



HOLD THE FORT

In the 18th century the British and French were engaged in a lengthy war between each other.

In one pivotal battle, the French greatly outnumbered the British and though it would seem unlikely that the minority would win, that is exactly what happened. The French camp was on a plain overlooking the river with the protection of a steep cliff between them and the river.

One night British boats passed by French checkpoints, by having a French-speaking soldier answer the challenge. The boats landed at the base of the cliff and the soldiers climbed the cliff during the night coming up behind a French military camp, capturing it by surprise. By sunrise the British had a solid foothold on the Plains of Abraham.

Many times the devil succeeds by coming behind from a route we don't suspect. Let's us guard all avenues to our mind, and hold the fort never giving him a foothold.

Special Cornflake Loaf



1/3 cup olive oil

1 cup onion, chopped

1 Tbsp vegan chicken style seasoning

1 cup pecans, chopped

1 ½ Tbsp vegan beef style seasoning

1 Tbsp onion powder

1 pkg organic tofu, mashed

3-4 cups non-GMO cornflakes

Saute onions, pecans and seasonings in oil. Remove from stovetop. Combine remaining ingredients. Bake at 350°F in oiled casserole dish for 1 to 1 1/2 hours. Top will be browned. Serve with gravy if desired.

Visit our recipe archive at biblepathwayssupply.com for homemade recipes for beef and chicken seasoning.



"My principal method of defeating heresy is by establishing truth. One proposes to fill a bushel with tares; now if I can fill it first with wheat I shall defy his attempts."—John Newton

COWARD IN THE FORT

I once heard it said, *“Those who forget the past are destined to repeat it.”* Perhaps no lesson in history is so prominent as the fact that *“Confidence in an unfaithful man in time of trouble is like a broken tooth, and a foot out of joint.”*-- Prov. 25:19. This story that took place during the War of 1812 between the Americans and the British perfectly illustrates this point.

On August 15, 1812, the small British forces (about 300 regulars and 400 militia), under General Isaac Brock, with their allied Indian warriors under Tecumseh (about 600 Indians), surrounded Fort Detroit. Though the Americans were safely entrenched behind fort walls and greatly outnumbered the British forces, British General Isaac Brock sent a demand to American General William Hull that stated, “I require your immediate surrender!”

In order to deceive the American forces, Brock dressed all his militia in surplus British uniforms so that they would appear to look like regular British soldiers, and told each man to build a separate fire instead of the usual 1 fire per unit to make it appear that the military force was much bigger. Tecumseh also marched his small band of warriors past the fort three times to make it look like there were thousands of them. This plan worked well to create fear in the heart of the American General.

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General Hull was plagued with doubt and terror. He thought that Brock’s relatively small band of 1330 men was actually thousands in number. He was terrified that the supposed thousands of Indian warriors were going to massacre everyone. When the British began to fire their cannons at the fort, General Hull disintegrated. Eyewitness accounts state that Hull was seen slumped to the ground in fear, smoking his pipe with one hand and drinking heavily of a bottle of alcohol in the other, while tobacco juice and spittle were running down the front of his uniform.

Hull sent a letter to Brock pleading for time and asking for a 3 day “cease fire” – but Brock responded that if they did not surrender within 3 hours, he would blow up every one of them.

William Hull didn’t need 3 hours. He grabbed a white tablecloth and began waving it out a window - surrendering his army of 2188 men, as well as 39 carriage guns, 15 wall-mounted cannons, 2,500 muskets, and 500 rifles with shot, powder, and flints, and Fort Detroit with all its money, furs, and other booty valued at \$200,000 – without a fight!*

Today, there is a similar assault on the fort of Truth. The Bible warns of this time, *“Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time.”*-- Rev. 12:12 It seems as if every truth is under attack—Biblical marriage between a man and a woman, the creation of the world in 6 literal days, distinction between God’s people and the world in recreation, dress and diet, the importance of God’s moral and natural law, even the sanctity of human life is under attack.

