The Bible Banner

September 2020

Let us Reason...

A deaf man attended service every week. His affliction prevented him from hearing a word the preacher was saying. He couldn't even hear the singing.

"Why do you go to church every week?" a friend asked one day. "You can't hear the words of the service."

"No," the man replied, "I can't hear a word of the service, but I go because I want the world to know whose side I'm on."

What a challenge to every one of us as Christians to let the world know whose side we are on!

Tzatziki

1 box of silken tofu (or garbanzo silken tofu—see July 2020 Bible Banner) 3 Tbsp olive oil 3 Tbsp lemon juice
2 garlic cloves Salt to taste ½ cucumber, diced

Blend tofu, oil, lemon juice and garlic cloves in the blender until smooth. Add diced cucumber and salt. Serve with pita pockets or gyros.

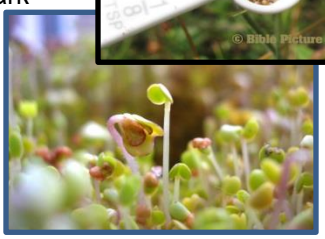
Flatbread (Pocket-less Pitas, Gyros)

2 cups whole wheat flour 1 cup spelt or unbleached flour 1 tsp salt
1 cup warm water 1 Tbsp olive oil

Combine all the ingredients together adding more flour if necessary to avoid stickiness. Knead about 10 times. Let sit approximately 1 hour. Divide into about 15 golf-ball-sized balls. Roll each of these out on a floured surface until they are between 1/8 and 1/4 inch thick and about 6"in diameter. Cook in a skillet on the stovetop over medium heat. (This may be done in an oiled or unprepared skillet.) When one side starts to bubble, flip over and cook the other side until well-baked. Serve with hummus or other filling.

PROFITABLE TRADITIONS

- **Cultivate Health** --Grow a miniature winter garden in the windowsill of your home. My favorite is red clover sprouts. You can buy seeds or pick your own by gathering the dried blossoms and rubbing them between your hands until the seeds appear. Other options to grow include alfalfa, radish and broccoli.
- Growing 7 jars a week for 6 months will yield the equivalent of 75 sq. feet of greenhouse space and many essential nutrients!
- **Step/Day1**-Soak seeds in water in a jar.
- **Step 2**—Drain water. Place jar in a dark place until seeds sprout and grow.
- Rinse sprouts daily or twice daily.
- **Step 3**—Continue rinsing, but place sprout jars in the windowsill until the sprouts turn a nice green and are ready to eat. Enjoy!



Quotable Quotes

"We should choose the right because it is right, and leave consequences with God."

"Christ's ambassadors have nothing to do with consequences. They must perform their duty and leave results with God."

{The Great Controversy, pg. 460,609,610}

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Ready for Winter?

"Do you have your wood cut? Is your woodshed full? Are you ready for winter?" my neighbor asked yet again. Since we moved to the Pacific Northwest 14 years ago, without fail my neighbor has asked the same question every year. After 14 years, he doesn't even need to ask, the words reecho in my head without additional help. The words of Proverb 26:20 add to my conviction, *"Where no wood is, there the fire goeth out..."*

Having experienced our first long winter with no stock of wood and stumbling through 3 feet of snow to collect wet wood to burn, only keeping the house at an average of 50ºF in the daytime, I all too well know the sad result of not having a stock of firewood in the woodshed. But every year despite our best intentions, the wood is not cut and in the woodshed as soon as I would like.

There are so many other things to distract: tilling, planting, harvesting, canning, preserving, watering, visitors, company, sermons to prepare, two websites and a YouTube channel to upkeep, homeschooling, fixing the never-ending list of broken things, even time sensitive projects like huckleberry picking. Also answering the phone, answering Bible questions, answering e-mail, cooking, helping others, cleaning, teaching, compiling Sabbath School programs, writing books and a monthly newsletter, printing/ compiling literature, computer crashes, laundry, shopping, sewing, making sure to get sunshine and exercise, learning natural remedies and how to make foods from scratch, and even trying to keep up with ever changing laws, etc., etc., etc.

