



The Bible Banner

May 2021



Convenience or Conscience?

A small girl had been promised the privilege of climbing to a nearby hilltop where her brother enjoyed playing. But when she came within sight of the steep, rough path, she drew back in dismay. "Why, there isn't a smooth spot anywhere. It's all bumpy and stony!" she exclaimed.

"Yes," said her more experienced older brother, "but how else would we ever climb to the top if it wasn't? The stones and bumps are what we step on to get there."

Likewise, such is the path to heaven. Jesus counseled, *"Enter ye in at the strait gate.. strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it."* **Matt 7:13,14** The path to heaven is narrow and apparently inconvenient; it is a path of conflict, of trial, of tribulation and suffering. And yet in the Christian life, every difficulty conquered becomes a stepping-stone to better and higher things.

TOFU BENEDICT



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1 lb. water-packed tofu,
drained and mashed
3 Tbsp nutritional yeast
1 tsp Italian seasoning
1 tsp salt

In a skillet, scramble tofu
with seasonings until
warmed.

Serve over toast.

Top with any vegan brown gravy.

PROFITABLE TRADITIONS

Cultivate Family Togetherness

"But Jesus said, Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven." **Matt. 19:14**

Spend some time with your children in their innocent pleasures.

Go outside and practice jumping rope in several different ways -- at the same time drawing your children with the cords of love.

"The secret of saving your children lies in making your home lovely and attractive." {RH, December 9, 1884 par. 7}

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Quotable Quotes

My Bible and I

We travel together,
My Bible and I,
Through all kinds of weather,
With smile or with sigh!
In sorrow or sunshine,
In tempest or calm!
Thy friendship unchanging,
My lamp and my psalm.

We've travelled together,
My Bible and I,
When life has grown weary,
And death e'en was nigh!
But all through the darkness
Of mist or of wrong,
I found there a solace,
A prayer and a song.

So now who shall part us,
My Bible and I?
Shall "isms" or "schisms"
Or "new lights" who try?
Shall shadow for substance,
Or stone for good bread,
Supplant thy sound wisdom,
Give folly instead?

Ah, no, my dear Bible,
Exponent of light!
Thou sword of the spirit,
Put error to flight!
And still through life's journey,
Until my last sigh,
We'll travel together,
My Bible and I.

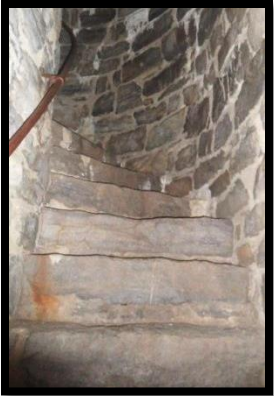
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A Convenient Time?

Editor's Note

A man once visited the 555 ft. (169 meters) Washington Monument on a trip to DC. As he arrived with some friends, he saw quite a few people turning away after they heard the guide announce, *“Ladies and gentlemen, there is currently a two-hour wait to ride the elevator to the top of the monument.”* The guide then paused a moment, smiled, and added, *“However, there is no wait should you desire to take the stairs.”* Apparently, while waiting was too inconvenient, the 896-step staircase didn't appeal to most people, either. It was too much work and exercise.



Sadly in the “Christian” world, we see much the same thing. People want to ascend to great spiritual heights, but they lose interest when “exercising faith **and works**” or “**waiting** on the Lord” are mentioned.

Luke writes of Paul standing before Felix *“And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.”* Acts 24:25

To many, “*righteousness*” might not seem convenient, because with it comes conviction of sin (John 16:8) showing our need of a Savior. In addition, keeping all God's commandments and standing for truth would require some changes in their life—changes in character, dress, music, scheduling, entertainment, etc. But alas, the somber truth is *“All who study their convenience, their pleasure, their enjoyment, will not stand in their trial.”* (RH June 8, 1897, par. 13)

And then there is “*temperance*” — temperance like Daniel who did not eat the king's meat or drink his wine but focused on healthy foods and drinks like pulse and water (Daniel 1:8,12). “How inconvenient,” many think, “I might look like a ‘health fanatic’ to my friends. And what will I eat and drink when I'm stressed or in a hurry?” God's answer, *“Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God.”* James 4:4 We are told that those who have not accustomed themselves to privations and hardships will not be found in the narrow way.

