



The Bible Banner

December 2020—Bonus issue

A Sermon in Shoes

A man went into a restaurant one day and, after bowing his head and giving thanks for the food, a waitress came over to the table and said: "*Pardon me, but you must be a Christian. I have looked for three months for a Christian to come in here, because I would like to be saved.*" Sadly, the man knew of at least fifteen professing Christians who ate at that very restaurant, but apparently not one of them had bowed his head, and said, "Thank you, Lord." If people were watching you to see if you were a Christian, could they tell?

"For whosoever shall call upon the name of the Lord shall be saved. How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher? ... as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things!" Romans 10:13-15

Fruit-filled Sweet Roll Danish

Choose your favorite bread dough (Using a portion of the Crescent Rolls recipe works well). Roll out the dough into a large rectangle. Butter with coconut oil and sprinkle with your choice of date sugar, coconut sugar or organic sugar. Roll dough into a log.

Cut into ½ inch rolls. Place on a cookie sheet and let rise. After it has risen, press down the middle and fill with a fruit jam. Bake at 350 °F (180 °C) until lightly browned.

After they have cooled, drizzle with an organic powdered sugar and water glaze.



Crescent Rolls

3 Tbsp active yeast 3¾ cup warm water 5 Tbsp oil 2/3 cup sucanat or coconut sugar
 5 cups whole wheat flour 5 cups spelt flour, hard white wheat flour, or unbleached flour*
 1 3/4 cup quick oats 5 Tbsp wheat germ 2 Tbsp salt

Combine yeast, water, sucanat and oil in a bowl. Combine dry ingredients and mix together. Knead 5-8 minutes. Cover with a towel and let rise until double. **[The remaining directions in this recipe are not needed for making the Danish]** Roll out in 5 different portions a circular shape ¼ inch thick. Cut in 12 wedges. Start with wide edge and roll. Let rise on oiled pan until double. Bake at 375°F. Bake 15 to 18 minutes.

Homemade Powdered Sugar Recipe (in case organic powdered sugar is not available) 2 cups organic sugar
 ½ cup cornstarch or arrowroot Directions: Blend 30 seconds. Scrape, blend again 30 seconds.

*I generally use a mixture of "light" flours instead of unbleached flour due to the fact that white flour lacks fiber and acts like glue in your intestines. Soy flour, coconut flour, millet flour, etc., may be mixed in small amounts with spelt or hard white wheat to create a nice flavor.

PROFITABLE TRADITIONS

Cultivate Spiritual Preparedness— Set a clock, ring a bell, or an alarm of some kind to go off at random times or on the hour. Each time the alarm sounds, think for yourself and ask children "Is what we are doing now, something you would want Jesus to find you doing when He says,

"He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still." (Revelation 22:11)

Quotable Quotes

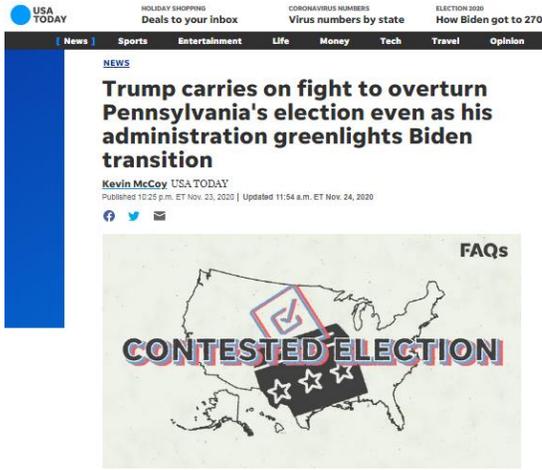
"A man's life is always more forcible than his speech. When men take stock of him they reckon his deeds as dollars and his words as pennies."

If his life and doctrine disagree the mass of onlookers accept his practice and reject his preaching." C.H. Spurgeon.



Prophetic News Notes-- Election of Import

The United States presidential election this year has been filled with unprecedented arguments over who is the real winner in the race—Biden or Trump. Each has claimed that they have the winning vote. While I choose to focus on other methods of forwarding God's kingdom than "playing in politics" as I took note of the proceedings, I could not help but to be reminded of a similar situation in history that took place during the life of John Wycliffe, as the first gleamings of the Protestant Reformation began to shine on the horizon.



