

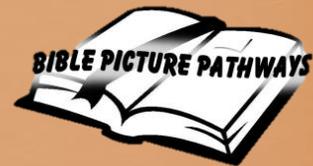


The Bible Banner

June 2016

Stand Therefore

Having Your Loins Girt About With Truth



When Hugh Latimer, a Protestant Reformer, was preaching one day in the presence of King Henry VIII, he reports that he said to himself, "Latimer! Latimer! Remember that the king is here; be careful what you say." Then he said to himself, "Latimer! Latimer! Remember that the King of kings is here; be careful what you do not say." For such unflinching faithfulness, Latimer eventually was burned at the stake. However, he feared failing God more than he feared offending men. **Do you have the courage to stand for what you know to be true?**

Better Franks (Republished by popular demand--Now with a gluten-free option)

- | | |
|---|---------------------------|
| ½ cup almonds | 1 tsp paprika |
| 1 ¾ cup water | 2 tsp nutritional yeast |
| 1 tsp coffee substitute, Pero | ¼ cup oil |
| ½ can tomato paste, 6 ounce | 1 tsp salt |
| 1 tsp onion powder | 1 tsp garlic powder |
| 2 tsp Lawry's seasoned salt | 2 Tbsp. Non-GMO soy flour |
| 2 cups vital wheat gluten flour (more if necessary) | |

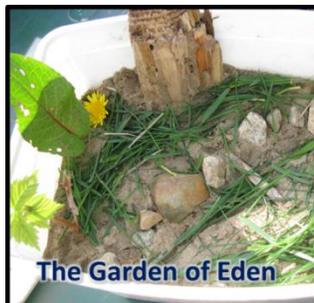


Blend all the ingredients together except the flour. Mix the flour thoroughly in a bowl. Add the blended ingredients quickly and mix by hand until stiff dough forms. Form into desired shape and bake at 350°F on a prepared cookie sheet for 25-30 minutes. You can also wrap these in parchment paper and aluminum foil, twist them like a tootsie roll and then steam them in a little water in a 9x13 pan. (Note: These make a nice treat for camping if you cover with a very thin layer of camp bread and toast over the fire like a corndog.) **Gluten-free option:** increase almonds to ¾ cup and replace gluten flour with 1 cup quick oats and ¼ cup potato flour, ¼ cup tapioca starch, and ¼ cup bean, potato, or rice/millet flour. Add more flour if necessary to form franks. (This recipe is similar, but not quite the same.) These are good sliced with steamed cabbage!

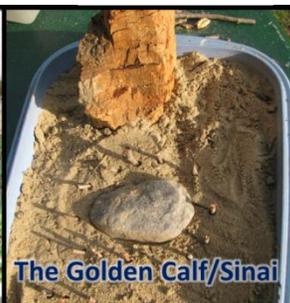
CORRECTION: The recipe for **Camp Bread** from the May 2016 issue of the Bible Banner incorrectly called for 2/3 cup of water. It should have called for only 1/3 cup of water. We apologize for any inconvenience this may have caused.

PROFITABLE TRADITIONS

Cultivate Creativity—Bible Dioramas—Fill some containers with sand. Using nature items, have each person or group create a Bible story scene. Whenever everyone is finished, guess the Bible stories that are represented.



The Garden of Eden



The Golden Calf/Sinai



Baby Moses' Basket Boat

TSUNAMI DECEPTION

Recently, a friend told me of a dream he had. He dreamed a huge flood had overflowed the whole valley. He vividly described how high up on the mountainsides the water had been. It was obvious that it had made him extremely uneasy. So anxious, in fact, that he was talking about building a house much higher up in the mountains than his current residence. Fleeing to the mountains reminded me of the place in Matthew 24:15, 16 where Jesus said, *“When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, (whoso readeth, let him understand:) Then let them which be in Judaea flee into the mountains:”* The partial fulfillment of this prophecy took place when the Romans came and surrounded Jerusalem; then, for a time, they drew back their troops, and during this time all the Christians (those who believed Christ) were able to flee, and thus, were saved from death and destruction when the armies returned and Jerusalem was destroyed.

