



P. I. T. W. M.

Look For Ways To Give



**Editor: Gloria Jean Woodard** can bite you in the rear! When

Fantastic, it's the Thanksgiving Holiday we give thanks, and eat a meal that we can't seem to get off and then by Christmas it's doubled. WOW! The scripture in the Message Bible says, *"If you are generous with the hungry and start giving yourselves to the down-and-out, Your lives will begin to glow in the darkness, your shadowed lives will be bathed in sunlight"* Is.58:10. Well, it seems that giving is the answer! You can't give without some compassion or love within. God gives us that love to express to others.

Well, you're probably saying, nobody has ever given me anything! Well, I'll take you to that 9<sup>th</sup> verse. This is God's answer: *"Then when you pray, God will answer. You'll call out for help and I'll say, 'Here I am.' If you get rid of unfair practices, quit blaming victims, quit gossiping about other people's sins..."*Wow, that Word

you make the problem more than the answer, you tend to get stuck on the problem. When you make selfish statements, God hears them and you defeat yourself without knowing it. Repent and turn from the devil's tactics. I'm not saying that everything is from the devil, but allow God to search your heart so He can reveal to you this misunderstanding. Really the chapter is dealing with fasting. And if it takes you to that route, so be it. This is a conditional answer; a promise. If you will do this, He will do that! There is a fullness in God that He is looking for which will deal with your integrity. In the process, you will give to get: **Verses 6-7** explains it. *"This is the kind of fast day I'm after: (v.6)*

- to break the chains of injustice, (v.6)
- get rid of exploitation in the workplace, (v.6)
- free the oppressed, (v.6)
- cancel debts. (v.6)

- What I'm interested in seeing you do is: (v.7)

- sharing your food with the hungry, (v.7)
- inviting the homeless poor into your homes, (v.7)
- putting clothes on the shivering ill-clad, (v.7)
- being available to your own families. (v.7)

After God explains what we are to do in this type of fast, then He says: *"Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer"*Vv. 8-9a.

If we're looking for ways to



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## Con't **Look For Ways To Give**



give, it's right there in the Word of God. When you give God a place in your heart, you position yourself to let the light shine; meaning light breaks forth; your understanding is clearer, and your prayers are no longer unanswered; the healing of a wounded heart (or body) is purged; spiritually and physically. You come alive **as** the morning light. But in **verse 10 the darkness is overshadowed by the noonday light**. This is the time of day that the sun is blazing and blinding. So it says that *"Your lives will begin to glow in the darkness, your shadowed lives will be bathed in sunlight"* v.10. My husband and I were driving home from church the other Sunday and encountered this blazing sun in front of us on the freeway. And it was huge! It was almost blinding where we could hardly see, and I said *"Just think what Jesus would look like when we see Him. I don't think we wouldn't be able to see Him in His brightness. We would have to cover our faces as well as our eyes. We couldn't look upon Him."* To us

that was a marvelous sight to behold! And when we see Jesus....Amen! Praise God! God is extending both light and life because of His promises and because of what we do in the verse that says "If". It seems we determine this fate, "If"...

Position yourself to always make right decisions. Be willing to give to whomever God tells you to give, even giving of yourself.

- **If you're too tired, give.**
- **If you're too bogged down, give.**
- **If you're too overwhelmed, give.**

I found out that it's not about how I feel, but it's that we are here to give Him glory. And when you think you can't do it; you can't give anymore, pray and ask God His help; for His way. He'll always come through even when we think it seem to us that it's at the very last minute. I'm writing this at the very last minute. He came through! We can never out-give God! If you hold on to *'nobody has ever given me anything'*, then you lose!

- **When you hold on to your money it slips away.**
- **When you hold on to your love, it fades away.**
- **When you hold on to time, it flies away.**

- **When you hold on to life, it dies away.**

**"Cast every care upon Him for He cares for you" 1Pt.5:7.**

- **Everytime you take a meal to someone, they're saying "thanks for remembering me."**
- **Everytime you visit the jail or prison, they're saying "thanks for remembering me."**
- **Everytime you go to a homeless shelter or a nursing home, they're saying "thanks for remembering me."**
- **Everytime you give clothes away that you can't wear, they're saying "thanks for remembering me."**
- **Everytime you give money away, they're saying "thanks for remembering me."**
- **Everytime you are taking care of a loved one (relative), they're saying "thanks for remembering me."**

You are expressing that love that Jesus has expressed to us so many times. We need to know where our help comes from, and it comes from the Lord who made the heavens and the earth. Looking for ways to give to others, it's in the Book, the Word of God! **God Bless!**

## Thanks To The Readers Of The P.I.T.W.M. Newsletter----God Is Good!



Father You  
art my  
God, my

Protection, and my Strength. I thank You for listening to me when I pray, fulfilling every need! If I confess my sins, You are faithful and just to forgive me of my sins, keeping me in right order with You! If doubt tries to come in, it won't stay!

Lord, you keep me wise because I am full of Your wisdom, leaning not to mine own understanding, but trusting in You! You tell me to be strong, be bold, be of a good courage, not being afraid nor be dismayed for the You Lord God Almighty is with me.

I honor and thank You everyday because of who You are and be-

cause of whose I am. It might seem overwhelming at times but as I always remember, thou art with me, thou art my Protector, thou art my Strong Tower, and thou art my Counselor! Your power lives within me!

Hallelujah to **The** Awesome God! Hallelujah to the Prince of Peace! Hallelujah to the Savior of the world! I love You Lord, In Jesus' Name, Amen!