"God's providence still further overruled events to give opportunity for the growth of the Reformation. The death of Gregory was followed by the election of two rival popes. Two conflicting powers, each professedly infallible, now claimed obedience... Each called upon the faithful to assist him in making war upon the other, enforcing his demands by terrible anathemas against his adversaries, and promises of rewards in heaven to his supporters. This occurrence greatly weakened the power of the papacy. The rival factions had all they could do to attack each other, and Wycliffe for a time had rest. Anathemas and recriminations were flying from pope to pope, and torrents of blood were poured out to support their conflicting claims. Crimes and scandals flooded the church. Meanwhile the Reformer, in the quiet retirement of his parish of Lutterworth, was laboring diligently to point men from the contending popes to Jesus, the Prince of Peace.

"The schism, with all the strife and corruption which it caused, prepared the way for the Reformation by enabling the people to see what the papacy really was. In a tract which he published, On the Schism of the Popes, Wycliffe called upon the people to consider whether these two priests were not speaking the truth in condemning each other as the antichrist. 'God,' said he, 'would no longer suffer the fiend to reign in only one such priest, but . . . made division among two, so that men, in Christ's name, may the more easily overcome them both.'"--R. Vaughan, *Life and Opinions of John de Wycliffe*, vol. 2, p. 6. (*The Great Controversy*, pg. 86-87)

The lessons from this history are numerous as well as foreboding, reminding us of the counsel in God's word, *"Put not your trust in princes, nor in the son of man, in whom there is no help."* Psalm 146:3 However, even in troublous times we will find that, *"Blessed is that man that maketh the LORD his trust, and respecteth not the proud, nor such as turn aside to lies."* Psalm 40:4 Remember, the most important election for the Christian to consider is found in 2 Peter 1:10 and preceding ladder of sanctification, *"Wherefore ... brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall."*



Garbage or Fruit?

"You'd better come can those apples now, before they get any worse," my husband said as he came in. I groaned and set aside the project I was working on, hoping he was making it worse than it was. I had purchased some "juice grade apples" in order to make a little more applesauce for the year. The last time I had done this, the apples were fine, just small, extra-large, crooked, or with a slight blemish on the skin. Sadly, I found my husband wasn't exaggerating—this time there were worm holes, cracks, and all too often rotten spots. Since I had purchased these apples at a "high price" (at least for me) I immediately sat down and began to wash and cut apples and decide which ones were safe to seal as applesauce and which ones just had to be completely thrown out. After sifting through worm droppings, as well as a few half worms, my gag reflex was definitely setting in, and then it hit me – maybe this is what sin is like to God.

Since *"the hour of his judgment is come"* (Rev. 14:7) God too is trying to pick through *"the apple of his eye"* (Zech. 2:8). He has paid the high price of His life for us. As much as He would like to save everyone, He has to decide who is safe to seal for eternity.

"And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, Saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads." Rev. 7:2,3

"And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be." Rev. 22:12

Jesus must decide what is fruit and what is only fit to be thrown out with the garbage. Malachi 3:5 says, *"And I will come near to you to judgment; and I will be a swift witness against the sorcerers, and against the adulterers, and against false swearers, and against those that oppress the hireling in his wages, the widow, and the fatherless, and that turn aside the stranger from his right, and fear not me, saith the LORD of hosts."* And Revelation 21:7,8 reiterates, *"He that overcometh shall inherit all things; and I will be his God, and he shall be my son."*



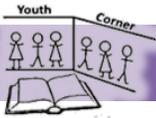
But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death."

Revelation 21:27 tells us why these things cannot be allowed, "**There shall in no wise enter into it [the new Jerusalem] anything that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life.**" Because Christ paid for us, if we will let Him, He is able and willing to cut out some worm holes; but rotten apples, those that hold onto their sin, not allowing it to be cut out, must be left out as "garbage" or they will ruin heaven.