But the idea of a flood brought to my mind the verse in Isaiah 59:19 *“So shall they fear the name of the LORD from the west, and his glory from the rising of the sun. When the enemy shall come in like a flood, the Spirit of the LORD shall lift up a standard against him.”* What is interesting, is that both 2 Samuel 22:5 and Psalm 18:4 liken ungodly men to floods, saying, *“the floods of ungodly men made me afraid.”* (see also Rev. 17:15) If the enemy comes in with floods of ungodly men, perhaps this is why Jesus first warning to his disciples of the end times was *“...Take heed that no man deceive you. For many shall come in my name, saying, I am Christ; and shall deceive many.”* Matt. 24:4, 5 (Also Mark 13:5,6)



John exposes one of the characteristics of false Christs while reiterating that this is a sign of the last days. *“Little children, it is the last time: and as ye have heard that antichrist shall come, even now are there many antichrists; whereby we know that it is the last time.... Who is a liar but he that denieth that Jesus is the Christ? He is antichrist, that denieth the Father and the Son. Whosoever denieth the Son, the same hath not the Father: (but) he that acknowledgeth the Son hath the Father also.”* (1 John 2:18, 22-23) This deception seems fairly easy to detect-- just checking to see whether people believe in Jesus as the Son of God-- but in Matt. 24:24 and Mark 13:22 Jesus again warns of ungodly men in the last days *“For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive [seduce] the very elect.”* This appears to be a tsunami of a deception; probably the greatest deception ever to come upon mankind, for Satan has had 6,000 years to plan it. Just like a physical tsunami has signs that precede its arrival, this spiritual tsunami also has signs that warn the careful watcher that destruction is nigh at hand. When there is a physical tsunami coming, the water recedes rapidly from the shoreline and many people think that this is just the tide or some other interesting phenomenon and believing all is Peace and Safety, they venture out on the now dry ground to explore. *“Because my people hath forgotten me, ... they have caused them to stumble in their ways from the ancient paths, to walk in paths, in a way not cast up;”* Jer. 18:15 *“For when they shall say, Peace and safety; then sudden destruction cometh upon them...”* 1Thess. 5:3



But the wise person recognizes, in this sign of receding water, the impending arrival of a destructive wall of raging water and they turn and flee for the mountains (higher ground). Perhaps we should consider fleeing to the spiritual mountains if we would be saved from deception. For God has promised in 1 Cor. 10:13 *“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”*

The Bible talks about a safe place that is a rock that is higher than we are in Psalm 61:2-3 *“...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. For thou hast been a shelter for me, and a strong tower from the enemy...”* And we are also given clues as to what mountains represent in the Bible.

Psalm 36:6 *“Thy righteousness is like the great mountains; thy judgments are a great deep: O LORD, thou preservest man and beast.”* For us to go or flee to the mountains in a spiritual sense can be applied to obeying and following God’s way instead of man’s way. *“... so are my ways higher than your ways, and my thoughts than your thoughts.”* Isa. 55:9 *“And many people shall go and say, Come ye, and let us go up to the mountain of the LORD, to the house of the God of Jacob; and he will teach us of his ways, and we will walk in his paths: for out of Zion shall go forth the law, and the word of the LORD from Jerusalem.”* Isa. 2:3

We are promised in Psalm 125:2 that, *“As the mountains are round about Jerusalem, so the LORD is round about his people from henceforth even for ever.”* And God tells us in Micah 4:1 and Isa. 2:2 that, *“...it shall come to pass in the last days, that the mountain of the LORD’S house shall be established in the top of the mountains, and shall be exalted above the hills; and all nations shall flow unto it.”* Our Creator is calling us to a higher standard, the Standard that the Spirit of the Lord is raising up. God calls us to *“Come up higher”* (see Luke 14:10). May God give us the wisdom to recognize the signs of the approaching tsunami and the strength to flee to His mountains of safety. *“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!”* Isa. 52:7

