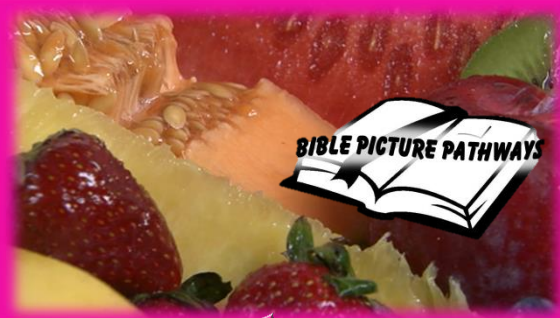




The Bible Banner

February 2016



THE FRUIT OF THE SPIRIT

A farmer once planted two fruit trees on opposite sides of his property. The one he planted to hide the unsightly view of an old landfill; the other to provide restful shade near a cool mountain stream which ran down beside his fields. As the two trees grew, both produced, began to flower and bear fruit. One day the farmer decided to gather the fruit from the tree used to conceal the landfill. As he brought the fruit inside the house, he noticed that it was a little deformed but still the fruit looked edible. Later that evening, while sitting on his porch the farmer took one of the pieces of fruit for a snack. Biting into the fruit, he found it to be extremely bitter, and completely inedible. Casting the fruit aside he looked across the field to the other tree over by the mountain stream. After walking across the field, the farmer took a piece of the fruit from the other tree and bit into it. Finding the fruit to be sweet and delicious, he gathered several more pieces of fruit and took them to the house.

The fruit was greatly affected by the nutrition of the root. And it is the same with the spiritual fruit. If we would have the fruit of the Spirit we must do things that will nourish the growth of it. Spending time with God by studying the Bible or praying or helping others will help nourish the growth of these good fruits.

Fruit Pizza

1/3 cup of olive oil and coconut oil blend

1/3 cup organic sugar

2 Tbsp finely ground flaxseed soaked in 1/3 cup water

1 cup oat or coconut flour 1 cup whole wheat flour

1 tsp salt

Combine in a bowl. Press onto a 14-16 inch pizza pan. Bake at 350°F 8-10 minutes. Remove from oven and top with

Pear Cream or Strawberry fruit whip. Decorate with different colors of sliced fruit.



Pear Cream

1 (15oz.) can pears, with juice 1 tsp alcohol-free vanilla, optional

1-2 Tbsp honey 1/4- 1/2 cup cashews or almonds

Blend in the blender until smooth. This may also be made with fresh pears when available, but will brown quickly.



QUOTABLE QUOTES

“If you were arrested for being a Christian, would there be enough evidence to convict you?”



PEACE OR PROSPERITY?

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law." Gal. 5:22,23

Of all the fruits of the Spirit, peace is perhaps least understood. Today, in many places a prosperity doctrine is preached and people are told that if they serve God they will be healthy, wealthy, successful and have unity with everyone. The picture in the mind of many is that if they serve God they will never get sick, never have anything bad happen to them and no one close to them will ever die. Unfortunately, many think this is what peace is, yet this is unbiblical. The Bible record of those who followed God states almost the exact opposite. For example, the princes had no unity with Daniel and actually plotted against him. And for following God, Daniel was thrown in the lion's den. His friends were thrown in the fiery furnace. Job *"feared God, and eschewed evil"* (Job 1:1) and yet God allowed Satan to kill his children, take away all his possessions, and make him sick, leaving him with a wife that told him to *"curse God and die"*

GOD PROMISES BOTH TRIBULATION AND PEACE

(Job 2:9) as well as supposed friends who accused him both of sinning to bring all this upon him and of having a bad attitude (Job 35:16; 42:7,8). Yet the Bible states that *"In all this Job sinned not, nor charged God foolishly."* (Job 1:22) Hebrews 11 makes it clear that those who have faith do not always have prosperity. It states, *"And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment:*

They were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins; being destitute, afflicted, tormented; (Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth." (Hebrews 11:36-38) Even Jesus, who had perfect faith, constantly had spies tracking Him (Luke 20:20). He had nowhere a home to call His own (Matt. 8:20) and was eventually put to death by evil men. Peace and prosperity must be something vastly different from what many think they are. For *"There is no peace, saith the LORD, unto the wicked."* (Isaiah 48:22) and yet Asaph records in the Psalms seeing the prosperity of the wicked. (Ps. 73:3)

