

EDITOR: GLORIA JEAN WOODARD



WHAT WILL WE FACE NEXT?

It takes faith to go through any situation. It's not faith in ourselves, but faith in God; faith in

you to lose your home and sleep in your car or on the streets.

Paul's purpose was to kill off all the Christians, **"but God!"** has him becoming a Christian. And what he faced next led him into a much different and a most rewarding experience for mankind.

I would like you to think about those **"but God!"** moments that might have occurred in your life. "Did you say to yourself, What next Lord?"

Whatever is next, it will only be a heart change; a change that will always bring us closer; draw us nearer; to fulfill His true purpose to help someone else. Your **"what next situation"** brings about a testimony that brings God glory. When we're looking at one thing, He's looking at the bigger picture. The picture is always bigger in God's eyes. So, when we want to hold on to one job, or want a loved one healed, or not encounter a loss, then our faith won't be tested and no testimonies that causes Him to receive glory. Test sparks our courage and promotes our walk.

Those, **"but God"** moments show us that God can use us to really show others what He 's placed in us; that He—our Foundation is trustworthy.

"The Emanuel Nine" in South Carolina were slain while wor-

shipping God in church. They didn't know it but they were in their **"What will we face next moment."** They were looking to go home to be with their loved ones that night; getting up the next day, doing their regular routine, not knowing death waited through a young man who wanted to start a race war; **"but God!"** allowed their deaths to impact this whole country. And true forgiveness instead of hate was shown through the hearts of their loved ones. God prepared another scenario! Wow, the President of the United States of America gave a most astounding and beautiful eulogy about God's grace! Now, you ask what next? Keep praying and trusting in God to get us past this next situation; yes another has arisen—same-sex marriage all over the country. What will we face next? Keep establishing that it's **In God We Trust!** God's hands are big enough and we are to have faith to go through it with Him!

God Bless!

Happy 4th of July

P.I.T.W.M.

Him for He is our true source! If we haven't learned that by now, then, we haven't taken His Word seriously.

I'm reminded of the Apostle Paul who was shaped by his encounter on the Damascus Road. We can all be going about our own business, not knowing what's next in our future, but God does. Let me say that again, **"but God!"** He alone knows and He certainly knows how to get us through the encounter that might have come to overwhelm us. You're probably saying, what next Lord? If it ain't one thing its another! **"But God!"** stopped Paul on that famous Damascus Road.

Paul had one purpose in mind, **"but God!"** had another! Have you at one time encountered a **"but God!"** moment? You were looking to stay on that certain job and not be laid off, **"but God!"** has you facing another scenario; you were looking for a loved one to get well—be healed on this side, **"but God!"** have you burying them; you were hoping to get out of debt, **"but God!"** allows

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Oral Health: The Mouth-Body Connection

By Joanne Barker
WebMD Feature
Reviewed by Steve Drescher

Years ago, a physician who suspected heart disease would probably not refer the patient to a gum specialist. The same went for diabetes, pregnancy, or just about any other medical condition. Times have changed. The past 5 to 10 years have seen ballooning interest in possible links between mouth health and body health.

"Physicians are taking a more holistic approach to their patients' overall health," says Sally Cram, DDS, PC, consumer advisor for the American Dental Association. And for good reason. In one recent study, people with serious gum disease were 40% more likely to have a chronic condition on top of it.

In this article, WebMD answers two questions about the mouth-body connection. Why can the health of your mouth affect your whole body? And why are simple habits like daily brushing and flossing more important than you might think?

Your Mouth, the Gateway to Your Body

To understand how the mouth can affect the body, it helps to understand what can go wrong in the first place. Bacteria that builds up on teeth make gums prone to infection. The immune system moves in to attack the infection and the gums become inflamed. The inflammation continues unless the infection is brought under control.

Over time, inflammation and the chemicals it releases eat away at the gums and bone structure that hold teeth in place. The result is severe gum disease, known as periodontitis. Inflammation can also cause problems in the rest of the body.

Oral Health and Diabetes

The working relationship between diabetes and periodontitis may be the strongest of all the connections between the mouth and body. Inflammation that starts in the mouth seems to weaken the body's ability to control blood sugar.

