

PITWM

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I AM NOT WHAT HAPPENED YESTERDAY!



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Did you have a bad day yesterday or was it last year, and you let it define you? Well, I can give you plenty examples in the bible to let you see that others didn't let yesterday define them.

One that comes to mind is Joseph. He was the youngest brother of 12, and at the age of seventeen his brothers didn't like him, so they connived a plan to get rid of him, and they did.

They threw him in the pit and sold him to the Ishmaelites for twenty pieces of silver and they brought him into Egypt (Gen.37:25-28). He went from his homeland of Canaan all the way into being sold as a slave in the land of Egypt.

Many of today's children are being sold into sex trafficking, kidnapped, left in the grocery stores, and abandoned all kinds of ways. What occurred in the Old Testament times is nothing new in today's times. There are those who won't like you, don't care about you, but I say don't allow it to define who God has

made you to be. I don't know why they had to suffer so long to come out of those situations, or even die so early.

But I do know that we have an enemy, Satan, and he doesn't care about you at all. Jesus, our Advocate will bring out the best in us through the situation if we decide not to get bitter but we decide to trust Him!

Joseph, after being sold went through many struggles in his life before his brothers were brought back to face him. I can't say you're going to be elevated to a prestigious position like Joseph, but I will say you will be free

in your mind if you make the choice to not be bitter.

Recently, looking at the three girls in the News that had been kidnapped, tortured, and raped by a man in Cleveland, Ohio, who kept them chained in the basement of his home, were finally rescued and freed. Their

Inside this issue:

Editor's Words:	1-3
I'm Not What Happened Yesterday!	
Just A Side Note:	3
Relationships	
Prayer	3
Health Awareness:	4
What Is Inflammation?	
Mission / Vision	5
Bible Quiz	5

Con't **I AM NOT
WHAT HAPPENED
YESTERDAY!**

names are Amanda Berry, age 17 at the time of disappearance, Gina DeJesus 14, and Michelle Knight 21. Knight was the first to vanish in 2002— All a decade or more. You can be physically freed, but not mentally freed. However, she said *"I have been through hell and back but that I know I can now walk through hell with a smile on my face and that I won't let the ordeal change me or fill her with hatred."* They lived in horror for a decade but will not allow the mess poured upon them to define their lives.

Don't you wish that the moment you hear the truth of God's Word, your attitudes would be changed? It can be for some, but not all of us. Why? Because we allow yesterday to rehearse over and over in our minds and we stay victims. You keep the victim mentality going. It could be something as simple as he/she didn't speak, didn't hug, didn't smile at me, and we

feel we've done something wrong. And then rehearse their incident in our minds over and over and over. Then after rehearsing it, we talk about it every chance we get. Don't you know that that's the trick of the enemy? We have an enemy who does not want us to succeed. That's why Romans 12:2 is so important: *"And be not conformed to this world: but be ye transformed by the renewing of your mind..."*

Now look at some of the small things we go through: somebody not speaking to you that you can't seem to get over, and then look at the big things of being sold into sex trafficking or being kidnapped or people who have been wrongfully convicted of a crime and sent to prison like the ones I've been seeing on the News, and even Joseph. Now tell me how long are you going to hold on to that small petty thing while others are going through horrendous things and come out with better attitudes, meaning not allowing their yesterday to define their today.

Another person in the News: Sheryl Swoopes lost everything after announcing she was in a lesbian relationship. She was at

the top of her basketball game with the Houston Comets and WNBA career lost all of her endorsements and money (went bankrupt). God gives everyone a free-will, but being bitter does not please Him, holding on to yesterday does not please Him. She says, *"Everything I've gone through in my life was all part of my journey to get me where I am right now."* And right now she is engaged to a man and will become the head coach of women's basketball at Loyola University of Chicago (a Catholic School). She has become the eighth women's coach in program history. Swoopes explained: *"My previous relationship, that's who I was 10 years ago. Holding on to yesterday will not bring you forward. All I know is that God made us strong, to be overcomers in life."* We can look at it and say your yesterday put you in a better place for your tomorrow because you didn't dwell on a bad yesterday; you listened to God. The Word says, *"So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries"* Matt.6:34 (ERV). Say to yourself:

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I AM A BETTER PERSON BECAUSE I AM NOT WHAT HAPPENED YESTERDAY! I ENDURED AND I SURVIVED!

I survived a rape, while another was killed by a rapist! I survived a divorce, while another never recovered from it and is still rehearsing her yesterday and I survived a car accident, while another's mind can't remember why they're in a nursing home. I survived rejection, while another is saying I can't stand to

be rejected again by anyone. I am not what happened to me yesterday! God has been too good to me than for me to stay stuck on yesterday; to stay bitter about someone else's free-will. I always say, they're not going where God is taking me. So I have to readily get pass the ordeal of what happened.