Perhaps one of Jesus' statements best explains the true peace which is available even in the face of tribulations. He said, *"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."*

John 16:33 God promises both tribulation and peace. True peace is based on the fact that the world is not our home. True peace is founded in the hope of a better world to come. Paul wrote, *"For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us."* Rom 8:18

True peace recognizes that sometimes God says no, sometimes he says wait, and sometimes what seems bad at the time is actually a blessing in disguise. I think of the man who had booked passage to America on the Titanic. Perhaps he had been praying for God to help him get to America. Yet, though he tried his best to be on time, unavoidable circumstances prevented him from boarding the Titanic and it left port without him that day. Of course, we know the rest of the story, the Titanic sunk and many passengers died. God's better plan had saved the man's life. Peace is knowing that, even when it appears that our prayers are not being answered, God has a better plan. Peace comes when we pray, not thinking of God as a gum ball machine, where you insert a quarter (prayer) and out comes just what you wanted, but rather bringing our requests as a child would to a loving parent who has more wisdom and experience. It is praying as did Christ, *"Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done."* Luke 22:42

As I write this article, I take stock of my worldly prosperity, broken tractor/snowblower, broken water pump, broken refrigerator, broken vehicle—no way to drive to town, etc. As I look into the "sure word" I find this is just what God said could be expected in this world. *"Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy."* 1 Pet. 4:12, 13



In tribulation, I must look higher for peace, that faith may pierce the clouds. The words of the familiar hymn play over in my mind, *"Tis so sweet to trust in Jesus, Just to take Him at His Word, Just to rest upon His promise, Just to know, 'Thus saith the Lord.'"* I pray for grace to say as did David, *"Hear my cry, O God; attend unto my prayer. From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I."* Psalm 61:1,2

Seldom does God remove us from the fire; instead, as for the 3 Hebrews in the fiery furnace, He is with us through it. Prayers offered in faith amid the hours of darkness and gloom bring light from Heaven to the soul. For no matter the tribulation, as long as we hold on to Jesus, we will have peace, for he is the "Prince of Peace." (Isaiah 9:6)

Kids' Corner

Written by D. Roberts age 12

Illustrated by D. Roberts age 10

GOD'S AMAZING CREATURES

The Golden-crowned Kinglet is a very small songbird. They are mostly seen in Bermuda, Mexico, the United States, and Guatemala. Golden-crowned Kinglets search for food in trees or shrubs, mainly eating insects, insect eggs and spiders.

They give a series of high-pitched calls on a single note, and tend not to fear human approach. They are very joyful and peaceful. Just like the Golden-crowned Kinglet is joyful and praises his Creator, we should be joyful and praise our Creator for all His creation, including the Golden-crowned Kinglet!



Photo by Nigel on Flickr

	<p>"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law." Galatians 5:22, 23</p>	
<p>Christian went to his Grandma's house. She had a pet cat. Christian gently petted the cat. The cat purred and was happy. Christian was happy too.</p>		<p>Carnal's friend had a pet cat. Carnal wasn't gentle and pulled the cat's tail. The cat snarled and scratched his hand. Carnal and the cat were both unhappy.</p>

PROFITABLE TRADITIONS – Cultivate the Fruits of the Spirit (Gal. 5:22, 23)

Ask your children if they are packing their suitcase for heaven. Explain that all we can take to heaven is our character (and any friends we turn to Jesus). Using colored paper or white paper and coloring utensils, have the children draw various colored fruits and then cut them out. On each fruit write one of the fruits of the Spirit—love, joy, peace, etc.—to picture cut-outs of different fruits they have drawn. Have them decorate an envelope to be their "suitcase". At the end of each day go through the Fruits of the Spirit one by one and see how many they packed in their suitcase that day. Also see how many they need to work on (for example, if they lost their temper that day patience would not be packed in the suitcase) Encourage children to do better packing their suitcase tomorrow. Note: Although the target audience for this activity is children, adults may benefit from it also, and it is helpful for the parents to conduct the activity along with the children and also "pack their suitcase."³



Study to Show Thyself Approved — Is it the Spirit of God?

