



EDITOR: GLORIA JEAN WOODARD

IT'S YOUR CHOICE

Paul said "... *for I have learned, in whatsoever state I am, therewith to be content*" **Phil.4:11b**. It's a choice whether to stay low (humble); or abound (prosper); to suffer hurt or acknowledge how right you are; to be filled with God's Spirit or be filled with selfish pride; to be joyous or to always stay sad; to be down to be glad. **The saying about a cat is that he has nine lives.** He always seems to make a comeback. Well, we have two lives: this one now, and the eternal life to come; and what we do in this life will determine our next life.

A quote by an unknown author says:
"Why compare yourself with others? No one in the entire world can do a better job of being you than you." God's Word says: *"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul*

knoweth right well" **Ps.139:14. Eph.2:10a** says: *"For we are his workmanship, created in Christ Jesus unto good works."* I am a marvelous workmanship of God's Creation. I have explored areas I never dreamed of by choice, but God was fulfilling it all in me! It's still your choice how you choose to go through life. If we are selfish in our choices we might have a repeat cycle of misunderstanding what God wanted us to choose. But, through God's choices He gets the glory and we benefit the good works, whom He has made us to be. Yes, sometimes it's not easy. That's why Paul says he's learned to go through some repeat courses. You don't get it all at once. You say, well, how many years will it take me? Well, I don't know, but I do know that once you get it, you've gotten it! As being a marvelous workmanship of God, God knows what tests and trials we need to encounter to learn His wise choices and He will allow it. So, if I choose to be disobedient and stubborn, it may be many tests. My, my, and

I don't want to be either. **Philippians 3:13** knows just what I need — *"I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before."* **It's your choice to...**

- **stay low** (humble); **or to abound** (prosper). Being humble is a powerful characteristic. That means you're not arrogant, proud or bossy; not trying to hurt others by pushing them down to get your way. No, you have your head on straight. **Philippians 4:12** says *"I know how to be humbled (modest), and I know also how to abound (thrive)."*

Look at it this way: no matter how much we know or have grown, we

INSIDE THIS ISSUE:

Editor's Words: It's Your Choice	1-3
How Anger Can Hurt	3
Barriers To Healing	3
Affirmations	4
Bible Study	4

CON'T

IT'S YOUR CHOICE

still have to depend upon another—never putting another down, but allowing yourself to grow with others; allowing another to catch up. You only stay low for so long. In Christ we all bloom in His way. Some flowers are late bloomers. I'm always teaching, *that's abounding*; but I'm always learning also, *that's staying low*. Staying content in a circumstance will really bring about patience. I always want to grow, prosper, and be challenged, but it hurts me when others don't want to put forth the effort to do the same. However, in the meantime I have to remember to be in *'satisfied with Jesus mode'*—meaning not to get ahead of what God is working out in me and in someone else's life.

That's the same as salvation; you have to want it, God

doesn't go over a person's Will to give it to them. He's patiently waiting. The circumstance will come when they will want it; and not wanting salvation, you really miss out on the greater things from Him! Just as Jesus would tell His disciples, *"O ye of little faith."* As He has given us a portion of faith—a free gift! It's a free choice to want to grow and increase your faith. How? *"Faith comes by hearing, and hearing by the Word of God!"* That means we will have to go back to His Word time and time again to recognize whose we are; what power we have because of His Word, and what He wants us to do with our faith. It's a choice! Which will you choose? **It's your choice to...**

- suffer hurt or to acknowledge how right we are. This is in respect to not allowing people's hurtful words to get to us, verses we're having to have the last

word; the last say so. Help me Lord to learn this lesson—I'm back to staying humble; take the low road.

A quote by an unknown author says:

"Confidence comes not from always being right but not fearing to be wrong." You know the saying, *"if you don't have anything good to say about a person, don't say anything."* To suffer hurt and not say a mumbling word is still a growing process in all of us; it's an humbling process. It's a choice to suffer the hurt' it's a choice to take the low road and not have the last word. It may not be the time to abound, and it may not be the time to acknowledge how right you may be. Can we listen to that small still voice inside us? I have to remember that that would only be my flesh talking; my carnal side aggressing. My process in this journey is to allow God to lead, yes God, not me. And God gives us time after time to get it right! God keeps telling me that you can't drag others in your process. So, there-

fore talk to Him and not them.

Jesus on the cross forgave and suffered hurt, rather than acknowledge how right He was. Hurtful and unkind words came at Him; beatings came upon Him, but Words of forgiveness came out of Him! In our human frailness hurting people hurt others, but I assure you we don't always have to, for God knows how to fight our want to be right battles. Let Him! The world and some Christians will bring out the worst in you, but be glad for your process in the journey. Will you hurt others just to be right, or will you suffer hurt, not saying a mumbling word? Which will you choose? **It's your choice to...**

- **be filled with selfish pride or to be filled with God's Spirit.**

A quote by an unknown author says: **"Temper will get you into trouble, but pride keeps you there."** Pride can be

CONT

IT'S YOUR CHOICE

a hindrance to seeking God. *"God is not in their thoughts"* Ps.10:4c. It's only about self—me, me, me! Self can't fill you with God's powerful Spirit, only God does that! *"What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own?"* 1 Cor.6:19. **It's your choice to...**

- be joyous or always stay mad;
- be down or be glad.