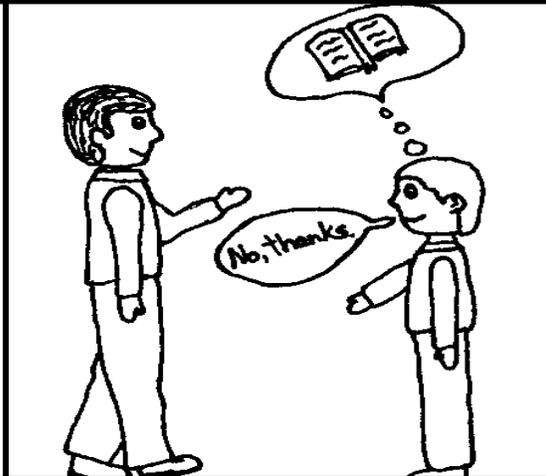
GOD'S AMAZING CREATURES



Brown-Headed Cowbirds live in the United States and in southern Canada. They mainly eat seeds and insects. Brown-headed cowbirds do not raise their own young, instead they lay their eggs in the nests of other bird species. Some host species, such as the house finch, feed their young a vegetarian diet. We should act like the house finch and help others, and not be selfish and pushy like the cowbird.

MEMORY TEXT:

Psalm 119:11 *"Thy word have I hid in mine heart, that I might not sin against thee."*



Christian read a storybook about the Waldensian children. The Waldensian children learned many memory verses so they knew what the Bible said.

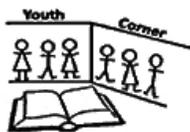
When bad men told them to do wrong, they would quote the Bible verses, and would not do anything the Bible said was bad. Christian decided he would learn memory verses and stand up for what was right like the Waldensian children did.

Carnal did not want to learn his memory verses. When some of his friends wanted him to steal a candy bar from the store he could not remember any Bible verses about how stealing was wrong, so he stole the candy bar. But Carnal got in trouble with the police for stealing. Carnal did not stand up for what was right and he made Jesus very sad.



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Or visit us at: biblepicturepathways.com swiftrunnerministries.com



APPEARANCE OF DECEPTION

"For such are false apostles, deceitful workers, transforming themselves into the apostles of Christ. And no marvel; for Satan himself is transformed into an angel of light. Therefore it is no great thing if his ministers also be transformed as the ministers of righteousness; whose end shall be according to their works." 2 Corinthians 11:13-15

Appearances can be very deceiving. One morning a salesman called at an office. The salesman was well dressed and he carried with him a beautiful black leather bag. The man whose office he entered was very curious to discover the bag's contents. By the salesman's appearance and that of the bag, the man assumed that the wares being sold were something very precious. Perhaps it was silverware, or perfume, or watches, or maybe even diamonds. After a short conversation, the salesman opened his bag and took out a black lump of coal. He was a coal salesman, but his appearance caused him to be mistaken for someone who sold very important expensive products.



Today there are men who present a false appearance. You may think they are selling the gems of truth, but in reality they are selling only a black chunk of error. The Bible warned us about false teachers that would come in as wolves seeking to devour the sheep. Our only safety today is to flee to the Good Shepherd's side. He is our only protection against false teachers and he will help us not to be deceived by their false appearances. Will you ask your Savior to lead you into the truth? If you do so in sincerity and faith, he will guide you into the truth and protect you from the deceptions in the world today.

Youth Corner Question & Answer

Q: Dear Youth Corner, I have some friends that believe we should not use songs that repeat phrases. They say songs like the scripture song *Rejoice in The Lord Always** are vain repetitions. Do you know what Jesus was referring to when he said, "Use not vain repetitions?"

A: The verse in question is Matthew 6:7 *"But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking."* Notice that this verse is referring specifically to prayers. Also, notice that the heathen use vain repetitions because they think they will be heard because of "their much speaking." In other words, the heathen believed that the more they repeated themselves the more likely they were to be heard. (See Acts 19:34 and 1 Kings 18:26 for examples of the excessively long vain repetitions that the heathen did.)