Yet, in the great controversy between Christ and Satan, those who choose to follow Christ always have the advantage-- they have all the armies of heaven to fight for them. Romans 8:31 says *“If God be for us, who can be against us?”* But like General Brock, the devil plays on our fear to get us to surrender to him without a fight. He files his followers past one right after another to make us feel alone and to create fear. Fear that our friends won’t like us if we stand up for what is right, fear of poverty when we can’t in good conscience fulfill some demand of our employer, fear that the simplicity of the gospel doesn’t sound “educated” enough. It is not always an easy task to hold the fort of Truth when there are great odds against us. Fear causes people to think irrationally. In fact, the Scriptures

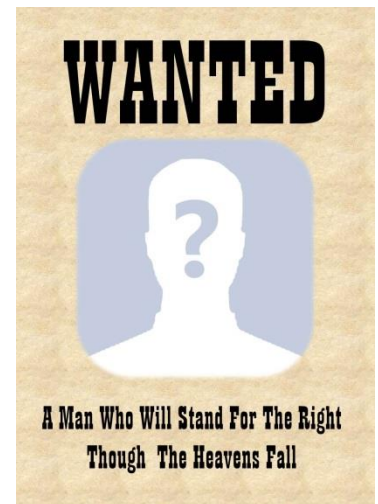


portray fear as the opposite of a sound mind. *"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."*—2 Tim. 1:7

The Bible distinctly contrasts the behavior of the fearful with that of the righteous, *"The wicked flee when no man pursueth: but the righteous are bold as a lion."*—Prov. 28:1 This sounds strikingly similar to the story of William Hull. The wicked are scared of something that isn't even really there. But the end result of fearful deserters isn't a pretty picture. *"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."* Rev. 21:8

Yet from the Bible we know that the great controversy is real. *"And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ."*— Rev. 12:17 And Jesus warned that the devil would file all his forces past us again and again. *"And the brother shall deliver up the brother to death, and the father the child: and the children shall rise up against their parents, and cause them to be put to death. And ye shall be hated of all men for my name's sake: but he that endureth to the end shall be saved."* —Matt. 10:21,22

God's word doesn't leave us without the battle plan and a recipe for success. Rev. 14:12 states, *"Here is the patience [endurance] of the saints: here are they that keep the commandments of God, and the faith of Jesus."* For it is written, *"whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith."*— 1 John 5:4 Faith recognizes that Christ's followers are not left to carry on this conflict against Satan in their own finite strength; the Captain of our salvation stands at the head, unseen by human vision. The eye of faith will discern the Captain and obey His orders. It will defend the fort of Truth though it may appear that the whole world is arrayed against it. It will *"boldly say, The Lord is my helper, and I will not fear what man shall do unto me"*—Heb. 13:6 Will you defend the fort of Truth and stand for the right though the heavens fall?



** When Hull was later released and sent back to Washington, he was court-martialed and sentenced to be shot for treason, cowardice, neglect of duty, and unofficerlike conduct. President Madison, because of Hull's distinguished military record during the Revolutionary War, upheld the ruling but overruled the execution, and Hull was sent home in disgrace.*

HOLD THE FORT

1. *Ho, my comrades! See the signal, waving in the sky!
Reinforcements now appearing, Victory is nigh.*

Chorus: *"Hold the fort, for I am coming,"
Jesus signals still;
Wave the answer back to heaven,
"By thy grace we will."*

2. *See the mighty host advancing,
Satan leads them on;
Mighty men around us falling,
Courage almost gone!*

3. *See the glorious banner waving!
Hear the trumpet blow!
In our Leader's name we'll triumph
Over every foe.*

4. *Fierce and long the battle rages,
But our help is near;
Onward comes our great Commander,
Cheer my comrades, cheer.*

GOD'S AMAZING CREATURES



North American beavers live in the United States, Canada and even Alaska! A beaver has sharp teeth that they use to cut down trees. They also have webbed feet like water flippers to help them swim. Beavers build houses like people. They build their home out of sticks, rocks and mud. Canadian geese sometimes build their nest on a beaver's house. Beavers build dams to make ponds so they can swim. The dams are made of sticks and mud. Beavers have flat paddle shaped tails. They use their tail to hit the water to warn other beavers when there is danger. Just like the beaver warns other beavers of mountain lions and other enemies, we need to help warn other people of things that are dangerous for them and everyone around them like cigarettes and alcohol.