I look out the window, and the wood still sits there, mostly uncut and not in the woodshed. The days are getting shorter and the nights cooler. Somehow all the other things seem less important when compared to freezing to death this winter. Ultimately, to survive in the upcoming 6 months of snow and cold, we must have a heat source.

The spiritual parallel strikes me too, the wise virgins and foolish virgins of Matt. 25; the wise with enough oil, and the foolish who were without enough oil (firewood?) for the "winter". Daniel 12:1 warns of a "winter" just before Jesus comes, *"a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book."*

But what about those that aren't prepared for that winter, that "time of trouble"? Perhaps they have been too busy, sometimes even with good or seemingly necessary things, to prepare for what is just ahead. *"Many, even in their seasons of devotion, fail of receiving the blessing of real communion with God.* ***They are in too great haste.*** *With hurried steps they press through the circle of Christ's loving presence, pausing perhaps a moment within the sacred precincts, but not waiting for counsel. They have no time to remain with the divine Teacher. With their burdens they return to their work." {Maranatha, pg. 125}*

Jesus warned in Luke 21:34 *"And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and* ***cares*** *of this life, and so that day come upon you unawares."*

Recently, I recognized the connection between the word cares in "cares of this life" and Jesus saying to Martha, *"Martha, Martha, thou art* ***careful*** *and troubled about many things:"* Luke 10:41 Martha was full of care. She was *"cumbered about much serving."* Like many Christians today, she was distracted catering to company, preparing food for God's church, taking care of physical needs. Yet, when she asked for the help of Mary who was sitting at the feet of Jesus hearing His word, Jesus told her *"But* ***one thing is needful****: and Mary hath chosen that good part, which shall not be taken away from her." (Luke 10:42)*

As a time of trouble, a spiritual "winter," looms ahead, do you have wood in your woodshed? Are you seeking first the kingdom of God, getting your character ready, preparing to stand firm through tribulation, preparing to meet thy God? Or are you careful about many things—even good things, in their place?

Remember, ultimately, only those who have taken the time to sit "at the feet of Jesus" and have spent time hearing/reading His word daily will make it through the "winter", the time of trouble" that is ahead. "*Those who do not value the things of heaven sufficiently to give time to them will at last lose all."* (Letter 181, 1903). Don't get caught up in the "cares of this life," for *"one thing is needful".* Spend quality time with Jesus today. "*For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" Mark 8:36*

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Unexploded Bomb

At the end of the Battle of Britain, British vice-marshal Alexander Adams was driving to a meeting at his headquarters when he came upon a sign: ROAD CLOSED -- UNEXPLODED BOMB.

Adams called over the policeman on duty, hoping he might be able to suggest an alternate route. "Sorry, you can't go through," said the policeman as he approached the car. "The bomb is likely to go off at any minute now." Then he caught sight of Adams's uniform. "I'm very sorry, sir," he said, "I didn't know you were a wing commander. It is quite all right for you to go through."

Although that policeman -- who was trained to respect rank -- momentarily allowed his deference to a vice-marshal to overcome his good sense, Adams had better sense than to follow his advice.

Many today have apparent friends tell them or dare them to go ahead and do something foolish or sinful, but God has given us "warning signs" in His word as well as power to reason cause to effect for ourselves. Proverbs 9:6 says, *"Forsake the foolish, and live; and go in the way of understanding."*

Traumatized?

Prophetic News Notes and Swift Runner Health

One doesn't have to be a psychologist to recognize the eyes of rage and the eyes of fear peering over the top of masks every time you go into town. *"Three months into the coronavirus pandemic, the country is on the verge of another health crisis, with daily doses of death, isolation and fear generating widespread psychological trauma. Federal agencies and experts warn that a historic wave of mental-health problems is approaching: depression, substance abuse, post-traumatic stress disorder and suicide."* [1]

Jesus warned that in the last days upon the earth would come "distress of nations, with perplexity… " as well as a time of *"men's hearts failing them for fear, and for looking after those things which are coming on the earth..." Luke 21:25,26*

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Health

The coronavirus pandemic is pushing America into a mental health crisis

Anxiety and depression are rising. The U.S. is ill-prepared, with some clinics already on the brink of collapse.