While I was canning, I cut open what looked like a fairly decent apple on the outside, but I found that secretly it was "rotten to the core" much like a popular evangelist I had recently heard about, whose supporters would cringe if they knew what he was doing when he thought no one was looking. It made me think of a story I just ran across recently that told of an agnostic who was contemplating suicide. The skeptic was desperate, but he decided that if he could find a minister who actually *lived* his faith (in other words wasn't inwardly rotten) he would listen to him. So he hired a private detective to watch a certain preacher for a time. When the investigator's report came back, it revealed that this preacher's life was above reproach; he was for real. The end result was that the agnostic began to attend church, he accepted Christ, and became a devoted Christian.



If someone hired a private investigator to follow you, what would have been the result? Consider, "*For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.*" Ecclesiastes 12:14 Why not choose to let Jesus cut those rotten spots out, today, so that you can be "sealed" for eternity. For "*the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.*" James 3:17



OVERTURNED APPLES

A few years ago a group of salesmen went to a regional sales convention in Chicago. They had assured their wives that they would be home in plenty of time for Friday night's dinner. Well, as such things go, one thing led to another. The sales meeting lasted longer than anticipated.

Their flights were scheduled to leave out of Chicago's O'Hare Airport, and they had to race to the airport. With tickets in hand, they barged through the terminal to catch their flight back home. In their rush, with tickets and briefcases, one of these salesmen inadvertently kicked over a table, which held a display of baskets of apples. Apples flew everywhere.

Without stopping or looking back, they all managed to reach the plane in time for their

nearly missed boarding, all but one. He paused, took a deep breath and experienced a twinge of compassion for the girl whose apple stand had been overturned. He told his buddies to go on without him and told one of them to call his wife when they arrived at their home destination and explain his taking a later flight.



Then he returned to the terminal where the apples were all over the floor. He was glad he did. The 16-year-old girl at the apple stand was totally blind! She was softly crying, tears running down her cheeks in frustration, and at the same time helplessly groping for her spilled produce as the crowd swirled about her, no one stopping to care for her plight.

The salesman knelt on the floor with her, gathered up the apples, put them into the baskets, and helped set the display up once more. As he did this, he noticed that many of them had become battered and bruised; these he set aside in another basket. When he had finished, he pulled out his wallet and said to the girl, "Here, please take this \$20 for the damage we did. Are you okay?" She nodded through her tears.

He continued on with, "I hope we didn't spoil your day too badly."

As the salesman started to walk away, the bewildered blind girl called out to him, "Mister..." He paused and turned to look back into those blind eyes. She continued, "Are you Jesus?"

He stopped in mid-stride, and he wondered. Then slowly he made his way to catch the later flight with that question burning and bouncing about in his soul: “Are you Jesus?”

Do people mistake you for Jesus? That’s our destiny, is it not? To be so much like Jesus that people cannot tell the difference as we live and interact with a world that is blind to His love, life and grace. If we claim to know Him, we should live, walk and act as He would.

*“Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, **when He shall appear, we shall be like Him**; for we shall see Him as He is.” 1 John 3:2*



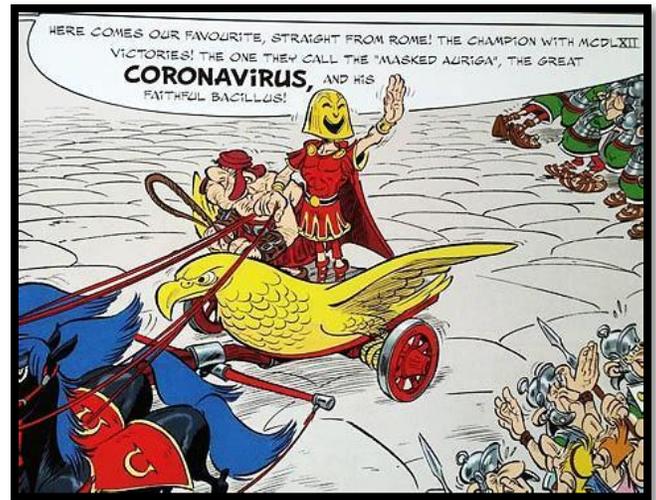
A SICK AGENDA and **HOW TO ELIMINATE IT**

I certainly am not a comic reader, but perhaps it is no coincidence that, as someone pointed out to me, a masked character in a 2017 Asterix comic is named “Coronavirus” and his sidekick is “Bacillus,” a kind of bacteria. It appears that it would not be unusual for a virus pandemic to be followed by a bacterial problem.