When it comes to singing songs, the Bible gives us counsel to sing "psalms and hymns and spiritual songs." (Colossians 3:16) If we look at some of the Psalms, we will see minor amounts of repetition. For example, Psalm 47:6 says; *"Sing praises to God, sing praises: sing praises unto our King, sing praises."* This repeats the words "sing praises" 4 times.

If we look at what Jesus said he did not condemn repetition but rather VAIN repetition. The word vain means things like "empty, fruitless, showy, worthless, or deceitful." This would not make a scripture song that repeats twice or three times in order to help you memorize a text a "vain repetition," because it is not worthless but rather it is edifying and educational. Psalm 47:7 the verse following the one that uses repetition tells us: *"For God is the King of all the earth: sing ye praises with understanding."* If we sing with understanding, we will not use vain repetitions because all our music will have a purpose.

**The words to this song are: "Rejoice in the Lord always and again I say Rejoice" 2x "Rejoice, Rejoice, and again I say Rejoice" 2x*

***"But he [Jesus] was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."* Isaiah 53:5**

SCARRED-- Written by Bob Jones, Jr.

***The shame he suffered left its brand
In gaping wound in either hand;
Sin's penalty He deigned to meet
Has torn and scarred His blessed feet;
The condemnation by Him borne
Marred His brow with print of thorn.
Trespass and guilt for which He died
Have marked Him with a riven side.***



***Mine was the shame, the penalty:
The sin was mine; it was for me
He felt the nails, the thorns, the spear.
For love of me the scars appear
In hands and feet and side and brow.
Beholding them I can but bow
Myself a living sacrifice
To Him who paid so dear a price.***

Study to Shew Thyself Approved ---- TACTICS OF THE DEVIL

“And have no fellowship with the unfruitful works of darkness, but rather reprove [expose] them.” Eph. 5:11

The devil many times ‘plays both sides’, working on what we sometimes call the Hegelian dialectical formula: **A** (thesis) versus **B** (anti-thesis) equals **C** (synthesis). An example of this would be: devil as an angel of light (appearing good and harmless) versus devil with horns and pitchfork (appearing evil) equals the devil’s ultimate goal, taking away God’s word and causing mankind to be lost. See Luke 8:12 *“Those by the way side are they that hear; then cometh the devil, and taketh away the word out of their hearts, lest they should believe and be saved.”* The following is a chart of Bible verses outlining this type of tactic.