Experiment (Adult help needed): Take a zip lock bag and place your hand inside. Zip up the zip lock bag on both sides of your hand. Place your hand in a bucket of water and paddle (Do NOT fall in the bucket of water). Then see what it feels like. It should feel like a webbed hand!



Patience read books about Jesus and heaven before she went to bed. She dreamed about heaven while she slept. Patience woke up happy.



Passion decided to read bad, scary books while she was at the library. Later Passion had scary bad dreams. She woke up crying in the middle of the night.

Memory Text

Psalm 101:3

"I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me."

TIGHTEN THE SADDLE-GIRTH

"Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;" 1 Peter 1:13

In the midst of a hard battle, when on one end of the line, troops were beginning to waver and it looked like there might be a defeat, where the fight was most fierce, a young officer was seen to leap from his horse. His followers, though the battle was fierce, turned to look, wondering what had happened. The bullets flew like hail, but the young soldier stood by his horse's side and drew the girth of his saddle tight. He had felt it slip under him and knew that upon that little thing might hinge his life, and perhaps the battle. Having secured the girth, he bounded into the saddle, rallied his men and swept on to victory.



Many a battle has been lost on account of no greater thing than a loose saddle-girth. And many spiritual battles have been lost because a soldier forgot or didn't want to tighten the girth on his mind. They didn't guard their five senses and they lost the battle with the enemy. Even when the battle is raging that only gives more reason to tighten the girdle on your mind. Guard your five senses; they are like a drawbridge to the castle of your mind. Guard what you see, what you hear, what you taste, what you feel, and what you smell. Gird up the loins of your mind and move on to victory.

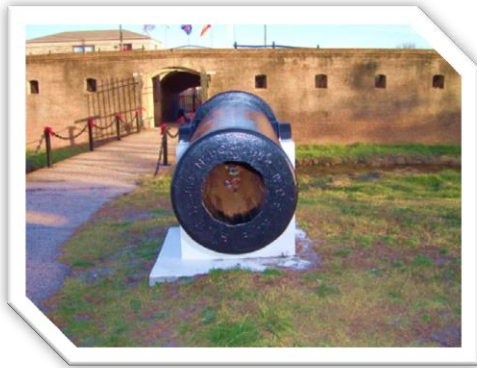
Study to Show thyself Approved

1. The Bible tells us that the last days will be like the days of Noah. "But as the _____ of Noe were, so shall also the _____ of the Son of man be." **Matthew 24:37**
2. In the days of Noah men were not controlling their thoughts. "And GOD saw that the wickedness of man was great in the earth, and that every _____ of the thoughts of his heart was only evil _____." **Genesis 6:5**
3. Peter admonishes us to guard our minds. "Wherefore gird up the loins of your mind, be _____, and _____ to the end for the grace that is to be brought unto you at the revelation of Jesus Christ." **1 Peter 1:13**
4. Ephesians states what our minds are to be girded with. "Stand therefore, having your _____ girt about with _____, and having on the breastplate of righteousness." **Ephesians 6:14**
5. John tells us what is truth. "Sanctify them through thy _____: thy _____ is truth." **John 17:17**
6. We should fortify our minds with God's Word. "Thy _____ have I hid in mine heart, that I might not _____ against thee." **Psalms 119:11**
7. What we think should glorify God. "Let the words of my mouth, and the _____ of my heart, be _____ in thy sight, O LORD, my strength, and my redeemer." **Psalms 19:14**
8. Paul gives us a list to test our thoughts by. "Finally, brethren, whatsoever things are _____, whatsoever things are _____, whatsoever things are _____, whatsoever things are _____, whatsoever things are of _____; if there be any _____, and if there be any _____, think on these things." **Philippians 4:8**

Answers: 1. days, coming; 2. imagination, continually; 3. sober, hope; 4. loins, truth; 5. truth, word; 6. word, sin; 7. meditation, acceptable; 8. true, honest, just, pure, lovely, good report, virtue, praise.

Fortified for **STRESS**?