“Medical and scientific experts now agree that bacteria, not influenza viruses, were the greatest cause of death during the 1918 flu pandemic.” John Brundage, a medical microbiologist at the Armed Forces Health Surveillance Center in Silver Spring, Maryland and his “team culled first-hand accounts, medical records and infection patterns from 1918 and 1919. Although a nasty strain of flu virus swept around the world, bacterial pneumonia that came on the heels of mostly mild cases of flu killed the majority of the 20 to 100 million victims of the so-called Spanish flu, they conclude.”¹

It is very possible that the same could happen again. For example, one marginalized headline reads “Medical Doctor Warns that ‘Bacterial Pneumonias Are on the Rise’ from Mask Wearing.” Dr.

James Meehan, MD warned *“that mask wearing has ‘well-known risks that have been well-studied and they’re not being discussed in the risk analysis.’ He continued, “I’m seeing patients that have facial rashes, fungal infections, bacterial infections. Reports coming from my colleagues, all over the world, are suggesting that the bacterial pneumonias are on the rise.”²*



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CoronaVirus

Massive use of hand sanitizer during coronavirus could cause superbug ‘armageddon’

August 31, 2020

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Other doctors and scientists warn, “as with the misuse of antibiotics, the excessive use of cleaning products and hand sanitisers can lead to antimicrobial resistance in bacteria. There’s concern that the sudden overuse in cleaning products and hand sanitisers during the pandemic could lead to an increase in the number of antimicrobial-resistant bacterial species we encounter. This would put a greater strain on our already struggling healthcare systems, potentially leading to more deaths. What’s more, the problem could continue long after the current pandemic is over.” This means, “Infections that were once easily treated are now becoming life threatening.”³

In other words, a superbug could be coming on the heels of the coronavirus. *“That’s why some of the images of the COVID-19 pandemic have been so disturbing for Dr. Lori Burrows, a professor of biochemical science at McMaster University. ‘I was a little freaked out by watching tanker trucks full of disinfectant being sprayed all over the street in some countries,’ she said. ‘It seems a little excessive to me.’” We find that “Some experts worry even strictly necessary efforts to destroy the novel coronavirus linked to COVID-19 could actually drive some bacteria to become more resistant.”⁴*

The Bible predicts accurately that Babylon will receive plagues, and it calls God’s people to come out of her, so that they don’t get them. *“And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.”* Revelation 18:4 While these verses certainly have a spiritual layer calling God’s people out of false religions/doctrines, etc., I believe they also are also a call to higher level of health reform, forsaking all Babylonian “health” practices.

Apparently, a contributor to an 1899 magazine agrees, because she states, *“When the third angel’s message is received in all its fulness, health reform will be given its place in the councils of the Conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will work to serve and protect the body.”* It is time to carefully follow all the health reform practices we know in order to prepare for what is ahead. This includes remembering to follow God’s 8 health laws—Fresh air, exercise, water, rest, temperance, proper diet, sunshine, and trust in God’s word. These are so simple a child can learn them. (To learn the 8 natural remedies song visit www.swiftrunnerministries.com/little-runners.php)

The gospel plan of good health perfectly represents the gospel in its simplicity. Therefore, as the gospel is summed up in *“the blood of Jesus Christ ...cleanseth us from all sin”* (1 John 1:7) so good health and a healthy immune system are also based on good blood. *“For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.”* Lev.17:11

To know how to have good blood, consider the counsel of the Great Physician. *“And Jesus said, Are ye also yet without understanding? Do not ye yet understand, that whatsoever entereth in at the **mouth** goeth into the **belly**, and is cast out into the **draught**?”* Matthew 15:16,17

In human physiology, three basic things are necessary for good health.