Thesis	Anti-thesis	Synthesis	Biblical Protection
<p>Satan’s agents disguised as apostles of Christ. <i>“For such are false apostles, deceitful workers, transforming themselves into the apostles of Christ.”</i> 2 Cor. 11:13</p>	<p>Satan’s agents living sinful lives. <i>“He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.”</i> 1 John 3:8</p>	<p>Two of Satan’s agents, one appears “conservative”, the other “liberal”, but they are working together to divide God’s people. <i>“And both these kings’ hearts shall be to do mischief, and they shall speak lies at one table...”</i> Dan 11:27</p>	<p>Only Believe what matches God’s Word <i>“Prove all things; hold fast that which is good.”</i> 1Thess. 5:21 <i>“To the law and to the testimony: if they speak not according to this word, it is because there is no light in them”</i> Isaiah 8:20</p>
<p>Satan as an angel of light <i>“And no marvel; for Satan himself is transformed into an angel of light.”</i> 2 Cor. 11:14</p>	<p>Satan as a Roaring Lion <i>“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.”</i> 1 Peter 5:8</p>	<p>Devilish Confusion <i>“This wisdom descendeth not from above, but is earthly, sensual, devilish. For where envying and strife is, there is confusion and every evil work.”</i> James 3:15,16</p>	<p>Avoid Confusion <i>“For God is not the author of confusion, but of peace, as in all churches of the saints.”</i> 1 Cor. 14:33</p>
<p>Satan’s agents as ministers of righteousness <i>“Therefore it is no great thing if his ministers also be transformed as the ministers of righteousness; whose end shall be according to their works.”</i> 2 Cor. 11:15</p>	<p>Satan’s agents openly evil <i>“For there are certain men crept in unawares,... ungodly men, turning the grace of our God into lasciviousness [looseness ,lustfulness] and denying the only Lord God, and our Lord Jesus Christ.”</i> Jude 4</p>	<p>Because some of Satan’s agents are openly evil, people often don’t suspect the wolves in sheep’s clothing <i>“Beware of false prophets, which come to you in sheep’s clothing, but inwardly they are ravening wolves.”</i> Matt. 7:15</p>	<p>Contend for The Faith <i>“Beloved... it was needful for me to write unto you, and exhort you that ye should earnestly contend for the faith which was once delivered unto the saints.”</i> Jude 3</p>
<p>Satan is disguised to tempt Eve in the Garden of Eden (Gen. 3) Serpent is used to tempt Eve Eve is used to tempt Adam</p>	<p>Satan uses lying wonders and agents who are evil <i>“Even him [that Wicked], whose coming is after the working of Satan with all power and signs and lying wonders,”</i> 2 Thess. 2:9</p>	<p>Satan makes use of human agents and miraculous workings to deceive-- whomever you don’t suspect... <i>“But evil men and seducers shall wax worse and worse, deceiving, and being deceived.”</i> 2 Tim. 3:13</p>	<p>“Put on the whole armour of God, that ye may be able to stand against the wiles of the devil... Above all, taking the shield of faith, ... and the sword of the Spirit, which is the word of God:” Eph. 6:11,16,17</p>
<p>Fanatical Agents of the Devil <i>“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, which God hath created to be received with thanksgiving For it is sanctified by the word of God and prayer.”</i> 1Tim. 4:1-3, 5</p>	<p>Satan’s agents teaching “necessary” Conformity to heathenism <i>“And he [Jesus] charged them, saying, Take heed, beware of the leaven of the Pharisees, and of the leaven of Herod.”</i> Mark 8:15 <i>“Herod was wont [accustomed] to excuse this conformity [idols, theatres, amphitheatres/sports] to heathenism before his own people on the grounds of political necessity.”</i> (The Life & Times of Jesus, Book 1, Chapter 7 by Alfred Edersheim)</p>	<p>Fanaticism on one hand-- forbidding what God has not forbidden (writing man’s own doctrines not founded in the word of God—rules so strict those who preach them don’t follow them themselves [hypocrites]) and sinfulness and conformity to heathenism on the other. Satan’s lies drive people to believe God is unfair and that they can never keep his law. Many give up and go back to their sinful lives.</p>	<p>The Holy Spirit is the Guide, not Man <i>“...written unto you concerning them that seduce you. But the anointing which ye have received of him abideth in you, and ye need not that any man teach you; but as the same anointing teacheth you of all things... ye shall abide in him.”</i> 1 John 2:26,27 <i>“Howbeit when he, the Spirit of truth, is come, he will guide you into all truth...”</i> John 16:13</p>
<p>Temptations #1,2 Satan disguised an angel of light (Matthew 4) tempting even while quoting scriptures 1. to doubt the word of God 2. misquote the word of God to support our presumptuous sins</p>	<p>Temptation #3 to worship him [Satan] –Satan as the Devil <i>“Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.”</i> Matt. 4:8,9</p>	<p>When coming as an angel of light doesn’t work, because he has been recognized, Satan will tempt openly to achieve his ends. <i>“Satan employs every possible device to prevent men from obtaining a knowledge of the Bible; for its plain utterances reveal his deceptions.”</i> Darkness before Dawn pg. 36</p>	<p>“It is written” “All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.” 2 Tim. 3:16,17</p>



8 REASONS TO BECOME A TOTAL VEGETARIAN

Why would a 21st century Bible-believing Christian endorse a total vegetarian diet when the Bible clearly states that Jesus ate meat? The Bible directs us to *“Prove all things; hold fast that which is good.”* (1Thes.5:21) Is there a Biblical and scientific defense for vegetarianism? I believe there are at least 8 good reasons to consider...

