

JULY 2011

POWER IN THE WORD FOR PEACE IN ACTION

Being prepared to spread God's Word is taking action to show that there is peace in accepting what Jesus has done on the cross; what He's done, brings all of us peace. Sometimes we want people to have this peace, but it just doesn't happen. If they only knew that it's not about what they intend to do or what they think is important to give them peace, they would truly rethink their steps. If you left the house not having on any shoes, you definitely won't be in peace be-

Inside this issue	:
Editor's Words: Power In The Word For Peace In Action	1-2
Prayer	3
Health Awareness	3
Scriptures On Peace	4
Bible Quiz	4
Mission / Vision	4

Editor: By Gloria Jean Woodard

cause your feet would feel all kinds of obstructing obstacles. Your shoes are very important to your feet. Therefore as we go about to spread the gospel of peace, we must abide in Christ. That's where our peace lies. Knowing that God's ability in us will help us to stay calm. This is something we have to know and not take for granted when the enemy does not want us to give truth to others; when those you want to give it to don't want to hear it; when fear tries to enclose upon you. The Word in 2Tim.4:2 says be ready to "preach the Word; be ready in season and out of season..." That means be prepared! The plan is in action. God has already begun it. He has already made our feet with a readiness; our hearts with gladness; and He has prepared souls to receive this gospel of peace. God sends us to those who need His Word. There is always a battle going

on, but He has softened their hearts to receive His Word that will bring them peace when <u>we</u> take action to go in <u>His</u> direction.

As we look at the armor of God we take and place upon ourselves, take a look at your feet (your walk). Eph.6:15 says" Having our feet shod with the preparation of the gospel of peace." We are walking in God's direction. We're taking action to give the gospel of peace to those who need it. Do we go into battle frayed and weary? No, we don't! Are we going to set anybody else' mind at peace when we are not? No, we're not! This is a walk that cannot exhibit fear, but this must be **peace in action**. Jesus says, He leaves this peace with us. As we move into action, we give others peace that need this Gospel. We are moving in a manner that will instill peace in the message; not chaos. Yes, there are still aoina to be obstacles. However, these obstacles won't bother you because you will be standing on the

Volume 3, Issue 7

firm foundation of the Truth of God's Word. We can't stand, being shaky giving the Good News. We can't stand second guessing about what we said. In our walk, others can't be confused as to who we're standing for or what we believe. They are already confused enough! And the enemy wants to take us off guard with chaos, with silly stuff, and with unforgiveness. Pray and ask God for the Words that would declare salvation: that would declare a peace that those hearing it, can't run from: and that God would cause those words to come up at the right time.

Therefore, our peace would be in the confidence we have in Christ Jesus. He keeps us standing on solid ground; *steadfast, unmovable, always abounding in the work of the Lord,* because our *labour is not in vain in the Lord* 1Corth.15:58. On the battlefield circumstances come to take our peace; even try to confuse us; or keep you from that intended one, God sends us to.

When we take action in this battle to give the Good



Con't: POWER IN THE WORD FOR PEACE IN ACTION

News, don't feel defeated in your purpose but feel overjoyed in what Christ has done. We've got to remember that God has not given up on His Word and His Word does not come back void. He sends it to where it needs to go. We are only to take action in giving that Word out to those we meet. God's peace goes with it and with us. Even if they had not acknowledged or accepted it, they heard the gospel of peace—that Word that would save their souls.

Faith in God will bring the

Peace of God! That's why it's always safe to put on the whole armor of God. Our feet are standing on the promises of God that He gives peace in our action to go to others. He gives peace in our action to give to others. And He gives peace in our action to receive what we've given out.

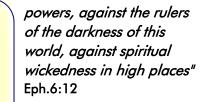
- The Good News gives us peace because it brings us back into right relationship with God.
- The Good News gives

us the forgiveness we need from the wrong we've been trying to cover up.

God want to give His peace constantly!