And then there is “*judgment to come*.” Many, by their actions, show that they do not actually want Jesus to return. Too many, like Judas “*conveniently betray*” Jesus Christ, (Mark 14:11) by skipping out on Bible study, prayer, and Christian stewardship until it is a convenient time for them. A convenient time never comes. In the end, *“All who neglect the word of God to study convenience and policy, that they may not be at variance with the world, will be left to receive damnable heresy for religious truth.”* {GC 523.2}

Thankfully, our Redeemer did not study His pleasure, His convenience, when He came to save sinners or He would never have left the royal courts of heaven. In like manner, His people will not study convenience or shrink at hardships, but follow conscience. Paul writes, *“And herein do I **exercise** myself, to have always **a conscience void of offence** toward God, and toward men.”* Act 24:16 *“We must through much tribulation [and seeming inconvenience] enter into the kingdom of God.”* (Acts 14:22). Truly, *“The greatest want of the world is the want of men—men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall.”* {Education 57.3} God's people will follow conscience —not convenience—come what may.



Prophetic News Notes --Incentive or Bribe?

“A slice and a shot: Tel Aviv pushes COVID-19 vaccine with free food” headlined Reuters news recently. *“Pizza, hummus, pastry and a cup of coffee were on the menu on Tuesday to entice Israelis to get their COVID-19 vaccinations.”*¹

Reading this story, I can't help but think of Esau, who sold his birthright for a mass of pottage. *“Then Jacob gave Esau bread and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright.”* Genesis 25:34

Evidently, *“Israel has launched a number of initiatives to encourage people to get vaccinated, such as offering free food with the shots, giving vaccinations on forest trails and in bars, and businesses offering incentives for employees to go and get the shot.”*²



Even *“A bar in Tel Aviv has become an unusual vaccination point, offering COVID-19 jabs in exchange for a free drink.”*³

Apparently, there are “more and more local initiatives ... based on the carrot and stick. Some cities announced enticing benefits for those who receive the shot. In Jerusalem, a city with large populations of Arabs and ultra-Orthodox Jews, Mayor Moshe Leon initiated a rewards program for young people who got the vaccine. For example, the municipality announced a ‘vaccination competition’ for 11th and 12th graders: The winning schools were to receive free tickets to cultural events, and about 5,000 tickets for soccer games on a first-come, first-served basis...A lottery is also being held in which 45 computer tablets will be raffled off among Arab young people in East Jerusalem who come with their parents for the vaccination, or with other adults 50 years of age or older.”⁴

By definition, whether these are bribes or incentives is based only on whether vaccinations are right or wrong. A bribe is “1. A price, reward, gift or favor bestowed or promised with a view to pervert the judgment, or corrupt the conduct of a judge, witness or other person. A bribe is a consideration given or promised to a person, to induce him to decide a cause, give testimony, or perform some act contrary to what he knows to be truth, justice or rectitude.” The Bible warns us not to take gifts given as bribes. “And thou shalt take no gift: for the gift blindeth the wise, and perverteth the words of the righteous.” Exodus 23:8 It also states, “A wicked man taketh a gift out of the bosom to pervert the ways of judgment.” Proverbs 17:23

I believe this is only the beginning of the “incentives” and exclusions ahead. It would be well for us to remember that “*Force is the last resort of every false religion. At first it tries attraction, as the king of Babylon tried the power of music and outward show. If these attractions, invented by men inspired by Satan, failed to make men worship the image, the hungry flames of the furnace were ready to consume them. So it will be now...*” (ST, May 6, 1897, pr. 16). But like the three Hebrews, God’s true people will not be bought off or enticed with bribes. Instead, they will always make their decisions based on the principles found in God’s word. After all, the promise of Isaiah 33:15,16 has specifications. It states, “He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil; He shall dwell on high: his place of defence shall be the munitions of rocks: bread shall be given him; his waters shall be sure.”

1--<https://www.reuters.com/article/us-health-coronavirus-israel-vaccination-idUSKBN2AG21N>

2 & Screen shot-- <https://www.businessinsider.com/israel-is-pushing-stringent-new-measures-to-incentivise-vaccination-2021-2?op=1>

3-- <https://news.sky.com/story/covid-19-israeli-bar-offers-free-drink-for-jab-to-tempt-more-young-people-to-get-vaccinated-12222595>

4-- <https://www.al-monitor.com/originals/2021/02/israel-ultra-orthodox-arabs-east-jerusalem-coronavirus.html>



The Inconvenience of Environmental “Illness”, Part 1--EHS

“Isn’t it hard to function in society if you are sensitive to fluorescent lights?” I asked. “Yes, very difficult—they are almost everywhere!” they both agreed, almost in unison. Meeting these two otherwise normal-appearing individuals who were sitting outside during a fellowship dinner at church was perhaps my first introduction to people with environmental sensitivities—a very inconvenient way to live. (Just to be clear, environmental illness (EI) indicates a sick/toxic environment, not necessarily a sick person.) On another occasion, I heard about a lady who was allergic to a lot of different chemicals. Once more, I wondered how she functioned in society or even sat in church with all those sensitivities.