Indeed, a recent CDC survey found that suicidal thoughts are surging and mental health is plummeting. The Miami Herald reported, *"The number of Americans contemplating suicide is soaring, and many more are showing signs of mental disorders, a CDC survey found. Nearly 41% of the 5,412 people who responded to the late-June CDC survey reported 'at least one adverse mental or behavioral health condition.'"*

"Almost 11% of US adults said they had seriously contemplated suicide within the last 30 days — and young adults are apparently feeling the greatest emotional turmoil of any age group, as 25.5% of the 18-to-24 crowd said they had considered suicide. Numbers were especially high for Blacks (15.1%) and Hispanics (18.6%). Suicidal ideation was higher still for essential workers, at 21.7%, and unpaid caregivers, who reported a staggering 30.7%."

"Substance abuse is on the rise, too. More than 13% of Americans said they started abusing alcohol, drugs or some other substance to cope with the stress of the coronavirus pandemic, or that their substance abuse has worsened as a result."[2]

In his quest for traumatizing human minds, Satan and his human agents are waging a quiet war with silent weapons *"It shoots situations, instead of bullets..."*[3] But God's word has an answer to the traumatized minds. *"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." 2 Timothy 1:7*

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Let's take a brief look at 3 commonly recognized factors of mental distress (which is causing the rise in suicide, substance abuse, etc.) and then how God's word has the answer for each of them. DDD or Debility, Dependency, and Dread are 3 well-known methods of mental trauma as seen by the article published by the International Rehabilitation Council for Torture Victims entitled *"Debility, dependency and dread: On the conceptual and evidentiary dimensions of psychological torture "*[4]

Covid-19 and its ensuing panic has caused debility today. Debility is weakness of the physical body. To keep us from much debility of body, God calls His people out of Babylon and her unhealthy lifestyle practices saying, *"Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues."* Revelation 18:4. But all sickness is not caused by factors under our control. In some instances, there are environmental factors. Indeed, Satan uses all his powers against God's people, sometimes afflicting them, as he did Job, with bodily infirmities. The Word of God records the use of this trauma by wicked powers in the past. *"And he shall … wear out the saints of the most High..." Daniel 7:25.* But God has the answer. It is even written into the simple song "Jesus Loves Me" which states, *"I am weak, but He is strong."* Paul wrote in 2 Corinthians 12:9, 10 of God's response to Paul's infirmity, *"And he said unto me, My grace is sufficient for thee: for **my strength is made perfect in weakness**. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for **when I am weak, then am I strong**."* Evidently, there is no debility in God's army, only human weakness in which God's strength can be made perfect. "*That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses." Matt. 8:17*

Dependence for the satisfaction of basic needs is another principle of effective coercion often used to cause mental trauma. Frankly, in our world today, this is caused not by a shortage of toilet paper or food, but by trusting in man—man's production, man's health care, man's financial care, man's political care, man for socialization, protection, and counsel, or even trusting man's own self to solve the problem. All are prone to failure. No wonder the Bible says, *"Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD."* Jeremiah 17:5. Let me give an example, many grow a garden in order to provide food and be prepared for what is ahead. This is well and good, but what happens if you depend on your efforts without claiming the promise *"But my God shall supply all your need according to his riches in glory by Christ Jesus."* (Philippians 4:19)? What happens when locusts invade your field, a bear thinks the orchard is his restaurant, or enemies keep your garden from growing? You have mental torture from placing dependence in the wrong place. In contrast, if you place your dependence on God, you know "*Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief. **Our heavenly Father has a thousand ways to provide for us, of which we know nothing.** Those who accept the one principle of making the service and honor of God supreme will find perplexities vanish, and a plain path before their feet."*[5] Those who trust God know that He can send food, protection, healing, etc. in other ways (manna, ravens, angels, etc.). Isaiah 2:22 calls us away from dependence on man, saying, *"Cease ye from man, whose breath is in his nostrils: for wherein is he to be accounted of?"* No wonder Psalm 118:8 says, *"It is better to trust in the LORD than to put confidence in man."* Placing your dependence on God eliminates this entire category of potential mental trauma for He says in Jeremiah 32:27 *"Behold, I am the LORD, the God of all flesh: is there any thing too hard for me?"*

