

Build on the Rock

Off the coast of Scotland, the world's oldest sea-washed lighthouse stands. Built between 1807 and 1810, this 200-year-old tall lighthouse has had nothing replaced in its structure, except the lamps and reflectors, and it is now automated. It has withstood the ocean's tempests, as well as a helicopter crash. Why is this lighthouse out in the ocean so strong? It is built on a rock that is hundreds of feet wide and long. Its foundation is strong, and this helps to keep it firm. Is your life founded firmly in Jesus, the Rock of Ages?

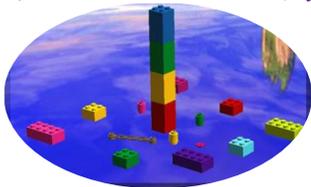
Easy Beeswax Lotion (only 3 ingredients)

- 1 c. olive oil
- 1/2 c. coconut oil
- 1/2 c. beeswax (pastilles for easy melting, if using solid beeswax use 2 oz.)

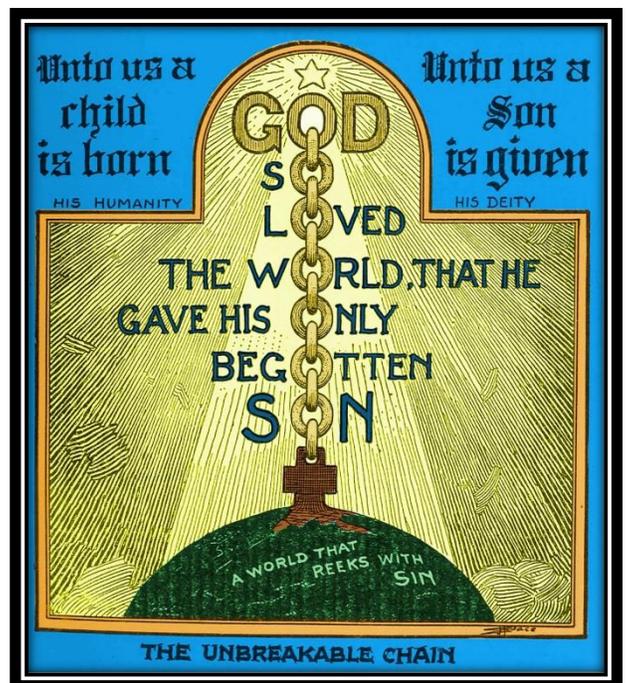
Combine olive oil, coconut oil and beeswax pastilles into a pint sized canning jar. Put this jar into a saucepan and fill the saucepan with water until it comes 3/4 of the way up the canning jar, being careful not to get water into the oil mixture. Put on the stove over medium/low heat. Heat and stir occasionally until melted. Let cool to room temperature either by leaving out or quicken the process by putting into the refrigerator. During the cooling process, put a fork into the jar and stir vigorously every 15 minutes or so. That's it. You have lotion!



PROFITABLE TRADITIONS



Demonstrate to your children or grandchildren how important it is to have a good foundation. With blocks, legos or other 'buildables', have each person build a "good" tower. See which one is the easiest to blow or knock over and discuss why. What makes a good foundation? Why is the cornerstone important?



YOUR WORST FRIENDS?

This January the Washington Post blazed the Headline **“Boy Who Came Back From Heaven’ actually didn’t; Books Recalled”** <http://www.washingtonpost.com/blogs/style-blog/wp/2015/01/15/boy-who-came-back-from-heaven-going-back-to-publisher/>

An NPR article stated *“Nearly five years after it hit best-seller lists, a book that purported to be a 6-year-old boy’s story of visiting angels and heaven after being injured in a bad car crash is being pulled from shelves. The young man at the center of The Boy Who Came Back from Heaven, Alex Malarkey, said this week that the story was all made up.”*

“I did not die. I did not go to Heaven,” Alex wrote. He continued, “I said I went to heaven because I thought it would get me attention. When I made the claims that I did, I had never read the Bible. People have profited from lies, and continue to. They should read the Bible, which is enough. The Bible is the only source of truth. Anything written by man cannot be infallible.” <http://www.npr.org/blogs/thetwo-way/2015/01/15/377589757/boy-says-he-didn-t-go-to-heaven-publisher-says-it-will-pull-book>

I couldn’t have said it better myself. Perhaps this is why the Bible states *“To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.”-- Isaiah 8:20*