People with diabetes have trouble processing sugar because of a lack of insulin, the hormone that converts sugar into energy.

"Periodontal disease further complicates diabetes because the inflammation impairs the body's ability to utilize insulin," says Pamela McClain, DDS, president of the American Academy of Periodontology. To further complicate matters, diabetes and periodontitis have a two-way relationship. High blood sugar provides ideal conditions for infection to grow, including gum infections. Fortunately you can use the gum disease-diabetes relationship to your favor: managing one can help bring the other under control.

Though the reasons are not fully understood, it's clear that gum disease and heart disease often go hand in hand. Up to 91% of patients with heart disease have periodontitis, compared to 66% of people with no heart disease. The two conditions have several risk factors in common, such as smoking, unhealthy diet, and excess weight. And some suspect that periodontitis has a direct role in raising the risk for heart disease as well.

Oral Health and Heart Disease

"The theory is that inflammation in the mouth causes

inflammation in the blood vessels," says Cram. This can increase the risk for heart attack in a number of ways. Inflamed blood vessels allow less blood to travel between the heart and the rest of the body, raising blood pressure. "There's also a greater risk that fatty plaque will break off the wall of a blood vessel and travel to the heart or the brain, causing a heart attack or stroke," Cram explains.

Oral Health and Pregnancy

Babies born too early or at a low birth weight often have significant health problems, including lung conditions, heart conditions, and learning disorders. While many factors can contribute to premature or low birth weight deliveries, researchers are looking at the possible role of gum disease. Infection and inflammation in general seem to interfere with a fetus' development in the womb.

Though men have periodontitis more often than women do, hormonal changes during pregnancy can increase a woman's risk. For the best chance of a healthy pregnancy, McClain recommends a comprehensive periodontal exam "if you're pregnant or before you become pregnant to identify whether or not you're at risk."

Oral Health and Osteoporosis

Osteoporosis and periodontitis have an important thing in common, bone loss. The link between the two, however, is

A PRAYER FOR WHAT I WILL FACE NEXT

Father in the Name of Jesus, I thank You for all that You've done for me. I know I can't say it enough, but I trust You by the power of the Holy Spirit to cause me to have appreciation for what You're doing to and in my heart.

I need Your power for what I must face in the days ahead of me, whatever it may be. Thank You

for the release of Your power in my heart to not walk with pride or unforgiveness; to not let emotions rule me when people do me wrong.

I thank You for self-control as Grace covers me. I will not use Your power for revenge, but I'll use it for healing, for revival, for reconciliation, so

that Your glory might be seen.

Because You can see the big picture, You know the thoughts that You think toward me. And I'm so glad that they are thoughts of peace even when I don't know what I will face next. Thank You for the grace. Thank You that I am not afraid of what the future will bring because I know that Your

power is released in me by faith. My assurance of things hoped for, and my confidence of things not seen is always in You.

I love You Lord because You had begun that good work in me to do Your Will and what I face next takes constant faith in Jesus' Name, Amen!

Con't: Oral Health: The Mouth-Body Connection

Osteoporosis and periodontitis have an important thing in common, bone loss. The link between the two, however, is controversial. Cram points out that osteoporosis affects the long bones in the arms and legs, whereas gum disease attacks the jawbone. Others point to the fact that osteoporosis mainly affects women, whereas periodontitis is more common among men.

Though a link has not been well established, some studies have found that women with osteoporosis have gum disease more often than those who do not. Researchers are testing the theory that inflammation triggered by periodontitis could weaken bone in other parts of the body.

Oral Health and Smoking

Not smoking is one of the most important things you can do for your mouth and your body. According to the CDC, a smoker's risk of severe gum disease is three times higher than someone who does not smoke.

"Nicotine in cigarettes causes blood vessels to constrict," McClain tells WebMD. This interferes with your gums' ability to fight infection. Not only that, smoking interferes with treatment -- gum surgeries tend to be more complicated and recovery more difficult.

Oral Health and Other Conditions

The impact of oral health on the body is a relatively new area of study. Some other mouth-body connections under current

investigation include:

- **Rheumatoid Arthritis.**

Treating periodontal disease has been shown to reduce pain caused by rheumatoid arthritis.