Dread is intense fear and anxiety of real or unknown things. A Training Manual said to be used by the CIA states "*Sustained long enough, a strong fear of anything vague or unknown induces regression [a reversion to an earlier behavior level]."*[6] But God's word abounds with promises that remove fear. We needn't fear the unknown, for God has revealed in His word what we need to know ahead of time. *"Now I tell you before it come, that, when it is come to pass, ye may believe that I am he."* John 13:19 (Also Amos 3:7) We are not to fear man for, *"we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me."* Hebrews 13:6 We needn't fear physical death from sickness, elements or man as long as it is well with our soul. *"And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell."* Matthew 10:28 In fact, we needn't fear anything bad for *"we know that all things work together for good to them that love God, to them who are the called according to his purpose."* Romans 8:28. Our job is to love God and be called according to His purpose, His job is to make it work out for our good.

Jesus, as revealed in His word, is the only answer, the only mental health plan for a tempest-tossed world today. He says, *"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. That is why I am so thankful to be a Christian. Claim His promises today, for He says, *"Lo, I am with you alway, even unto the end of the world…"* Matthew 28:20b

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Footnotes for *"Traumatized?"*

1-- https://www.washingtonpost.com/health/2020/05/04/mental-health-coronavirus/
2- https://www.miamiherald.com/news/coronavirus/article244950407.html
3-- Silent Weapons for Quiet Wars quoted in Behold the Pale Horse, pg. 40,41
4-- https://irct.org/assets/uploads/1018-8185_2018-2_15-37.pdf
5-- Desire of Ages, pg. 330
6-- 1983 Human Resource Exploitation Training Manual, pg . 2

Study to Show Thyself Approved—Lessons from God's People Captive in Babylon

Daniel 1:3-6, 2 Kings 24:14 --Daniel and his 3 friends were part of a larger group of Israelite captives (at least 10,000) in Babylon.

Daniel 1:4— Previous to their instruction at Babylon in the *"learning and tongue of the Chaldeans,"* Daniel and these Israelites were already *"skillful in all wisdom, and cunning in knowledge, and understanding science."*

Daniel 1:8— Some of this study must have included the laws of health and physiology, for "Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank…"

Daniel 1:5— Evidently, the Babylonians did not understand the laws of health because the King ordered this unhealthful food and drink *"so nourishing them three years".* **1 Cor. 3:19** *"For the wisdom of this world is foolishness with God…"*

Daniel 1:8,12 -- Daniel realizing that true religion and the laws of health go hand in hand, did not heed the health-destroying order of the King of Babylon but rather *"therefore he requested of the prince of the eunuchs that he might not defile himself."* Instead, He requested a "health exemption" and a replacement diet of *"pulse to eat, and water to drink".*

Daniel 1:10, 13 –It is interesting that Daniel took this action in order to follow the principles of God's law, including God's natural law, despite the fact that it endangered both Daniel and Melzar (his boss). Why did Daniel take this risk? **Matthew 22:21** and **1 Cor. 3:17; 6:19,20** tell why. Because, unlike money (which is Caesar's, because it bears Caesar's image and superscription), we are made in the image of God and after his likeness (**Genesis 1:26**). Therefore, we belong to God. In fact, our body is *"the temple of the Holy Ghost"* and God says, *"If any man defile the temple of God, him shall God destroy."* Therefore Daniel took what I call a M2221 exemption *"Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's."*

Daniel 1:9 Daniel did his part, and God did His. *"God had brought Daniel into favour and tender love with the prince of the eunuchs."*

Daniel 1:15,17 Because of Daniel's right decision, God blessed Daniel and his 3 friends both with health and sound judgment. *"Their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat...As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams."*

Further on in the book of Daniel, we note that Daniel and his 3 friends who made the right decision on the "health test" or that pertaining to natural law, appear to be the only ones who passed the test on worship and the moral law.