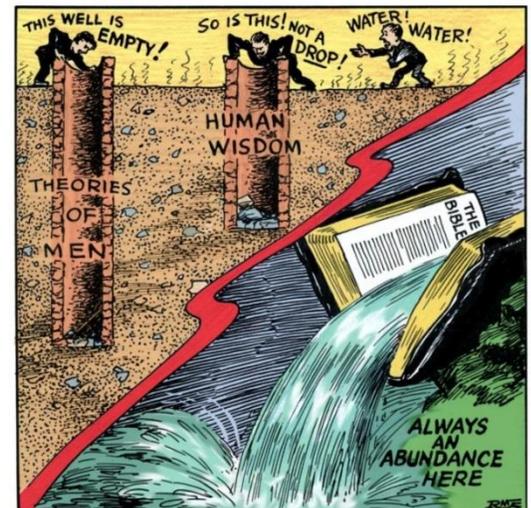
In the case of this book, a good place to have started studying the Bible would have been Psalm 146:3,4 *“Put not your trust in princes, nor in the son of man, in whom there is no help. His breath goeth forth, he returneth to his earth; in that very day his thoughts perish.”*

Deciding what is and what isn’t truth based simply on the labeling by man is very dangerous method.

One of the facts I find most interesting, is the fact that the front cover of the book The Boy Who Came Back from Heaven displays prominently the words, “A true story”. Deciding what is and what isn’t truth based simply on the labeling by man is very dangerous method. In fact, the Bible declares this to be a curse, *“Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD.”-- Jer. 17:5* Unfortunately, many of the Jews followed this course when Jesus, the Truth, came to earth. Instead of studying the prophecies for themselves they listened to the Pharisees’ interpretation of the matter. They denied Christ because *“they loved the praise of men more than the praise of God.”-- John 12:43* This might be contrasted with the words of the apostles, who were falsely accused of preaching *“erroneous doctrine.” “Then Peter and the other apostles answered and said, We ought to obey God rather than men.” --Acts 5:29*

How often today, many go check their Facebook page first to see what their “friends” have to say about a matter, or they get the opinion of their professor, pastor, talk show host or favorite politician instead of searching the scriptures for a plain *“Thus saith the Lord.”* But the scripture declares that this method is not wise. *“For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise.” --2 Cor. 10:12* In fact, this method is quite dangerous for *“There is a way which seemeth right unto a man, but the end thereof are the ways of death.”-- Proverbs 14:12* We should not even trust ourselves, because we are not infallible either. I heard an evangelist say once, *“Don’t take my word for it, I can slip on a banana peel just as easy as the next guy.”*

Perhaps we could learn some important lessons by considering the way children view things. Several years ago, I was puzzled when my six-year-old gave me a hug one morning and said very seriously, “Mommy, you are my worst friend.” But I finally understood when he added, “Because Jesus is my best friend!” Is Jesus your best friend? Have you realized, *“It is better to trust in the LORD than to put confidence in man”?* -- Psalm 118:8 *“O LORD of hosts, blessed is the man that trusteth in thee.”-- Psalm 84:12*



God's Amazing Creatures



The Coney is often called Rock hyrax. The Coney lives in different places in Africa. Conies build dwelling holes in any type of rock that has holes for them to live in. Conies must be careful because they have lots of enemies like leopards, snakes, wild dogs, and eagles. Just as the Coney finds safety from his enemies by living in the rocks, we can be safe from Satan when we stay close to Jesus.

Whose Image?

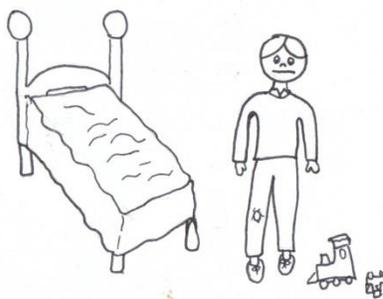
Are we beholding Jesus?
Do we follow where he leads?
Do we study on his image?
Are we sowing righteous seeds?

Or do we like the shadows,
The things of compromise?
When the artist draws our picture
Whose image will he find?

And are we striving daily
To like our Savior be,
Oh, when you look upon my life
Do you my Savior see?
—S. Roberts



When Christian made his bed,
He made sure the bottom
sheet was smooth and his bed
looked nice. When he was
finished, Mommy smiled and
said he could go play outside.



Carnal didn't want to make his
bed so he just pulled up the
top blanket. His bed was full
of lumps and bumps, and his
mother told him he needed to
make it again. He didn't get to
go play outside as soon.

MEMORY TEXT:

1 Corinthians 14:40

"Let all things be
done decently and
in order."