1. **Good nutrition**
2. **Good digestion**
3. **Good elimination**

If any one of these is not working properly it will result in ill health. We will just briefly summarize the first two since they have been covered in previous newsletters.

Good Nutrition: Eat more whole foods, whole grains, fruits and vegetables including leafy greens. Add in nuts, seeds and beans for protein, calcium and healthy fats. Variety is important.

Good Digestion: Thoroughly chewing food is especially important for digestion of grains. Other good digestion habits include eating meals at a regular time each day, eliminating stress—especially while and immediately following eating, maintaining good gut flora—this is especially necessary for digestion of gluten and nuts (this also means avoiding things that deplete this flora which include pharmaceuticals, especially antibiotics—use a natural remedy, like garlic). Also helpful is eliminating foods that neutralize stomach acid and deplete vitamins (including too much liquid with meals and things like sodium bicarbonate /baking soda—try dropping it in vinegar, if it fizzes it probably is also neutralizing your stomach acid), and remember that *“liquor, cigarettes, and ... other caffeinated beverages can interfere with the functioning of your digestive system.”*⁷

Good Elimination: If you are healthy, stool (solid waste) should be painless to pass and it shouldn’t take more than a minute or so on the toilet to push it through. As a general rule, you should have as many bowel movements a day as you eat meals. So if you eat two meals a day, your body should be eliminating solid waste twice a day. Ideally, stool should be about the size of a silver dollar and most closely match type 4 on the Bristol Stool Chart. Type 3 is also considered OK. Type 1 and 2 indicate constipation. Types 5, 6 and 7 tend toward diarrhea.

Fiber is very important for healthy elimination. Foods that **do not** contain fiber and therefore clog the system include: meat, cheese, eggs, white flour and white rice. All the foods listed in good nutrition contain fiber. Drinking 2 glasses of water (some people like it warm) in the morning before breakfast helps prevent constipation and aids regular bowel movements. Prunes or prune juice is a favorite food remedy for constipation that works amazingly well. Exercise is also important.

In the case of diarrhea, a favorite food remedy is 1-3 Tbsp of carob powder. We often just mix it in rice or soymilk. Not a bad tasting remedy!

If you maintain good nutrition, good digestion, and good elimination, you will maintain good blood and be on the path to good health. *“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”* 3 John 2



Bristol stool chart WebMD

TYPE 1		Separate hard lumps, like nuts (hard to pass)
TYPE 2		Sausage-shaped, but lumpy
TYPE 3		Sausage-shaped, but with cracks on surface
TYPE 4		Sausage- or snake-like, smooth and soft
TYPE 5		Soft blobs with clear-cut edges (easy to pass)
TYPE 6		Fluffy pieces with ragged edges, mushy
TYPE 7		Watery, no solid pieces (entirely liquid)

1-- <https://www.newscientist.com/article/dn14458-bacteria-were-the-real-killers-in-1918-flu-pandemic/>

2-- <https://www.globalresearch.ca/medical-doctor-warns-bacterial-pneumonias-rise-mask-wearing/5725848>

3-- <https://phys.org/news/2020-04-heavy-sanitizer-boosts-antimicrobial-resistance.html>

4-- <https://canoe.com/news/national/disinfectant-overuse-in-covid-19-fight-could-herald-a-rise-in-superbugs>

5--FR24screenshot-- <https://www.fr24news.com/a/2020/08/massive-use-of-hand-sanitizer-during-coronavirus-could-cause-superbug-armed-don.html>

6--{Review and Herald, June 20, 1899 par. 7} 7- <https://www.everydayhealth.com/digestive-health/tips-for-better-digestive-health/>

8--“Bristol Chart” WebMD screenshot-- <https://www.webmd.com/digestive-disorders/poop-chart-bristol-stool-scale>



