin D plays an important role in the immune system.

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

### 9. SWEET POTATOES

Sweet potatoes are loaded with carotenoids, giving them a rich orange color. Carotenoids are important for the brain because they act as antioxidants, protecting cells from damage, and also help to form Vitamin A.

### 10. SPINACH

A handful of spinach can do wonders for your brain. Spinach is a great source of folate, a B-vitamin that helps the brain in many ways. Folate helps maintain healthy brain circulation by preventing the buildup of plaque.

Deuteronomy 33:27 *"The eternal God is your refuge, and underneath are the everlasting arms."*

Be Blessed in the Name of Jesus Amen!

<sup>1</sup><http://www.healthybrainforlife.com/articles/healthy-food/10-tasty-brain-foods-to-enjoy-now>



Father, bless Your holy Name!

Thou art my God, keeper of my soul! Joy in my spirit and Healer of my body! Speak to my heart today that my

paths will go right. I cast every care on You for I know You care for me. I thank You that my mind is focused on You to hear and do Your Will. Teach me what I do not know by Your Spirit. Open my ears and the avenues of

my mind to reveal your Word; and when I speak, it will be with boldness. Let the words of my mouth and the meditation of my heart be acceptable in thy sight, O lord, my strength and my redeemer. Be exalted in the

saints of God as they speak of You today; and that Your special blessings come upon them to bring favor in their lives! You are the giver of strength and peace in times of need. Stir this Word in their hearts as they meditate over it day and night. In Jesus' Name Amen!

## 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!

## BIBLE QUIZ

- In Proverbs 11, he who wins souls is what? A. soul winner B. blessed C. Wise D. righteous
- According to Proverbs 21, what will happen to whoever guards his mouth and tongue? A. they will be able to bless others B. they will find life, righteousness, and honor C. they will keep their soul from trouble D. they will have excellent oral hygiene
- In Proverbs 11, a lovely woman who lacks discretion is compared to what? A. rubies in ruins B. Gomer C. a diamond ring in the dirt D. a ring of gold in a swine's snout
- How many chapters in the book of Proverbs? A. 31 B. 32 C. 30 D. 29
- The word "Proverb" in Hebrew is 'marshal', what does it mean? A. "words of wisdom" B. "to be like" C. "follow my wisdom" D. "Godly character"
- Which of the following people did

## Quote

"WHAT LIES BEHIND YOU AND WHAT LIES IN FRONT OF YOU, PALES IN COMPARISON TO WHAT LIES INSIDE OF YOU."

RALPH WALDO EMERSON

## Scripture

"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me." Galatians 2:20

NOT contribute to the book of Proverbs as an author? A. King Lemuel B. Agur, son of Jakeh C. King David D. Solomon, son of David

- According to Proverbs 3, what does the Lord do for those He loves? A. shines His face on them B. corrects C. showers them with gifts D. gives wisdom
- What will happen to whoever shuts his ears to the cry of the poor? (Prov.21) A. his ears also will be shut to the praise of men B. he will become poor himself C. he will cry himself and not be heard D. the Lord will correct him and make him wise
- According to Proverbs 18, a man who isolates himself seeks what? (Prov.9) A. meditation and quite time B. knowledge and wisdom C. a heart of repentance D. his own desire
- According to Proverbs 20, what happens to the righteous who walk in integrity? A. they receive knowledge and wisdom B. their children are blessed C. their paths will be directed by the Lord D. their prayers will be heard on high
- In Proverbs 6, there are seven things listed that the Lord hates and are an abomination to Him. Which of the following is NOT listed? A. a lying tongue B. hands that toil for riches C. a heart that devises wicked plans D. feet that are swift in running to evil

## DATES TO REMEMBER 2013

May 1	May Day
May 2	National Day Of Prayer
May 5	Cinco De Mayo
May 7	National Teacher's Day
May 12	Mother's Day
May 18	Armed Forces Day
May 27	Memorial Day

ON THE WEB  
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- What is found in a multitude of words? A. understanding B. wisdom C. sin D. a lot of letters
- What will happen when you train up a child in the way he should go? A. he will be successful when he is old B. he will thank you for it when C. he is old he will not depart from it D. he will train up his children the same way
- The fear of the Lord is what? A. healthy B. the beginning of repentance C. scary D. the beginning of knowledge
- If you trust in the Lord with all your heart, and lean not on your own understanding, and in all your ways acknowledge Him. He shall what? (Prov.3) A. direct your paths B. reward you C. be delighted D. give you a crown of wisdom
- Why is it that you should not boast about tomorrow? (Prov.27) A. because you should not boast about any day B. because tomorrow is yesterday two days from now C. because you do not know what a day may bring forth D. because tomorrow may not come