It's your choice whether to think on those things that bring you down or those things that will encounter change for the better in your life. We all go through challenges, and God allows us to go through them to grow us up, not tear us down. **Jeremiah 29:11** says, *"I know the thoughts that I think toward you, saith the Lord, thoughts of peace (good) and not of evil, to give you an expected end (to give you a future and a hope)."* His hope is that we make right choices because they affect others!

JESUS PAID IT ALL! HE MADE THE RIGHT CHOICE!

God Bless!

August 19, 2014

July 21, 2015

How Anger Can Hurt Your Heart

By Katherine Kam

WebMD Magazine - Feature

Reviewed by James Beckerman,
MD, FACC

Everyone gets angry. It's a normal emotion, and there's probably a good reason why you feel that way.

The way you handle your anger can make a difference to your heart, though.

"If you have a destructive reaction to anger, you are more likely to have heart attacks," says cardiologist Dave Montgomery, MD, of Piedmont

Hospital in Atlanta.

That's true whether intense anger makes you fiery or a quietly fume.

If you can tell people in an appropriate way that you're angry, that's a good sign, says Laura Kubzansky, PhD, MPH, of Harvard School of Public Health. High levels of anger are the issue, not ordinary anger, says Kubzansky, who has studied how stress and emotions affect heart disease.

HOW ANGER FIRES UP THE HEART

Emotions such as anger and hostility ramp up your "fight or flight" response. When that happens, stress hormones, including adrenaline and cortisol, speed up your heart rate and breathing.

You get a burst of energy. Your blood vessels tighten. Your blood pressure soars.

You're ready to run for your life or fight an enemy. If this happens often, it causes wear and tear on your artery walls. Research backs that up.

In one report, researchers found that healthy people who are often angry or hostile are 19% more likely than calmer people to get heart disease. Among people with heart disease, those who usually feel angry or hostile fared worse than others.

So if anger has you in its crosshairs, it's time to shift the way you react to it.

Barriers To Healing

1. Ignorance of God's Word (see Isaiah 5:13; Hosea 4:6).
2. Unbelief (see Hebrews 3:12-13).
3. Unconfessed sin (see Proverbs 28:13).
4. Resentment and Unforgiveness toward others (see Mark 11:25-26).
5. Occult (Involvement see Exodus 23:24-26).
6. Unscriptural Covenants (Freemasonry) (see Exodus 23:31-33).
7. The Effects of a curse (see Deuteronomy 28:15-68).

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

DATES TO REMEMBER 2015

AUGUST 7—9 Free Sales Tax Holiday

AUGUST 24 First Day of HISD School



A man's pride shall bring him low: but honour shall uphold the humble in spirit

Pro.29:23.

Be angry and sin not: let not the sun go down upon your wrath Eph.4:26.

I acknowledged my sin unto Thee, and mine iniquity have I not hid, I said, I will confess my transgressions unto the Lord; and Thou forgavest the iniquity of my sin Ps.32:5.

For if I forgive men their trespasses, my heavenly Father will also forgive me: But if I forgive not men their trespasses, neither will my Father forgive my trespasses Matt.6:14-15.

BIBLE STUDY QUIZ

1. Humble yourselves in the sight of the Lord and
a. Hear your prayer
b. Lift you up
c. Set you free
d. Rescue you from your cruel oppressors

2. Out of the same mouth proceedeth
a. Piercing sword and gall
b. The snarl of a vicious dog and the sweet coo of a dove
c. Unfailing love and faithfulness
d. Blessing and cursing

3. He that hath no rule over his own spirit is like...
a. A fierce and raging torrent
b. A city that is broken down and without walls
c. A great wind in whose path is destruction
d. A wild horse on whom no man has ever placed a bridle

4. Which one is not a fruit of the Spirit?
a. Faith
b. Longsuffering
c. Strife
5. Whosever there-

fore shall _____ himself as this little child, the same is greatest in the kingdom of heaven Mt.18:4.

6. But he giveth more _____. Wherefore he saith, God resisteth the _____, but giveth _____ unto the _____ Jam.4:6.

7. _____ yourselves in the sight of the Lord, and he shall _____ _____ Jam.4:10.

8. A _____ answer turneth away wrath: but _____ words stir up _____ Pro.15:1.

9. EHICOCS _____

10. LHEBMU _____

11. ENNOTTC _____

12. EATNPTI _____

13. RHNOO _____

14. GRFVEIO _____

15. OTFS _____

16. ERATH _____

Answers

1. b 2. d 3. b 4. c 5. humble 6. grace; proud; grace; humble 7. Humble; lift you up 8. soft; grievous; anger 9. Choices 10. Humble 11. Content 12. Patient 13. Honor 14. Forgive 15. Soft 16. Heart