- 1. Animal products compound environmental toxins, making even organic animal products more toxic than plant foods.** It is true that Jesus ate clean, kosher (without the fat and blood) meat—both fish and beef (Luke 24:42, 43, & Genesis 18:1-8). But 2000+ years ago there was no acid rain, no smog, no nuclear radiation (from Fukushima and Chernobyl), no pesticides, no herbicides, no pharmaceuticals, no chemical hormones, steroids, antibiotics and heavy metals in the water and for the most part no toxic environment in general. The fact is that the further up the food chain an animal is, the more the toxins it accumulates. According to a statement by the EPA, *“Aquatic organisms may bioaccumulate environmental contaminants to more than 1 million times the concentration detected in the water...”* (Vol. 1, Fish Sampling and Analysis-Second Edition. September 1995) In short, toxins in meat today can be 1 million times that of toxins in the environment. Imagine what would happen if you took 1 million aspirin.
- 2. Animal products were not part of the original diet prescribed by God for man, either before or after sin.** The original diet prescribed by God for man was fruits, nuts and grains. (Gen. 1:29) Vegetables were added after sin. (Gen.3:18)
- 3. A flesh diet was originally introduced after the flood to shorten the lifespan of man so he could not become so evil.** In Gen. 9:3-5 we are told that after the flood, meat was permitted, but it would cost the blood of their lives *“Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, which is the blood thereof, shall ye not eat. And surely your blood of your lives will I require; at the hand of every beast will I require it...”* Only the meat of clean animals (largely, those that were not carnivores or scavengers) was permitted, but the fat and the blood of these was never allowed to be eaten. (Lev. 3:17, Lev. 11, Deut. 14, Gen. 7:1, 2)
- 4. Flesh and animal products contain no fiber.** Fiber is a “stop sign” so that you don’t eat too much. Foods that do not have fiber lend to overeating as well as constipation. God has shown us the results of gluttony of meat eating by the story of the children of Israel when they ate too much flesh meat. Num. 11:4 *“And the mixt multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat?”* Num. 11:33, 34 *“And while the flesh was yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague. And he called the name of that place Kibrothhattaavah: because there they buried the people that lusted.”*
- 5. Today, science shows that eating a diet consisting largely of meat leads to cancer, heart disease and many other diseases.** The Physicians Committee for Responsible Medicine states that *“Research has shown that people who eat a diet free of animal products, high in plant foods, and low in fat have a much lower risk of developing cancer.”* <http://pcrm.org/health/cancer-resources/diet-cancer>
- 6. Unlike plant diseases, many animal diseases are transferable to the humans that may eat them.** *“Of more than 200 communicable diseases of animals, one half are considered infectious to man, and more than 80 are transmitted naturally between vertebrate animals and man.”* (James H. Steele, “Infectious Diseases Common to Animals and Man”, *The Yearbook of Agriculture* 1956, *Animal Diseases*, pg. 14.)
- 7. A plant-based diet is less expensive as well as better for the environment.** “A typical acre of land will yield 450 pounds of soy [plant] protein but only 43 pounds of animal protein.” (F. Wokes, “Proteins”, *Plant Foods for Human Nutrition*, Vol. 1 (1968), pg. 32)
- 8. Animal products do not constitute part of the heavenly diet since there will be no death. Even the lion will eat straw.** (Not so strange if you consider pandas eat bamboo.) (Rev. 21:4, Is. 11:6-9) *“For, behold, I create new heavens and a new earth: ...The wolf and the lamb shall feed together, and the lion shall eat straw like the bullock:.. **They shall not hurt nor destroy in all my holy mountain, saith the LORD.**”* Isaiah 65:17,25



With this list of reasons, I think a better question would be “Why wouldn’t a 21st century Bible-believing Christian, who wants to be healthy, eat a total vegetarian diet?” “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 1:2



LITTLE RUNNER'S HEALTH TIP

Ellie the Elephant, is the largest land animal. She eats lot of plant foods and no meat. Plant foods like beans, rice, fruits, nuts, grains, and seeds are good for boys and girls too. They will help you grow strong and healthy.