But when environmental illness came to our own house, again, and again—I didn’t wonder anymore. Very soon after my oldest son died from a toxic overload (brought on by state-mandated chemotherapy), my oldest daughter also had to quit going into town for several years before we learned how to dress her up in protective clothing to block the EMFs (Electromagnetic Frequencies) emanating off of everybody’s cell phones and wireless devices. Now, her regular inconvenience is dressing up in a coat, gloves, hat, and leggings that contain metal fibers that block the EMFs* so that she can function on short trips into town—a real HOT inconvenience under the African sun. (Below is a picture of the reaction of her hands when she was accidentally exposed.)

Our Daughter’s Electrohypersensitivity Rash due to Accidental Wireless Radio Frequency (WIFI) Exposure
(Note: Symptoms continued to worsen weeks after exposure was removed)



After a 10 day repeated, though relatively short (1 hour a day) accidental exposure

5 days later still spreading and getting worse

4 days later (9 days after exposure) Widely extending breakout, drying out in places

9 days later (18 days after exposure) Finally, starting to heal Praise God!

My oldest daughter falls into the first category of environmental illness that many today experience— EHS (electrohypersensitivity). In part two, we will discuss the second, MCS (multiple chemical sensitivity).

Although my own symptoms of EHS are mostly on the inside and not the outside like my daughter's (causing tiredness, pain, brain fog, and severe fluid retention sometimes even resulting in difficulty breathing, etc.) after being in signal—my inconvenience is just as real.

Recently, when the signals from a mountaintop tower began trespassing into our off-grid lawn and garden area, we had to come up with a different way for me to be able to get the necessary sunshine and to work. My husband fashioned a makeshift aluminum-screened tent to block the EMFs (at least those from 3G and 4G) and still allow sunshine through, at least until we can build something more permanent. Besides gathering my sunshine in a different way, I also must gear up in an EMF-blocking poncho for work. I can only assume that God has allowed us to see these problems from the side of the patient so that we can help to raise awareness in order to lessen the sufferings of others as 5G and Starlink in the sky leave no place to hide.



Improvising a "sun-chamber"

Indeed, one point of suffering, which is undoubtedly classed as the greatest for many with environmental illness, is being called a "hypochondriac" and being told that the problem is "only in their head." One of the saddest cases is of a 15-year old with EHS who functioned fine at home once a safe/no-wireless environment was created, but her school refused to accommodate or even acknowledge her problem. Worse yet, when she would simply move away from the wireless routers, etc., she was treated like a troublemaker and put in

detention. Sadly, she committed suicide—she was found hanging (with notes saying she couldn't deal with her sensitivity anymore) ¹—a solemn warning to all, of the potential results of manifesting hostile disbelief that these sensitivities even exist.

But many of the people with EHS are actually characterized as happy people. A news article notes of one, *"Although her illness (EHS) has severely altered her life, Schou doesn't wallow in self pity. 'Someone commented, 'why wasn't I crying all the time and depressed.' It's because I know other people are living in worse conditions,' Schou explained. 'I was living at that time, in the RV. Even though it was primitive, I had a mattress to sleep on. 'Other people are sleeping under lean-tos or sleeping on wooden slats,' she continued. 'Because of their chemical sensitivity, they can't even use blankets, so they're sleeping without blankets and it's just really horrible.'"* ²