When we picture a soldier dressed in the whole armor of God, we see one that is ready for battle. All of his armor is in the proper place. That's why our feet must be properly dressed. "*The preparation of the gospel of peace*", means that we move and have the readiness of the gospel of peace. "*Readiness*" indicates that we are eager, willing, prepared to see duty; prepared to do God's Will; and eager, willing, and prepared to proclaim the gospel of peace. This means now, you've got to walk the talk! No more being undressed for battle; no more being a procrastinator; no more being unequipped or having your feet opposing the Will of God. "For we wrestle not against flesh and blood, but against principalities, against

ACTION COMES FROM BEING PREPARED WITH THE GOSPEL! PEACE COMES FROM KNOWING THAT WE ARE PROTECTED IN THIS WALK!



Isaiah 52:7 says, "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation: that saith unto Zion, Thy God reigneth!" Jesus brought the Good News of the Gospel into the world. We preach and carry Good News and that Good News is a message of Peace (shalom) and Salvation

(yeshuah). When everyone knows that the Lord will deliver Zion from captivity, they will begin to say "Your God Reigns." He will reign with peace in the **Power In The Word** we give. He will reign in readiness in the **Power In The Word** that transforms. He will reign in victory in the



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Power In The Word that saves.

Our readiness depends upon our preparation; and that is putting on the whole armor of God first, from head to feet. We can't leave any of it off.

- We are first saved by the grace of God— Salvation.
- We are to be in right standing with Christ— **Righteousness**.

- We are to be truthful in our commitment— Truth.
- We are to trust in God's covering—**Faith**.
- We are to speak the Word of God with firmness with the Spirit's leading—**The Spirit & The Word**.
- We are to have our feet in readiness to give Good News—**Peace**.
- We can't forget to pray— **Prayer**.

I said God had a plan, and it's in the Gospel of Peace, in action. Our peace comes from <u>knowing</u> the Word of God; <u>believing</u> it, and <u>putting</u> it into action. When Jesus spoke peace to a storm, He put peace into action. When you speak peace to an individual, you are taking control of a chaotic circumstance. Your only action is to give out **The Word** with readiness peacefully. **God Bless!**





Father, this life has its stresses, but You said, Peace I leave with you, my peace I give unto you; not as the world giveth...Let not your heart be trouble, neither let it be afraid. My heart is in Your hands. Even when I try to control things, Your peace is there for me to receive. I trust you when I turn my mind toward You. I need You when I choose to

lean on the peace that keeps me perfect. I am filled with the Living Spirit of God who leads me into all truths of You.

As I forgive, I stay in peace. As I love, I stay in peace. As I confess Your Word, I'm reminded that you are the One within me fulfilling Your Word to come forth. And that that I cannot understand when things are going bad, I will still have that

peace that surpasses my understanding because You are steadily fulfilling Your promise of Peace in me!

As I fulfill my part by praying, You are fulfilling Your part even through the test and trials I go through. I can therefore, share that same peace with others, knowing that there is a better peace when accepting You as

S = Say $\mathbf{A} = \mathbf{A}$ P = Prayer



my Lord and Savior than having the world's concept of peace. My testimony is always my life. May it always be of peace. Thank you Lord, In Jesus' Name. Amen!

MIGRAINE

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

Migraines are a type of headache which is a pain linked to changes in chemicals in the brain that cause blood vessels on the surface of the brain to swell. This will cause the throbbing migraine pain and other symptoms.

MIGRAINE SYMPTOMS

- Pain on one side of the head.
- Pain that throbs or pulses.
- Moderate to severe pain that gets in the way of your daily life.
- Pain that gets worse with movement, like bending down or walking up stairs.

- Nausea or • vomiting.
- Sensitivity to light and sound.
- Sinus pain and pressure

in the face or around the eyes.

TREATMENT OF MIGRAINE HEADACHES

There are two types of meds. One is acute treatment and the other is preventive treatment.

ACUTE TREATMENT

This type of med is given at the first sign of a migraine. This helps to stop the headache before it aets worse.

PREVENTIVE TREATMENT

This type of med is given to prevent a migraine. You need to take this medicine daily for it to work well. Talk with your healthcare provider about each treatment and see what works for you.