If you would like to begin
receiving our monthly
newsletter via e-mail; Please
contact us at
biblepathways@hotmail.com
Or visit us at:
biblepicturepathways.com
swiftrunnerministries.com



A FOURTH STORY

“For other foundation can no man lay than that is laid, which is Jesus Christ. Now if any man build upon this foundation gold, silver, precious stones, wood, hay, stubble; Every man’s work shall be made manifest: for the day shall declare it, because it shall be revealed by fire; and the fire shall try every man’s work of what sort it is.” 1 Corinthians 3:11-13

A man once built a three-story hotel. For many years it was all that the little town needed, but one day oil was found nearby, and the town boomed overnight. The hotel was filled to capacity day after day, and the owner saw his chance of making a fortune. So the owner called a contractor and asked him to add a fourth story to the hotel.

“All right,” the contractor replied, “but first I want to see the basement.”

“The basement,” said the hotel owner, “I don’t want the fourth story down there. Let’s go up to the roof.”

“Yes, I know,” answered the contractor, “but before I think of adding another fourth story, I must see if the foundations are strong enough to stand the extra weight.” So down to the basement they went. The

contractor measured the thickness and depth of the foundation, and then shook his head. “I am sorry but the foundation is not strong enough to bear the weight of another story.”

Then the hotel owner remembered that when he first planned to build the hotel, the contractor urged him to have the foundation made strong enough for an addition in the future. “You never can tell,” the contractor had said, “There might be a boom.”

The owner also remembered his response. “There’s not one chance in a thousand! Why should I put extra money in a foundation for an emergency that will never come?” But the emergency had come, and he needed that extra story. “Can you make the foundation strong enough now?” he asked. “Of course I can,” replied the contractor. “But it will cost you a lot more now than it would have if you had done it first.”

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Foundation of True Love

“Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing. Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away. For we know in part, and we prophesy in part. But when that which is perfect is come, then that which is in part shall be done away. When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things. For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

And now abideth faith, hope, charity, these three; but the greatest of these is charity.” 1 Corinthians 13

CHEMICAL WARFARE

In a world where nuclear warfare threatens and smog in the air causes cities to post warnings of the poor air quality, few people actually realize that they live in one of the most deadly health destroying traps of all. And by their own choices they are actually slowly killing themselves. Hosea 4:6 states, “My people are destroyed for lack of knowledge:..” and this is evident. **According to a 1989 State of Massachusetts Study 50% of all illness is due to poor indoor air quality.** One reason for this is lack of the oxygen that plants give off for us to breathe, but another is that the vapors and mists of chemicals we use can hang in the air and be easily breathed deep into the lungs. According to the Consumer Product Safety Commission over 150 chemicals found in the average home have been linked to allergies, birth defects, cancer and psychological abnormalities.

In addition to breathing these chemicals, many people apply them to their skin. Numerous medicines have been shown to absorb through the skin and yet we continue to apply toxic chemicals in lotions, soaps, hairsprays, deodorants and perfumes to our skin on a regular basis. Of the chemicals found in personal care products: 884 are toxic, 146 cause tumors, 218 cause reproductive complications, 314 cause biological mutation, 376 cause skin and eye irritations (United States House of Representatives report, 1989). About 4000 chemicals are used to make fragrances and several hundred can be used in just a single product! Chemicals that may be used as bases for perfumes and in common household cleaners include things like propane, butane, hexane, benzene, and toluene. Other cosmetics use other solvents such as ethanol, formaldehyde, acetone, and methanol.



More than 3,000 excess leukemia cases each year can be linked to benzene. Also *“Research studies of workers exposed to formaldehyde have suggested an association between formaldehyde exposure and several cancers, including nasopharyngeal cancer and leukemia.”* <http://www.cancer.gov/cancertopics/factsheet/Risk/formaldehyde#7> Often formaldehyde is hidden under other names such as quaternium-15, which is a chemical preservative that kills bacteria by releasing formaldehyde. Toxic ingredients are found even in baby shampoo and dish soap. But some in the world are beginning to realize that when we use and wear these toxic chemicals we are not just affecting ourselves. Like second hand smoke, second hand chemicals are also toxic to more than just the user.

In fact a headline about Nova Scotia reads *“To the horror of perfume makers worldwide, Halifax has become the first major center in North America to prohibit the wearing of all cosmetic fragrances—from Giorgio to grandmother's lavender soap—in most indoor public places, including municipal offices, libraries, hospitals, classrooms, courts and mass transit buses.”*

http://articles.chicagotribune.com/2000-05-28/news/0005280127_1_scent-free-fragrances-perfume



Stop Chemical Warfare! While I recognize that we cannot get rid of every chemical in the environment, the home should be a little haven of health in a toxic world. An easy rule to follow for checking products for toxicity is, read the label—if you can—if you can't, keep looking for something better. If you have an apple fragrance, it should be from apples, not a number like “PEG49484949” (this is a fake example). Here are a few tips for developing a chemical free home.