1. Why does John command us not to believe every spirit, but rather to try the spirits whether they are of God?
"Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world." 1 John 4:1
 2. What does John list as one of the foremost characteristics of the Spirit of God?
"Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God: And every spirit that confesseth not that Jesus Christ is come in the flesh is not of God: and this is that spirit of antichrist, whereof ye have heard that it should come; and even now already is it in the world." 1 John 4:2, 3
 3. What other characteristics do Paul, John and Isaiah list for knowing the difference between the Spirit of Truth and the spirit of error?
"We are of God: he that knoweth God heareth us; he that is not of God heareth not us. Hereby know we the spirit of truth, and the spirit of error." 1 John 4:6
"And the spirits of the prophets are subject to [obey] the prophets." 1 Cor. 14:32
"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
 4. When the Holy Spirit comes what did Jesus say he would reprove the world of?
"Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you. And when he is come, he will reprove the world of sin, and of righteousness, and of judgment:" John 16:7, 8
 5. When the Spirit of truth comes He will guide into _____ truth and He will show things _____. *"Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come."* John 16:13
 6. How did Jesus tell us to discern these evil spirits in the form of false prophets?
"Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit." Matt. 7:15-18
7. Evil Fruits
"Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God." Galatians 5:19-21
"If we live in the Spirit, let us also walk in the Spirit. Let us not be desirous of vain glory, provoking one another, envying one another." Galatians 5:25,26
"Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron; Forbidding to marry, and commanding to abstain from meats[foods], which God hath created to be received with thanksgiving of them which believe and know the truth." 1 Timothy 4:1-3
 8. The Fruits of God's Spirit
"(For the fruit of the Spirit is in all goodness and righteousness and truth;)" Ephesians 5:9
"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law." Galatians 5:22, 23


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By Their Fruits...

Answers: 1. Because of many false prophets in the world 2. Confesses that Jesus Christ is come in the flesh 3. Hears and obeys the word of the prophets as recorded in the Bible 4. sin, righteousness, judgement 5. all, to come 6. By their fruits



EMFs—INVISIBLE POISON?

Our world today is filled with electrical devices. People have televisions in their homes and cars, computers or laptops on their desks, and mobile phones in their pockets. Electrical devices permeate so much of our society, that most people could not imagine life without them. Yet, is this technology a blessing or a curse?

To the Chief Executive of a £500 million chilled food manufacturer, this technology is more of a curse. *“Brian Stein cannot use a phone for longer than a few minutes. Modern cars and electrified trains are out of bounds and long distance flights are impossible. He cannot use a computer and colleagues have to switch theirs off in his presence.”* www.telegraph.co.uk Mr Stein is a sufferer from electromagnetic hypersensitivity and, along with the above mentioned things, can no longer watch television and has to switch the mains off at night. His office only contains lighting and a hands-free speaker phone.

Some may have heard of Electromagnetic fields or EMFs, *“a type of low-frequency electromagnetic radiation emitted from virtually everything electrical and electronic in our modern world — power lines, transformers, electrical panels, building wiring, computers, lights, clocks, appliances, televisions, hairdryers, cell phones, cordless phones, microwave ovens, Wi-Fi, wireless routers and other devices, TV/radio/cell towers, etc.”* <http://www.emfcenter.com/emffags.htm#B1>. What are Electromagnetic Fields (EMFs)



A 2005 article in **The Sunday Times** reported: *“A GOVERNMENT agency has acknowledged for the first time that people can suffer nausea, headaches and muscle pains when exposed to electromagnetic fields from mobile phones, electricity pylons and computer screens. The condition known as electrosensitivity, a heightened reaction to electrical energy, will be recognised as a physical impairment.”* http://www.thesundaytimes.co.uk/sto/news/uk_news/article147789.ece

“Allergies” to EMF sometimes called electromagnetic hypersensitivity (EHS), are on the rise, although the topic is hotly debated. The Swedish Government recognized EHS as a physical impairment in 2000, and a French court awarded a 39-year-old woman around \$900/month in disability benefits because of her electromagnetic hypersensitivity, yet skeptics of the sensitivity are very prevalent.