One very interesting characteristic of stress is that what is negative stress for one person, may actually be enjoyable for another. For example, extroverts thrive on having people constantly around and would be stressed to be alone for long periods of time, while introverts enjoy being alone and are stressed when they have constant visitors or find themselves in large crowds of people. An outgoing person may enjoy speaking up front, while someone who is shy may find public speaking to be stressful. Of course, some stress factors, such as a wedding or a new baby, are generally considered to be good, while others, such as



chronic sickness, death, or the loss of friends, are stressful to most people. In a world of innumerable stress factors, we must fortify ourselves against the inevitable assault of stress on our health. **GOD'S PLAN** includes many principles for stress management. As we mentioned last time, this must begin with G for Godly Trust. The book Mind, Character and Personality states that *"Nine Tenths of Diseases Originate in Mind-- Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life-forces."* -- {Mind, Character and Personality Vol. 1 pg. 59.2} Because of this, the importance of the health of the mind is foremost in fortification for stress.

However, there are many other ways to fortify your body for the assaults of stress. The best defense is a good offense. In the **GOD'S PLAN** acronym, **O** is for **Open Air**, **D** is for **Daily Exercise** and **S** is for **Sunlight**. Outside air is full of negatively charged oxygen molecules. Negative ions help your body to combat stress. Generally speaking, stress causes high blood pressure. Scientific testing has found negative ions to lower the blood pressure. In one study of 34 patients, each was exposed to negative air ionization for a 25-minute session. At its end, 24 patients showed a reduction of systolic blood pressure, averaging 39 mm of mercury. (The Application of Ion in Hypertension released by the National Ministry of Public Health, Buenos Aires, April 12, 1964.) Negative ions give us more energy and act as natural tranquilizers. Negative ions are found especially near the breaking of water droplets found at waterfalls and ocean surf. They may also be found in the forests where there are lots of plants that produce negative ions and in the sunshine.

S is for **Sunshine**. Many people say you need sunshine in order to get Vitamin D to have strong bones, and this is true. But there is a lot more to sunshine than just vitamin D. Solar panels don't run off of vitamin D. *"Humans are also said to be 'photosynthetic'. Through our skin and eyes we absorb light as directly as plants do. There are solar energy cells all over the body, so that metabolism in humans is the same as photosynthesis in plants."* (The Divine Prescription, Gunther Paulien, PhD pg. 102)

Sunlight helps hormone production and calms the nerves. Sunlight alone will lower the blood pressure by an average of 8%. (Natural Remedies Encyclopedia pg. 36) Sunlight has an insulin-like effect --lowering the blood sugar in correct proportions, only if needed. (NRE pg. 36) It helps the absorption of glucose into the cells, and stimulates the body to convert it into glycogen to be stored. Sunlight also increases adrenaline production preparing the body for stress. It stimulates the thyroid gland to increase hormone production. On the contrary, a study by Dr. F. Hollwich showed that individuals sitting under non-full spectrum lighting or normal fluorescent lighting showed hormonal stress responses of ACTH and Cortisol. (TDP pg. 105) This simply reiterates that most artificial light actually places stress on the human body while sunlight protects against stress and fortifies the body for it. Long ago, the healing benefits of sunshine were written about in the Bible by the prophet Malachi when he referred to Jesus as the Sun of Righteousness. *"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall."* Malachi 4:2



D is for **Daily Exercise**, another protection against stress. *"Dr. Selye subjected 10 rats to stresses of light, noise, and electric shocks. In one month all had died. Then he took 10 rats and subjected them to the same stresses, but he also gave them exercise on a treadmill. After a month, they were all well and thriving."* (TDP pg. 88) Exercise stimulates thought by increasing the brain's supply of oxygen, and elevates one's spirit thorough the release of mood-elevating chemicals called endorphins. In addition, it has been said that work performed in the open air is tenfold more beneficial to health than in-door labor. So next time you feel the need of fortification in a world of stress you may find that a walk in the open air and sunshine would be more beneficial to health and mind than all the medicine the doctor may prescribe.

Chester the Cheetah runs outside in the sunshine and fresh air. Exercise, fresh air, and sunshine are good for boys and girls too.