Daniel 3:16-18 records the same decided stand for truth among Daniel's 3 friends even in the face of death by a burning fiery furnace. Why didn't they just appear to buckle their sandals? Because they were not afraid, neither would they dishonor God by apparently following a command that went against God's law. *"Shadrach, Meshach, and Abednego, answered and said to the king, O Nebuchadnezzar, we are not careful to answer thee in this matter. If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up."*

John 19:15 -- Contrast this response, with the response of those who crucified Christ. ***"We have no king but Caesar."*** Thus by choosing a heathen ruler, the Jewish nation had rejected God as their king.

Note that, not only would Daniel's friends not worship the image, they said *"we will not serve thy gods".* While God's people are to be good citizens and *"Render to Caesar the things that are Caesar's",* **obeying any law that countradicts God's law constitutes serving, or being a servant of, a false god. Romans 6:16** *"Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?"*

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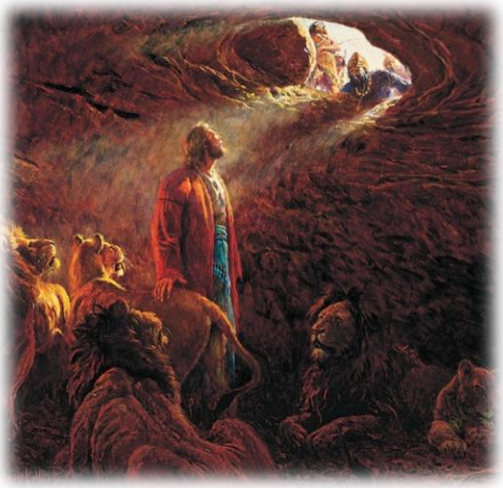
In **Daniel 6:7** we find that the king orders *"whosoever shall ask a petition of any God or man for thirty days, save of thee, O king, he shall be cast into the den of lions."* Note: this was only a temporary restraint on public worship. Daniel could easily have prayed in his closet and avoided trouble with the law. **Daniel 6:10** *"Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime."* Daniel did not try to conceal his act. Instead, he boldly, yet quietly and humbly, declared that no earthly power has a right to interpose between the soul and God by doing *"as aforetime."* Before those who were plotting his ruin, he would not allow it even to appear that his connection with Heaven was severed. In all cases where the king had a right to command, Daniel would obey; but neither the king nor his decree could make him swerve from allegiance to the King of kings.



All the above tests fall under the 2 great lines of duty.
#1. Refusal to commit any known sin (such as idolatry in worshiping the image Nebuchadnezzar had set up—Daniel 3).
#2. Refusal to omit any known duty. (Neglecting to pray to God—Daniel 6) Notice that both were preceded by a right decision on natural law/health. Is it possible that this process will be repeated? Who will you serve? Will you crucify Christ by your actions that state, *"I have no king but Caesar"* or will you boldly serve the King of Kings in all things like Daniel and his 3 friends?

Kids' Corner — GOD'S AMAZING CREATURES

There are a lot of different kinds of birds: eagles, hummingbirds, robins, flamingos, penguins, etc.

Scientists have counted at least 10,721 species of birds in the world. From the tiniest bird to the largest bird, all were uniquely created by God. I love birds and take time out of each day to watch birds, even if it is just for 15 minutes. Bird watching is a great way to get out in nature and enjoy all the different kinds of birds that God created for us. Do you have a hard time telling what kind of bird you are looking at? Figuring out what kind of bird you are looking at is called identification. This short video will help you learn how to identify birds.
https://www.youtube.com/watch?v=89HMt3DEpPM&t=6s

God watches the birds too. The Bible says that God notices even when a little sparrow falls. (Matt. 10:29-31) God watches and cares for boys and girls like you too. Aren't you thankful He does?

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