OTHER THERAPIES FOR MIGRAINE PAIN

- Lower your stress level
- Take time to relax and have fun.
- Do yoga, meditation, and relaxation exercises such as deep breathing.
- Cold packs applied to head where pain is may reduce pain. Cold causes blood vessels to tighten.

AVOID MIGRAINE TRIGGERS

Food and drink include red wine; processed meats, hot dogs, ham, bacon, and some Chinese food.

PERSONAL **TRIGGERS**

- Stress may be emo-• tional or physical.
- Hormonal Changesthis may happen before a woman's cycle or during their cycles.
- Sleep Routine—getting too much or too little sleep; or even napping during the day can trigger a migraine.
- Change In Eating Habits— either missing meals or dieting.

Not everyone with migraines have triggers and a certain trigger may not always cause a migraine.

TAKE CONTROL

To find out the best migraine treatment for you, visit your healthcare provider. Keep a Headache Diary to inform your healthcare provider of date / time of when a headache began and ended.

But be ye doers of the Word and not hearers only, deceiving your own selves James 1:22

Page 4 Page 4 Power in the word ministry Power in the word ministry Page 4 Power in the word ministry Page 4 Page 4 Page 4 Page 4 Page 4 Page 4 Page 7 Pa

For the Word of God is quick, and powerful, and sharper than any twoedged 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. How much more shall your Father which is in heaven, give good things to them that ask him? Matthew 7:11b

IT CAN HAPPEN

MY MISSION: Use the God-given gifts for His glory!

MY VISION: Teach others to reach for those God-given gifts in them!

Bible Quiz: 16. Peace

The following Scripture texts highlight the wonderful gift of peace from God. Words in bold print are found in the puzzle grid. I will grant peace in the land (Lev. 26:6).

- The LORD turn his face toward you and give you peace (Num. 6:26).
- So Gideon built an altar to the LORD there and called it "The LORD is Peace" (Judg. 6:24).
- May there be the LORD's peace forever (1 Kings 2:33).
- He promises peace to his people, his saints (Ps. 85:8).
- Righteousness and peace kiss each other (Ps. 85:10).
- Great peace have they who love your law, and nothing can make them stumble (Ps. 119:165).
- And he will be called **Wonderful** Counselor, Mighty God, **Everlasting** Father, Prince of **Peace** (Isa. 9:6).
- You will keep in **perfect** peace him whose mind is **steadfast**, because he trusts in you (Isa. 26:3).
- The fruit of righteousness will be peace (Isa. 32:17).
- If only you had paid attention to my commands, your peace would have been like a river (Isa. 48:18).
- Jacob will again have peace and security (Jer. 46:27).
- I will make a covenant of peace with them (Ezek. 37:26).
- He will stand and shepherd his flock in the strength of the LORD.... And he will be their peace (Micah 5:4–5).
- He will proclaim peace to the nations (Zech. 9:10).
- I did not come to bring peace, but a sword (Matt. 10:34).
- [The rising sun will come] to guide our feet into the path of peace (Luke 1:79).
- Peace I leave with you; my peace I give you (John 14:27).
- The way of peace they do not know (Rom. 3:17).
- The mind controlled by the Spirit is life and peace (Rom. 8:6).
- [Stand firm with] feet fitted with the readiness that comes from the gospel of peace (Eph. 6:15).
- The peace of God, which transcends all understanding, will guard your hearts and minds (Phil. 4:7).

Grace and peace be yours in abundance (1 Peter 1:2).

1st WEEK	2ND WEEK	3rd WEEK	4тн WEEK								
	And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Je- sus. these for 30 days.	love thee. 'Peace is within walls, and prosperity with palaces. ⁸ For my brethren companions' sakes. I will say, peace be within th	that nally minded is death; but to be spiritually minded n and is life and peace. now ee. f the								
Isaiah 26:3	Philippians 4:7	Psalm 122:6-9	Romans 8:6								
"Each one ha peace from v peace to be ro unaffected t circumsto Mahatma	vithin. And eal must be oy outside ances."	Date to I'm on the Web www.pitwm.net	Remember - JULY 2011								

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