An article on Forbes stated: *“Most parents would be concerned if their children had significant exposure to lead, chloroform, gasoline fumes, or the pesticide DDT. The International Agency for Research on Cancer (IARC), part of the United Nations’ World Health Organization (WHO), classifies these and more than 250 other agents as Class 2B Carcinogens – possibly carcinogenic to humans. Another entry on that same list is radiofrequency electromagnetic fields (RF/EMF). The main sources of RF/EMF are radios, televisions, microwave ovens, cell phones, and Wi-Fi devices.”* <http://www.forbes.com/sites/robertszczzerba/2015/01/13/study-suggests-wi-fi-exposure-more-dangerous-to-kids-than-previously-thought/#6e49cd625fdc>

Dr. Neil Cherry of Lincoln University, New Zealand said; *“There is a strong evidence that EMFs and radio/microwave frequencies are associated with accelerated aging (enhanced cell death and cancer) and moods, depression, suicide, anger, rage and violence, primarily through alteration of cellular calcium ions and the melatonin/serotonin balance.”*

EMFs also appear to have effects on the brain. *“While we aggressively investigate the links between autism disorders and wireless technologies, we should minimize wireless and EMF exposures for people with autism disorders, children of all ages, people planning a baby, and during pregnancy,”* says Martha Herbert, MD, PhD.

One Scientist has shown that some of the effects of EMFs are similar to those of radioactive material. *“Olle Johansson, associate professor of neuroscience at the Karolinska Institute in Sweden, has been studying EHS for 20 years. He has shown in experiments that there is an increase in the number of mast cells near the surface of skin when exposed to electromagnetic fields, a similar reaction to that when it is exposed to radioactive material.”* <http://www.telegraph.co.uk/news/uknews/1481865/Scientists-serious-about-electricity-sickness-claims.html>

The Bioinitiative 2012 Report reported that, *“Many EMF frequencies in the environment can and do cause DNA changes.”* *“Bioeffects are clearly established and occur at very low levels of exposure to electromagnetic fields and radiofrequency radiation. Bioeffects can occur in the first few minutes at levels associated with cell and cordless phone use. Bioeffects can also occur from just minutes of exposure to mobile phone masts (cell towers), Wi-Fi, and wireless utility ‘smart’ meters that produce whole-body exposure. ...Many of these bioeffects can reasonably be presumed to result in adverse health effects if the exposures are prolonged or chronic. This is because they interfere with normal body processes (disrupt homeostasis), prevent the body from healing damaged DNA, produce immune system imbalances, metabolic disruption and lower resilience to disease across multiple pathways.”*

The Bioinitiative report also speaks about the effect on the Blood Brain Barrier. *"The BBB {blood brain barrier} is a protective barrier that prevents the flow of toxins into sensitive brain tissue. Increased permeability of the BBB caused by cell phone RFR{radio frequency radiation} may result in neuronal damage. ... Summing up the research, it is more probable than unlikely that non-thermal EMF from cell phones and base stations do have effects upon biology. A single 2-hr exposure to cell phone radiation can result in increased leakage of the BBB, and 50 days after exposure, neuronal damage can be seen, and at the later time point also albumin leakage is demonstrated."*(Salford, 2012 – Section 10)

Some studies also have found that pregnant women who use cell phones have children with more behavioral issues.

"Women who use mobile phones when pregnant are more likely to give birth to children with behavioural problems, according to authoritative research. A giant study, which surveyed more than 13,000 children, found that using the handsets just two or three times a day was enough to raise the risk of their babies developing hyperactivity and difficulties with conduct, emotions and relationships by the time they reached school age. ... The results of the study, the first of its kind, have taken the top scientists who conducted it by surprise. But they follow warnings against both pregnant women and children using mobiles by the official Russian radiation watchdog body, which believes that the peril they pose 'is not much lower than the risk to children's health from tobacco or alcohol.'" <http://www.independent.co.uk/life-style/health-and-families/health-news/warning-using-a-mobile-phone-while-pregnant-can-seriously-damage-your-baby-830352.html>

"On behalf of the California Public Utilities Commission (CPUC), three scientists who work for the California Department of Health Services (DHS) were asked to review the studies about possible health problems from electric and magnetic fields (EMFs) from power lines, wiring in buildings, some jobs, and appliances. The CPUC request for review did not include radio frequency EMFs from cell phones and radio towers." "To one degree or another, all three of the DHS scientists are inclined to believe that EMFs can cause some degree of increased risk of childhood leukemia, adult brain cancer, Lou Gehrig's Disease, and miscarriage." (Executive Summary California EMF Risk Evaluation June 2002)

Although many in science are still skeptical, one must ask, "Is it better to prevent possible problems before they occur or is it better to wait until all problems have been scientifically proven and we are reaping results we could have prevented?"