## 1 Getting Back On Track After Thanksgiving

Are you planning a “cheat day” on Thanksgiving? Some of this, some of that. If so, go ahead – and enjoy it. That’s right – I said go ahead. Enjoy your favorite foods and special time with family and friends. On Friday, be ready to get back on track.

The biggest mistake that a lot of us make when overindulging on Thanksgiving Day is that it leads into a ten day free-for-all. It’s easy to slip into an “I’ve-already-blown-it-why-not-just-keep-going” attitude. You keep eating and eating, and exercising less because you feel like a big sack of water. You can eat and enjoy Thanksgiving without turning it into a week or month of careless eating. Here are a few tips to get back on the wagon after Thanksgiving:

1. **Have a plan:** I’ve said it before, you must have a plan. This includes nutrition and exercise and it is especially important if you are traveling. (That means – plan for exercise and if you don’t suspect there will be anything healthy around for you to eat then pack your own.) If you have multiple Thanksgiving

celebrations spread out over a few days, I suggest planning your cheat day and then carefully selecting what you eat at the others.

2. **Start the day after Thanksgiving with plenty of water and a healthy breakfast:** Your body might feel out of whack after all those extra carbs and sweets, you could be craving more when you wake up Friday morning. Drink plenty of water first thing and eat a healthy breakfast packed with protein and veggies. Have your coffee or green tea. Get back on track right then and there, and after a few hours those cravings will go away.
3. **Work it out:** A workout the day after will help get you back on track. Do whatever works best for you. Some people will prefer to go all out with a hard interval workout, while a brisk walk will do just fine for others. If you are traveling make sure you take some time for this, whether it is going for a walk with the in-laws or working out in your room before the day gets started. Just do something!
4. **Don’t let unhealthy leftovers linger:** If you are hosting Thanksgiving or making a few dishes, try to get rid of all those leftovers that do not fit in your nutrition plan. Have some to-go plates ready for all of your guests so everyone can take a little of that delicious pie with

them instead of leaving you with all of it. If you have healthy leftovers that fit into your plan, that’s a bonus! Plan a few meals around those and be creative! (Or how about this – try making a few healthy dishes so you CAN eat them after Thanksgiving!)

5. **Eat well now and get your workouts in:** If you know that you will be enjoying a delicious slice of grandma’s pie and a large serving of mom’s homemade mac & cheese, be mindful to eat even a little better than normal. Be sure to get in all of your scheduled workouts and make at least one or two of those a little more challenging than normal. You could even plan a fun workout for Thanksgiving morning – maybe a run with family, or outdoors tag with the kids.

Thanksgiving is the perfect time to remember how thankful we should be for our health, family, friends, food on the table, and a roof over our heads. Enjoy the day, have a plan and be in control!

### 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!

1. What happened to Daniel after he gave thanks to God by his open window?
  - a. He was thrown in the fiery furnace
  - b. He was thrown into the lions' den
  - c. He was beheaded
  - d. He was put in a muddy dungeon
2. What occasion did David write Psalm 105 for?
  - a. Defeating the Philistines
  - b. Killing Goliath
  - c. Receiving forgiveness for his adultery
  - d. Bringing the ark back to Jerusalem
- 3: What instruments were used to praise God when the temple foundation was rebuilt?
  - a. Many stringed instruments

- b. Sack but and psaltery
  - c. Trumpets and cymbals
  - d. Harp and lyre
4. At the Last Supper what items of food and drink did Jesus give thanks for?
    - a. Honey and milk
    - b. Fishes and water
    - c. Bread and wine
    - d. Locusts and nectar
  5. During what traumatic event did the apostle Paul take bread and give thanks?
    - a. Sea voyage
    - b. Earthquake
    - c. Fire
    - d. House falling down
  6. Who did Jesus raise from the dead by a prayer of thanks to God?
    - a. Moses
    - b. The widow of Nain's son
    - c. Malchus
    - d. Lazarus

### Quote

"IF A FELLOW ISN'T THANKFUL FOR WHAT HE'S GOT, HE ISN'T LIKELY TO BE THANKFUL FOR WHAT HE'S GOING TO GET."

FRANK A. CLARK

### Scripture

"I always thank God for you because of his grace given you in Christ Jesus. For in him you have been enriched in every way--in all your speaking and in all your knowledge--." 1 Corinthians 1:4-5

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### DATES TO REMEMBER 2013

- November 3 Daylight Savings Time
- November 5 Election Day
- November 11 Veteran's Day
- November 28 Thanksgiving Day

### BIBLE QUIZ: THANKSGIVING



7. Why do the four and twenty elders in Revelation give thanks to God?
  - a. God has destroyed that old serpent, the devil
  - b. God has taken his power and commenced his reign
  - c. God has shown the Lamb of God to the world
  - d. God opened the seventh seal
8. In the parable of the Pharisee and the Publican, what did the Pharisee thank God for?
  - a. That he was not sinful like other men
  - b. For all his material possessions
  - c. That he was able to keep God's law daily
  - d. For his family and friends
9. Where was Jonah when he prayed to God with the voice of thanksgiving?
  - a. Nineveh
  - b. On board a ship heading for Tarshish
- c. Tarshish
- d. In the fish's belly
10. Who gave thanks to the Lord when they saw the baby Jesus?
  - a. Herod
  - b. Anna the Prophetess
  - c. The shepherds
  - d. Simeon
11. How did Paul say we should let our requests be made known to God?
  - a. With hearts full of thankfulness
  - b. By thanking God for all our blessings first
  - c. By prayer and supplication with thanksgiving
  - d. By praise, worship and thanksgiving
12. Out of the ten lepers Jesus healed, what nationality was the one who returned to thank him?
  - a. Jew
  - b. Samaritan
  - c. Roman
  - d. Assyrian