1. Don't kill yourself and others for no reason. Get rid of every chemical that doesn't have a practical reason for it, because even unused chemicals “gas off” in your home especially when it's hot. 2. If the issue is cleanliness- baking soda, vinegar and castile soap can go a long way. While in the transition stage, at least buy “free and clear” products with no fragrances. You can find some of our favorite homemade replacements on www.swiftrunnerministries.com but if you prefer to buy, <http://www.tropicaltraditions.com/> has some fairly simple (still read the labels) options. Try it! You'll feel so much better, and at the same time you'll be helping to make the world a little less toxic for others too! Why not fight cancer and birth defects by eliminating toxic chemicals, one household at a time? For the old adage is true, *“An ounce of prevention is worth a pound of cure.”*



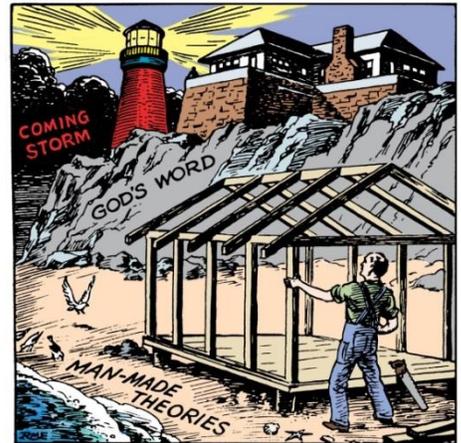
Little Runner's Health Tip Chemicals make Libby the Ladybug sick, so she likes to work with fresh, clean plants. Bad chemicals can make boys and girls sick too, but fresh air and walking outside can help you to stay well.

Study to Show Thyself Approved - A Firm Foundation

1. What does Paul say is part of the necessary preparation for the time to come? "Laying up in store for themselves _____ against the time to come, that they may lay hold on eternal life." **1 Timothy 6:19**
2. The Psalmist asked, "If the foundations be _____, what can the righteous do?" **Psalm 11:3**
3. Jesus told a parable about a wise man and a foolish man. "Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it." **Matt. 7:24-27**

What was the wise man's house built on? _____

4. What does the Rock, the true foundation, symbolize? "For other foundation can no man lay than that is laid, which is _____." **1 Cor. 3:11**
5. Today, before the storm, we need to make sure we are on a firm foundation. God's church is "...built upon the foundation of the _____, Jesus Christ himself being the chief corner stone;" **Eph. 2:20**
6. What foundation does the pure woman (representing a pure church) in **Revelation 12:1** have under her feet? _____ "And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars:" **Rev. 12:1**
7. The moon is a light that shines in a dark place. One thing that the light shining in a dark place can represent is evangelism or missions, letting the light of truth shine to the world. "For God, who commanded the light to shine out of _____, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ." **2 Cor. 4:6**
8. This is also a representation of the sure word of prophecy that Peter wrote about. "We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto _____ that shineth in a dark place, until the day dawn, and the day star arise in your hearts": **2 Peter 1:19**
9. Notice again, that pure woman in **Rev. 12:17** not only keeps the commandments of God but she has the testimony of Jesus. The testimony of Jesus is identified in **Rev. 19:10** as the _____. Prophecy is one of Satan's (the dragon's) main targets. He would like to knock that woman off her feet. But her feet are firmly planted on the sure word of prophecy. According to **Amos 3:7** "Surely the Lord GOD will do nothing, but he revealeth his secret unto his servants the prophets."
10. Prophecy is a necessary part of our foundation. We need this foundation to get us through the tough times ahead. Prophecy will point us to Christ and help us to remember that He is God and that He is in control. Jesus said "Now I tell you before it come, that, when it is come to pass, ye may _____ that I am he". **John 13:19**
11. Prophecy will help give us preparation for the final crisis. According to **Dan. 12:10** "Many shall be purified, and made white, and tried; but the wicked shall do wickedly: and none of the wicked shall understand; but the wise shall _____" A relationship with Christ, a knowledge of His Word, missionary effort, and prophecy will prove to be a sure foundation. "Therefore thus saith the Lord GOD, Behold, I lay in Zion for a foundation a stone, a tried stone, a precious corner stone, a sure foundation: he that believeth shall not make haste." **Isa. 28:16**



Answers: 1. a good foundation 2. destroyed 3. The Rock, the word of God 4. Jesus Christ 5. apostles and prophets 6. the moon 7. darkness 8. a light 9. spirit of prophecy 10. believe 11. understand