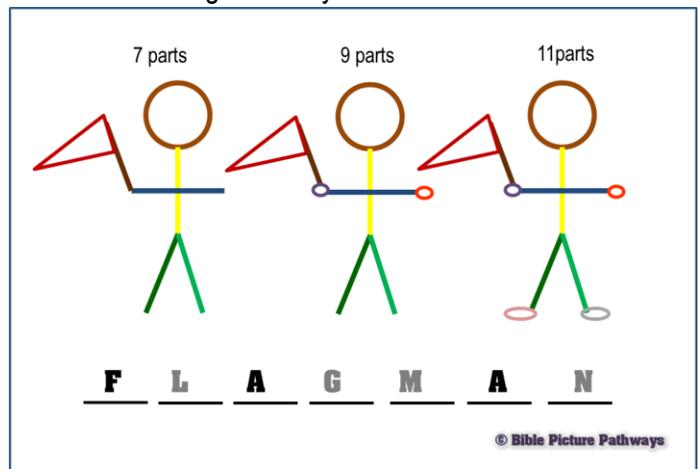
Wikipedia CC Attribution 2 Generic by Sri Neko

The African Jacana chick looks like his feet are too big for him, but the Creator had a purpose for them. These birds forage [look] for food by walking on the surface of water lilies and other aquatic [water] plants, using their long legs and very long toes to keep them from sinking. As you can see, even the baby Jacanas have very long toes! The father African Jacanas takes care of the babies. If they are threatened by danger, like a crocodile, the father tucks the babies under his wings and walks them to safety. That reminds me of how Jesus cares for us too. Psalm 91:4 says, "He

shall cover thee with his feathers, and under his wings shalt thou trust..."

Flagman

"Flagman" is an old game with a new and gentler name and it is a great way to learn Bible verses and Bible names and places. Have one person choose a verse and place blank lines on the board for each letter of the word or phrase to be guessed. Then have whoever is playing guess one letter at a time. If the letter is in the mystery word or phrase, write it down in all the correct places. Then let the guessers guess again. If the letter is not in the mystery word or phrase, draw one part of the flagman for each misguessed letter, ending with the flag. When the flagman's flag is drawn, the game is over. (Note: You may make the drawing of the flagman more simple or more complicated depending on the skill level of your group.)



Study to Show Thyself Approved— Biblical Precedents of Civil Disobedience?

With all the overreach of power due to the coronavirus around the world, I have heard several people say that civil disobedience is necessary. What is civil disobedience and what does the Bible have to say about it? According to Wikipedia, *"Civil disobedience is the active, professed refusal of a citizen to obey certain laws, demands, orders or commands of a government. By some definitions, civil disobedience has to be nonviolent to be called "civil". Hence, civil disobedience is sometimes equated with peaceful protests or nonviolent resistance."* Summed up, *"Civil disobedience can be defined as refusing to obey a law, a regulation or a power judged unjust in a peaceful manner."* <https://youmatter.world/en/definition/civil-disobedience-definition/>

The Bible makes it clear that we should conform in all things to the laws of the state when we can do so without conflicting with the laws of God. *"Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation... For for this cause pay ye tribute also: for they are God's ministers, attending continually upon this very thing. Render therefore to all their dues: tribute to whom tribute is due; custom to whom custom; fear to whom fear; honour to whom honour."* Romans 13:1,2,6,7 See also Mark 12:17

However, the above statements are qualified by others— Although God is all powerful and allows men in leadership, sometimes idolatrous kings are set up that are not God's choice. *"Daniel answered and said, Blessed be the name of God for ever and ever: ... he removeth kings, and setteth up kings: he giveth wisdom unto the wise, and knowledge to them that know understanding:"* Daniel 2:20,21 *"They have set up kings, but not by me: they have made princes, and I knew it not: ..."* Hosea 8:4

The powers ordained of God are for punishing evil, not good Romans 13:3-5 *"For rulers are not a terror to good works, but to the evil... do that which is good, and thou shalt have praise of the same: For he is the minister of God to thee for good. But if thou do that*

which is evil, be afraid; for he beareth not the sword in vain: for he is the minister of God, a revenger to execute wrath upon him that doeth evil. Wherefore ye must needs be subject, not only for wrath, but also for conscience sake."