- **Lung Conditions.**

Periodontal disease may make pneumonia and chronic obstructive pulmonary disease worse, possibly by increasing the amount of bacteria in the lungs.

- **Obesity.** Two studies have linked obesity to gum disease. It appears that periodontitis progresses more quickly in the presence of higher body fat.

The Bottom Line on Oral Health

One thing is clear: the body and mouth are not separate. "Your body can affect your mouth and

likewise, your mouth can affect your body," says McClain. "Taking good care of your teeth and gums can really help you live well longer." This means brushing twice a day, flossing once a day, and going for regular dental cleanings and check-ups.

Cram stresses the importance of letting your dentist know your full family medical history. And, she adds, "if you have periodontal disease, make sure you see your dentist frequently and get it treated promptly, before it progresses to the point where you begin losing teeth or it starts to affect your overall health."

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

July 4 Independence Day— 4th of July

July 26 Parents Day

JESUS, THE "I AM" Bible Quiz

- Jesus said, "I am the bread of life: he that cometh to me shall never hunger: and he that believeth on me shall..."
 - do many works in my name.
 - be made whiter than snow.
 - never thirst.
 - never die.
- Jesus said, "I am the light of the world: he that followeth me shall not walk in darkness, but..."
 - shall have the light of life.
 - upon them hath the light shined.
 - if the blind lead the blind, both shall fall into the ditch.
 - shall not see me henceforth, till ye shall say, Blessed is he that cometh in the name of the Lord.
- Jesus said, "Verily, verily, I say unto you, I am the door of the sheep. All that ever came before me are thieves and robbers: but the sheep..."
 - hear only their master's voice.
 - did not hear them.
 - were not afraid of the wolves.
 - were safe and sound inside the sheepfold.
- To whom did Jesus say, "I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall

he live: And whosoever liveth and believeth in me shall never die. Believest thou this?"

- The woman at the well.
 - Mary Magdalene.
 - Salome.
 - Martha.
- Which two of the disciples had the conversation with Jesus where he said, "I am the way, the truth, and the life: no man cometh unto the Father but by me."
 - James and John.
 - Thomas and Philip.
 - Andrew and Peter.
 - Nathaniel and Matthew.
 - Jesus said, "For judgment I am come into this world, that they which see not might see; and they which see..."
 - might see more.
 - might be made blind.
 - might have the eyes of their understanding opened.
 - might prophesy in My name.
 - Jesus said, "I am not of this world. I said therefore unto you, that ye shall die in your sins: for if ye believe not that _____, ye shall die in your sins."
 - I am He.
 - God raisedth the just.
 - Jehovah is your provider.
 - the light has come into the world.
 - Jesus said, "I am the good shepherd: the good shepherd giveth his life for the sheep, But he that is an hireling, and not the shepherd, whose own the sheep are not, seeth the wolf coming, and leaveth the sheep, and fleeth: and the wolf..."
 - devoureth them.
 - separates the sheep from the goats.

- catches them, and scatters the sheep.
 - becomes owner of the sheepfold.
- Jesus said, "Verily, verily, I say unto you, Before Abraham was, I am." What did the Jews do in response to that statement?
 - Fell on their faces and worshipped him.
 - They picked up stones to throw at him.
 - Called the Scribes and the Pharisees to hear him.
 - Realizing that he would soon die, they cast lots for his robe.
 - What did Jesus say was the evidence of His being the Son of God, so that we should believe him?
 - He understood every aspect of the law.
 - He did the works of His Father.
 - He was born of a virgin.
 - He prayed a lot.
 - Jesus said, "I am the Living bread which came down from heaven: If any man eat of this bread, he shall _____: and the bread that I will give is my flesh, which I will give for the life of the world."
 - receive an invitation to the marriage supper of the Lamb.
 - Forever be grateful.
 - Live for ever.
 - All of the above.
 - In the Book of Revelation, how does Jesus describe Himself?
 - I am Alpha and Omega, the beginning and the end.
 - I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death.
 - I am the root and offspring of David, and the bright and morning star.
 - All of the above.