God gave Joseph a dream as a teenager but it didn't come to pass until he had become a grown man. He had to go through many challenges: Being betrayed by his brothers

was not on his mind; prison was probably not on his mind; nor running away from another man's wife was surely not on his mind. Do you think Trayvon Martin' yesterday defines him today? If you ever said I want to be famous. This is not what you would want!

Jesus knew that for us, our yesterday would not take over our today. Once translated out of darkness into light, we would never be the same. We would not be what happened to us yesterday! No matter what caused our struggle yesterday, what matters is that we get up today **God Bless!**

JUST A SIDE NOTE: | RELATIONSHIPS

I found this in my E-mail, so I'll add my comment.

Women are like apples on trees. The best ones are at the top of the tree. Most men don't want to reach for the good ones because they are afraid of falling and getting hurt. Instead, they sometimes take the apples from the ground that aren't as good, but easy. The apples at the top think something is wrong with

them, when in reality, they're amazing. They just have to wait for the right man to come along, the one who is brave enough to climb all the way to the top of the tree.

We are all made in God's image. Some are displayed from the outside, and some are displayed from the inside. Your value does not decrease just because someone does not see your worth! God sees YOUR worth!

Now men...men are like a fine wine. They begin as grapes, and it's up to women to stomp on them until they turn into something acceptable to have dinner with.

Life is what you make it. Do you want to spend it stomping? No! Know who YOU are, so the wine YOU taste will be the wine just for YOU!

God Bless!



Father in the name of Jesus, you know me inside and out. I thank you for life and life more abundantly. I give you praise for bringing me out of my yesterday; for allowing me to see a new tomorrow. I'm so

glad you heard my prayer yesterday and everyday. What frustrated me yesterday is quickly removed. I am encouraged because of Your Word; because of Your Presence, and because of Your Promises! You also sent Your ministering angels at the right time when I was weak. I bind those anchors that

try to weigh me down, in the Name of Jesus.

Thank You Father for removing all unnecessary burdens from me; for stripping away all the things that try to cling to me.

I'm in expectancy of You when I pray. I expect You to show up. I expect You in my day, because You

made it for me and You made it for me to succeed in it. I trust You so I won't have to lean to my own understanding. I am Your workmanship and what You've begun in me you will see it through to the end. Praise God! Thank You for speaking to me today and everyday, in Jesus' Name, Amen!

What Is Inflammation?

When something harmful or irritating affects a part of our body, there is a biological response to try to remove it, the signs and symptoms of inflammation, specifically acute inflammation, show that the body is trying to heal itself. Inflammation does not mean infection, even when an infection causes inflammation. Infection is caused by a bacterium, virus or fungus, while inflammation is the body's response to it.

The difference between Chronic Inflammation and Acute Inflammation

Acute Inflammation - starts rapidly (rapid onset) and quickly becomes severe. Signs and symptoms are only present for a few days, but in some cases may persist for a few weeks.

Examples of Diseases, conditions, and situations which can result in Acute Inflammation include: acute bronchitis, infected ingrown toenail, sore throat from a cold or flu, a scratch/cut on the skin, exercise (especially intense training), acute appendicitis, acute dermatitis, acute tonsillitis, acute infective meningitis, acute sinusitis, or a blow.

Chronic Inflammation - this means long-term inflammation, which can last for several months and even years. It can result from:

- Failure to eliminate whatever was causing an acute inflammation.
- An autoimmune response to a self antigen - the immune system attacks healthy tissue, mistaking it (them) for harmful pathogens.

- A chronic irritant of low intensity that persists.

Examples of Diseases and conditions with chronic inflammation include:

asthma, chronic peptic ulcer, tuberculosis, rheumatoid arthritis, chronic periodontitis, ulcerative colitis and Crohn's disease, chronic sinusitis, and chronic active hepatitis (and many more).

However, chronic inflammation can eventually cause several diseases and conditions, including some cancers, rheumatoid arthritis, atherosclerosis, periodontitis, and hay fever. Inflammation needs to be well regulated.

Five cardinal signs of Acute Inflammation - "PRISH"

Pain - Inflammation primarily causes pain because the swelling pushes against the sensitive nerve endings, which send pain signals to the brain.

Redness - this is because the capillaries are filled up with more blood than usual.

Immobility - there may be some loss of function.

Swelling - caused by an accumulation of fluid. Inflammation risk is much greater if you are obese. It drops when women lose weight.

Heat - as with the reason for the redness, more blood in the affected area makes it feel hot to the touch.

Possible Treatments For Inflammation

Anti-inflammatory medications. NSAIDs (non-steroidal anti-inflammatory drugs). Examples include naproxen, ibuprofen and aspirin. People should not use NSAIDs long-term without being under the supervision of a doctor, because there is a risk of stomach ulcers, and even severe and life-threatening hemorrhage.

Acetaminophen (paracetamol, Tylenol) can reduce pain associated with inflammatory conditions, but have no anti-inflammatory effects.