Each must follow their own conscience and God's word no matter what authority another claims to have. "Let every man be fully persuaded in his own mind." Romans 14:5b; Also see 1 Kings 13:1-34 "No authority of church or State, no decrees of kings or emperors, no commands of bishops or priests, can absolve you from obedience to the law of God, or justify the least departure from his requirements. Finite reasoning must not take the place of simple trust..." {ST, July 24, 1884 par. 12}

While firmness and conviction are required, Christians must learn to disagree without being disagreeable. "When a man's ways please the LORD, he maketh even his enemies to be at peace with him." Proverbs 16:7 "Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves." Matthew 10:16

Examples of Biblical "Civil Disobedience" Required in Order to Follow God's 10 Commandment Law (Exodus 20:1-17)

1—Thou shalt have no other gods before me --Mordecai refuses to bow to Haman (Esther 3:1-6) "And all the king's servants..bowed, and revered Haman: for the king had so commanded concerning him. But Mordecai bowed not, nor did him reverence." Esther 3:2 "Mordecai had done Haman no harm, but had simply refused to show him worshipful reverence." {PK 600}

2-- Thou shalt not make unto thee any graven image... Thou shalt not bow down thyself to them, nor serve them—The three Hebrews refuse to worship Nebuchadnezzar's idolatrous image. "There are certain Jews ...Shadrach, Meshach, and Abednego; these men, O king, have not regarded thee: they serve not thy gods, nor worship the golden image which thou hast set up." Daniel 3:12

3. Thou shalt not take the name of the LORD thy God in vain... Christians, those who take Christ's name, must preach Christ (Mark 16:15, Matt. 28:19,20) "Woe is unto me, if I preach not the gospel!" 1Cor. 9:16b The disciples are repeatedly imprisoned for preaching Jesus when they were told not to. (Acts 5:25-29) "Saying, Did not we straitly command you that ye should not teach in this name?...Then Peter and the other apostles answered and said, We ought to obey God rather than men." Acts 5:28,29

4. Remember the sabbath day to keep it holy. The seventh day is the sabbath (a time for worship). The command is given not to pray to God for 30 days—Daniel publicly prays anyway. (Daniel 6) "Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime." Daniel 6:10

5. Honour thy father and thy mother. --Jesus and His disciples disregard the traditions/laws of the elders, some of which even dishonoured parents (Mark 7:1-15) "And ye suffer him no more to do ought for his father or his mother; Making the word of God of none effect through your tradition..." Mark 7:12, 13 (Also consider Hebrews 11:23 for parental responsibilities to children)

6—Thou shalt not kill --The Hebrew midwives refuse to kill the male babies. (Exodus 1:16-20) "But the midwives feared God, and did not as the king of Egypt commanded them, but saved the men children alive." Exodus 1:17

Daniel and his 3 friends refuse to partake of that which will confuse the mind and destroy the health (Daniel 1) "But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank..." Daniel 1:8

7 --Thou shalt not commit adultery. Joseph refuses and flees from the inappropriate commanded advances of his master's wife. (Genesis 39:1-21) "And it came to pass, as she spake to Joseph day by day, that he hearkened not unto her, to lie by her, or to be with her." Genesis 39:10

8--Thou shalt not steal including taking "away the righteousness of the righteous from him." (See Isaiah 5:22,23) Saul's men refuse to carry out punishment of Jonathan, an innocent man, to fulfill Saul's rash requirement. 1 Samuel 14:24-45 "And the people said to Saul, Shall Jonathan die, who hath wrought this great salvation in Israel? God forbid: as the LORD liveth, there shall not one hair of his head fall to the ground; for he hath wrought with God this day. So the people rescued Jonathan, that he died not." 1 Samuel 14:45

9--Thou shalt not bear false witness --Despite his lying command, the wise men do not return and tell Herod where baby Jesus is. (Matt. 2:7-12) "And he [Herod] sent them to Bethlehem, and said, Go and search diligently for the young child; and when ye have found him, bring me word again, that I may come and worship him also... And being warned of God in a dream that they [the wise men] should not return to Herod, they departed into their own country another way." Matthew 2:8,12

10-- Thou shalt not covet—Moses refuses to be commanded or enticed even when coupled with riches, honour, and "pleasure". "By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; Esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompense of the reward." Hebrews 11:24-26

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