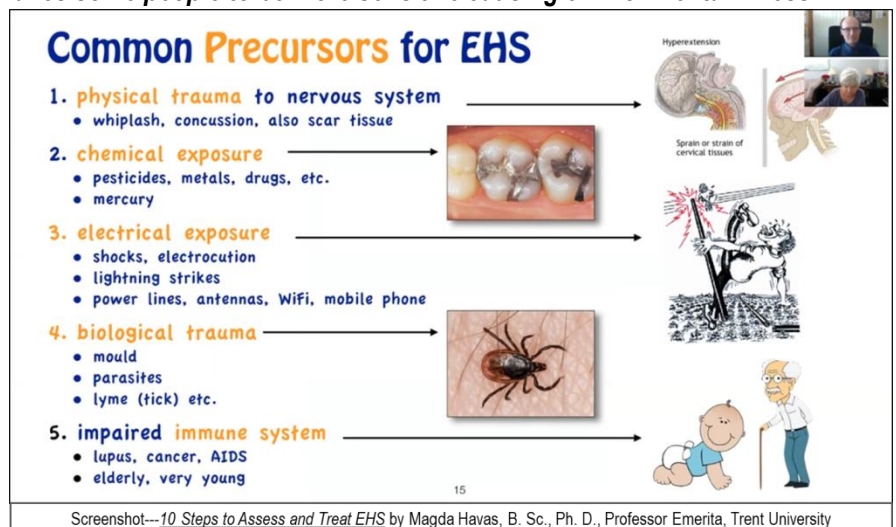
A connecting thread that makes all these stories (including our own) believable is that when the EHS person's environment is made "safe", their "illness" goes away and they can function again normally and healthfully. One woman's shielded office saved her career. ³

A second convincing story is when *"fifty engineers got sick with electrical sensitivities at a telecom research center [Ellemtel in Stockholm, Sweden]"* after *"an experimental cell tower (base station) was installed on the roof of the building in late 1987"* and yet because the engineers were not easily replaceable, the signals were blocked and indeed *"modifying their workplace helped."* ⁴

Although studies have shown the EMFs are actually negatively affecting the health of everyone—brain health disappearing first—still, the question I, and many others, ask is **"What makes some people to be more sensitive causing environmental illness?"**

Magda Havas of Trent University has compiled this list of Precursors to EHS (which she states are not necessarily causal) but that she has found connections within her research. [our findings added]

1. Physical Trauma to the nervous system (Whiplash, concussion, also scar tissue)
2. Chemical exposure (pesticides, metals, drugs, etc. – mercury)
3. Electrical exposure (shocks, electrocution, lightning strikes, power lines, antenna, mobile phone [electrical "short" in house, occupational exposure – electrical power plant, sleeping close to the off-grid inverters or smart meters])
4. Biological trauma (mold, parasites, Lyme (tick), etc.)
5. Impaired Immune System (lupus, cancer [chemotherapy], AIDS, elderly, very young)



Screenshot—10 Steps to Assess and Treat EHS by Magda Havas, B. Sc., Ph. D., Professor Emerita, Trent University

In our case, we believe the cause to be connected with being exposed to high doses of second-hand chemotherapy, 15 years of cell phone/cordless phone use, and side effects of "hits" by enemies we have made in some high places by the truths we preach.

If you, or someone you know, might be being inconvenienced or suffering from EHS, please visit the electrohypersensitivity page on our website for more information. <http://www.swiftrunnerministries.com/electrohypersensitivity.php>

¹Shielding Clothing available at <https://www.lessemf.com/> 1-- <https://www.pressreader.com/uk/daily-mail/20151201/281904477099139>

2-- <https://www.eiwellspring.org/AllergicToElectricity.pdf> 3-- <https://www.eiwellspring.org/stories/ShieldedOfficeSavedCareer.htm> 4--<https://www.eiwellspring.org/hist/Ellemtel.htm>



CONSCIENCE FOR THE CRISIS?

"The LORD is good unto them that wait for him, to the soul that seeketh him." Lamentations 3:25

The following story was told by a missionary who met a Chinese couple in Hong Kong while traveling to China. A friend took me down a narrow alley to a second-floor flat to meet a man recently released from prison in China. I knew I would be pressed to carry Bibles and literature on my trip. But I was hesitant and tried to mask my fear with rationalizations about legalities and other concerns.

A Chinese man in his sixties opened the door. His smile was radiant, but his back was bent almost double. He led us to a sparsely furnished room. A Chinese woman of about the same age came in to serve tea. As she lingered, I couldn't help but notice how they touched and lovingly looked at each other. My staring apparently didn't go unnoticed, for soon they were both giggling. "What is it?" I asked my friend.

"Oh nothing," he said with a smile. "They just wanted you to know it was OK--they're newlyweds."

I learned they had been engaged in 1949 when he was a student at Nanking Seminary. On the day of their wedding rehearsal, Chinese communists seized the seminary. They took the students to a hard-labor prison. For the next 30 years, the bride-to-be was allowed only one visit per year.

Each time, following their brief minutes together, the man would be called to the warden's office. "You may go home with your bride," he said, "if you will renounce Christianity."

Year after year, this man replied with just one word; "No."

I was stunned. How had he been able to stand the strain for so long, being denied his family, his marriage, and even his health? When I asked, he seemed astonished at my question. He replied, "With all that Jesus has done for me, how could I betray Him?"