Corticosteroids - these are a class of steroid hormones naturally produced in the cortex (outer portion) of the adrenal gland.

Herbs have Anti-Inflammatory properties.

- Hyssop • Ginger • Turmeric

Other Treatments For Inflammation.

Applying Ice- do not place the ice in direct contact with skin, wrap it in a cloth or a purpose-made ice bag. Inflammation can go down more rapidly if you rest, apply ice, compression, and elevate the affected area.

Fish Oil (Omega-3)-daily consumption of fish oil, omega-3 reduced both inflammation and anxiety in a group of young healthy people.

Green Tea - regular green tea drinking enhances bone health and reduces inflammation in postmenopausal women.

Tart Cherries - have the highest anti-inflammatory content of any food.

<http://www.medicalnewstoday.com/articles/248423.php>

Five Foods to Fight Inflammation

1. Walnuts - Put a handful in cereal, eat them by themselves, or mix with dried fruit for a healthy and natural trail mix.

2. Curry - If you have time to cook your own curries or go to Indian or Thai restaurants where the dishes are made from scratch, then do.

3. Chia - Put the seeds in yogurt, cereal and muffins or leave them to stand in a glass of water with a touch of lime, and then drinking after a few minutes.

4. Pineapple - We should add it into our diets because it contains the anti-inflammatory enzyme bromelain. It's also high in vitamin C and tastes great fresh, frozen, and blended in smoothies.

Black Tea - It is rich in theaflavins and thearubigins, which have been shown to tame inflammation and even reduce cancer risk.

<http://www.supthemag.com/features/paddle-healthy/paddle-healthy-top-5-foods-for-fighting-inflammation/>

God Bless!

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.

Quote

"THE ONLY PERSON I CAN TRY TO BE BETTER THAN, IS THE PERSON I WAS YESTERDAY."
UNKNOWN

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!

Scripture

"And I know that all things work together for good to them that love God, to them who are the called according to his purpose."
Romans 8:28

DATES TO REMEMBER 2013

AUGUST 9-11 Free Sales Tax Holiday
AUGUST 26 First Day of HISD School

ON THE WEB
www.pitwm.net

BIBLE STUDY: JOPSEPH IN THE BIBLE

1. To whom did Joseph's brothers sell him?
 - a. Edomites
 - b. Ishmaelites
 - c. Hitites
 - d. Jebusites
2. Who suggested selling Joseph?
 - a. Asher
 - b. Zebulun
 - c. Simeon
 - d. Judah
3. Joseph was sold for what?
 - a. Food and drink
 - b. Precious jewels
 - c. Seven lambs
 - d. Twenty pieces of silver
4. To whom was Joseph sold in Egypt?
 - a. Potiphar
 - b. Pharaoh
 - c. Hirah
 - d. Tamar
5. How did Joseph come to be in Potiphar's household?
 - a. Joseph's brothers sold him to Potiphar.
 - b. Some Ishmaelites sold him to Potiphar.
 - c. Potiphar saved Joseph out of Pharaoh's prison.
 - d. Potiphar's daughter found Joseph floating in a basket in the Nile River
6. What put Joseph in Pharaoh's prison?
 - a. He stole from his master.
 - b. He had an affair.
 - c. A scorned woman.
 - d. He killed a man.
7. What did Potiphar do to Joseph as a result of what had been told to him?
 - a. He put Joseph into the king's prison, where he stayed.
 - b. He put Joseph in prison, but there was an earthquake, and Joseph escaped.
 - c. He gave him a robe of scarlet and a gold chain for his neck.
 - d. He recommended him to the Pharaoh as someone who could manage the kingdom
8. How long after Joseph had interpreted the dreams of the butler and the baker did Joseph interpret Pharaoh's dream?
 - a. Two days.
 - b. Two weeks.
 - c. Two months.
 - d. Two years.
9. Many sorrows shall be to the wicked: but he that trusteth in the LORD,... (Ps.32)
 - a. provision shall compass him about.
 - b. merriment shall compass him about.
 - c. fortune shall compass him about.
 - d. mercy shall compass him about.
10. Thou shalt guide me with thy counsel, and afterward...
 - a. crown me with lovingkindness and tender mercy (Ps.73).
 - b. receive me to glory.
 - c. load me daily with thy blessings.
 - d. instruct me in the night seasons.
11. Hide me from the secret counsel of the wicked; from the ___ of the workers of iniquity: (Ps.64)
 - a. devices
 - b. intentions
 - c. insurrection
 - d. deceit
12. The LORD bringeth the counsel of the heathen to nought: he maketh... (Ps.33)
 - a. the devices of the people of none effect.
 - b. the heathen to rage furiously together.
 - c. darkness to be as light about me.
 - d. me to lie down by still water and restoreth my soul.

ANSWERS:

1. b 2. d 3. d 4. a 5. b 6. c 7. a 8. d 9. d 10. b 11. c 12. a