What can I do about EMFs?

Many people are probably wondering at this point, what they can do since EMFs are a part of everyday life. Here are a few tips of what you can do to protect yourself. Even if you are not already sensitive it would be best to prevent sensitivity from occurring in the future.

- Limit your exposures as much as possible—Avoid as much as possible places of high EMFs like airports. Use wired internet in your home, instead of Wifi. Use wired computer mice, etc.
- When using a cell phone, do not talk on it while you are traveling, the phone will be constantly scanning for signal and its radiation levels will be higher than when you are stationary. DO NOT carry it on your body, and wait a moment before putting the cell phone to your ear when it rings (accept the call but don't put it to your ear) or when you call someone don't put the phone to your ear until they answer. The radiation is highest at the beginning of the call. A BETTER IDEA is to put the cell phone on speaker phone and set it away from your body.
- Eat plenty of antioxidants—Most fruits and vegetables contain antioxidant properties. These help your body to deal with some of the free radicals that EMFs may cause. Vitamins A, C, E, are especially good.
- Especially sensitive groups, like the elderly, children, babies or pregnant woman (because of the developing baby) should take special precautions as they are most likely to be negatively affected.



LITTLE RUNNER'S HEALTH TIP

Zippy the Zebra likes to play in the fresh, country air. Playing outside in the fresh air is good for boys and girls too.



"THROW DAT COAT AWAY."

"But we are all as an unclean thing, and all our righteousnesses are as filthy rags...." Isaiah 64:6

An old story* is told of a poor black slave in the West Indies who was led, under the preaching of the gospel, to feel himself a lost, undone sinner. He had been a very wicked man, drinking and swearing, and giving vent to his vile passions; yet the same night in which he was convicted of sin, he believed in Jesus, and at once found peace. His master was awakened under the same sermon; but as he had lived outwardly what men regard as a very good, moral life, his proud heart rejected the finished work of Christ, and set about trying to save himself. This went on for about a month, and the poor Pharisee was becoming more wretched, when he resolved to have a conversation with the happy slave, and the following accordingly took place.

"Sam, you are happy?"

"Yes, massa, I be," he said, with a face beaming with joy.

"Well, Sam," said the master, "I have come here this morning to find out what it is that makes you happy. You know, Sam, you and I first began to think about God the same night, more than a month ago; and you, though you were such a bad fellow before, seemed to find peace at once, while I, who have always been what the world calls a good man, have been going on in darkness and sorrow ever since, and it seems to me I only grow worse. It is a great mystery, Sam, and I don't understand it."

"O, massa!" said the poor slave, "it ain't no mystery at all to me, 'cause you see dat's the berry reason. Sam was such a bad fellow, and hab on such dirty ragged blanket, that when God called him he knew it wasn't fit to go 'fore God in, so he trew it right away, and den God put on him the robe of Christ's righteousness; and den, of course, when Sam had dat on he couldn't help being glad and full of peace. But massa hab on a real good coat and he did not like to trow dat away, for he thought if it was fixed up a little it would do to go 'fore God; so when he sees a dirty spot he says, 'Oh, I'll wash dat!' and when he sees a hole, he says, 'Oh, I'll patch dat!' and so he goes on trying to make his old coat do; but it nebber will; for God won't receive massa in dat coat, no matter how much he fix it up. But if massa will only trow dat coat away, and let God put de robe of Christ's righteousness on him, den massa can go in 'fore God and not be 'fraid, but be happy like poor, bad Sam."

The slave paused, and looked at his master, as if to see the effects of his bold language. A smile broke over the master. "You are right!" he exclaimed, as he grasped the rough, black hand held out to him: "I have been trying to fix my old coat, but I thank God, I am done with it now. I'll have on the robe of Christ's righteousness as well as you, and I see that will bring me peace and joy. God bless you, Sam; you have taught me a precious truth."

"Only the covering which Christ Himself has provided can make us meet to appear in God's presence. This covering, the robe of His own righteousness, Christ will put upon every repenting, believing soul. "I counsel thee," He says, "to buy of Me . . . white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear." Revelation 3:18." –Christ Object Lessons page 311

*This story is taken from an old magazine from the 1860s



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