The next day, I requested that my suitcase be crammed with Bibles and training literature for Chinese Christians. I determined not to lie about the materials, yet I lost not one minute of sleep worrying about the consequences. And as God had planned, my suitcases were never inspected.



Characteristics of the Harlot and Her Daughters—Beware! Study to Show Thyself Approved

Using the description of the harlot and her daughters, Revelation 17 warns of apostate churches (Woman=Church-Eph. 5:25) Rev. 17:1, 2, 5, 6 "Come hither; I will shew unto thee the judgment of the great whore that sitteth upon many waters: with whom the kings of the earth have committed fornication, and the inhabitants of the earth have been made drunk with the wine of her fornication... And upon her forehead was a name written, MYSTERY, BABYLON THE GREAT, THE MOTHER OF HARLOTS AND ABOMINATIONS OF THE EARTH. And I saw the woman drunken with the blood of the saints, and with the blood of the martyrs of Jesus..."



How else does the Bible describe the tactics of the harlots?

Multiple warnings of Flattery/Peace offerings—Prov. 5:3 "For the lips of a strange woman drop as an honeycomb, and her mouth is smoother than oil." Proverbs 6:24 "To keep thee from the evil woman, from the flattery of the tongue of a strange woman."

Proverbs 7:5 "That they may keep thee from the strange woman, from the stranger which flattereth with her words."

Proverbs 7:14 "I have peace offerings with me; this day have I payed my vows."

Proverbs 7:21 "With her much fair speech she caused him to yield, with the flattering of her lips she forced him."

Beauty/Eyelids—Prov. 6:25 "Lust not after her beauty in thine heart; neither let her take thee with her eyelids." Prov. 7:10 "And, behold, there met him a woman with the attire of an harlot, and subtil of heart."

[Eyelids have to do with sleep—Psalm 132:4; they cover "seers" or prophecy/ the vision, bringing false prophecies-- Isaiah 29:10,11 and 30:10; they are connected to trial, investigation, or examination (inquisition)—Psalm 11:4]

Prov. 29:18 states, "Where there is no vision, the people perish; but he that keepeth the law, happy is he."

Changing tactics to avoid detection—Prov. 5:6 *“Lest thou shouldst ponder the path of life, her ways are moveable, that thou canst not know them.”*

There is one “behind every bush”—Prov. 7:11,12 *“(She is loud and stubborn; her feet abide not in her house: Now is she without, now in the streets, and lieth in wait at every corner.)*

Uses what/who is available for her purposes; Ways are unseen/untraceable; Denial of wickedness— Proverbs 30:18-20 *“There be three things which are too wonderful for me, yea, four which I know not: The way of an eagle in the air; the way of a serpent upon a rock; the way of a ship in the midst of the sea; and the way of a man with a maid. Such is the way of an adulterous woman; she eateth, and wipeth her mouth, and saith, I have done no wickedness.”*

The Christian’s protection from the harlot —Prov. 6:23,24 *“For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life: To keep thee from the evil woman...”*

Kids' Corner **God's Amazing Creatures**

White-tailed deer are native to North, Central, and South America, but they have been introduced to many other countries. This deer can be recognized by the white underside of its tail. It raises its tail when it is alarmed to warn the predator (enemy) that it has been detected. White-tailed deer are mostly herbivores, meaning that they eat grass and other plants. Baby deer, called fawns, are great at hiding in plain sight. The fawn’s reddish-brown coat with white spots blends in with the dappled pattern of sunlight on the forest floor. When frightened, the fawn becomes very still, its heart rate drops dramatically, and its breathing slows. By doing that, it makes it difficult for predators to find it. Though it likes to play, the fawn obeys its mother and lies still even when it seems inconvenient sometimes. Lying still helps it to be safe. Obeying Jesus, even when it seems inconvenient, helps us to be safe too. I want to obey Jesus, don’t you?



	<p><i>And the LORD came, and stood, and called as at other times, Samuel, Samuel.</i></p> <p><i>Then Samuel answered, Speak; for thy servant heareth.</i></p> <p><i>1 Samuel 3:10</i></p>	
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Even though he wanted to play longer on the trampoline, Christian came quickly when he was called. He got to eat a yummy supper before they had to leave to go somewhere. Christian was happy he obeyed.

Carnal didn’t come, even when he was called several times. He wanted to play longer on the trampoline. Carnal missed the yummy supper because, by the time he came, it was time to leave. Carnal’s stomach growled and growled. Carnal was hungry. He wished that he had come quickly when he was called.