The Bible Banner

September 2016

Watch and Pray

As a little boy was going to bed one night, his mother reminded him to say his prayers. So kneeling beside his bed, he repeated the little prayer his mother had taught him adding a few words of his own. After his prayer was finished he looked at his mother and asked, "Mama, do you and Papa pray?" "No" came the reply. "Well, why do I have to pray?" "So you will be a good boy." "Don't you and Papa want to be good?" "Oh yes, we want to be good." "Then why don't you and Papa pray too?"

The mother could not answer the final question so the boy kept on talking. "Well, Mama, I guess God will hear the prayer of a little boy like me, but don't you think you and Papa expect too much of a little fellow like me? Do you think God wants me to do all the praying for this whole family? It seems to me that you and Papa might help a little." And, with that he fell asleep, but his words had made their impact, for that night both his Mama and Papa (who had overheard the talk from the other room) knelt by the boy's bedside and rededicated their hearts to God. Is your prayer life healthy?

Polenta Cheese Spread

Gluten free, no blender, and easy to find ingredients!

1 c. water
$\frac{1}{4}$ cup olive oil
1 tsp salt
1/2 tsp garlic powder
$\frac{1}{2}$ cup cornmeal, very fine
1 tsp paprika
1 tsp onion powder
1 tsp lemon juice

Cook in pan on stovetop or over fire until thickened, stirring constantly. Good on burritos, bread, or crackers.

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QUOTABLE QUOTES

"Is prayer your steering wheel or your spare tire?" — Corrie ten Boom

“What the Arab Saw"

Story taken from “The Present Truth” by E. J. Waggoner , October 21, 1897

The Arabs have a story, showing how much may be seen by the observing eye. It is in this wise:

"What are you looking for?" said an Arab to a man who was walking fast across the desert, looking this way and that way and seeming to be in great trouble.

"I'm looking for my friend," the man replied. "We were travelling together, but this morning I slept too long and he started without me. All day long I have sought for him, but in vain. I can see him nowhere. And I am almost in despair."

"Was your friend," said the Arab, "a lame man and heavy?" "Yes," said the stranger eagerly. "Have you seen him? When? Where? Oh, tell me, that I may find him!

"Since sunset last night," said the Arab, "I have seen no man till I saw you. But your friend-was he lame on the right leg? and did he carry a stick in his left hand?"

"You must have seen him!" cried the stranger; "he limped badly, for he had hurt his foot. Which way did he go? Tell me, for without him I will die."

"Your friend," said the Arab, "I have not seen. But three hours ago such a man as you describe, clad in blue raiment, was leading a light-coloured camel that was blind in one eye, and was laden with a burden of dates. He passed this spot on his way to Damascus. There, if you hasten, you will find him."

"Are you a wizard that you know all this?" cried the stranger. "You describe my friend, but you have never seen him. You tell me all about his old camel, and where he has gone. How do you know about him?

"Stranger," said the Arab, "God has given all men eyes, but only to a few has He given the power to use them. All that I have told you, you might have seen for yourself if you had but used your eyes."

"Since sunset last night," said the Arab, "I have seen no man till I saw you.”

"Say not so," replied the other, "for I have looked everywhere, and could see nothing."

The Arab said nothing, but with a sign he motioned the stranger to follow him. As they walked a little way they came to the fresh track of a camel, and on the right-hand side the track of a man.

"See," said the Arab, "there are the foot-marks of your friend and his beast."

"Of a man and a camel, truly," replied the other; "but how do I know that the man was my friend?"

The Arab trod on the sand by the foot-prints. "Look," he said; "do you see any difference between my foot-prints and his?"

The other looked for a time. "Your feet," he said, "sink equally into the sand, but the other's not equally. One foot sinks more deeply, much more deeply, than either of yours, the other less deeply."

Then said the Arab, "We all tread lightly on a lame foot, and a heavy man sinks deeper into the ground on one leg than a spare titan on two."

"True," said the other; "but how do you know the colour of his camel and the hue of his garment, or the burden with which the beast was laden? "Is it so difficult, then," replied he, "to see the colour of the fragment of apparel caught by the thorns, or the hairs that were left on the sand where the camel rested?" And as he spoke he pointed to where the traveler had left behind him a shred of his raiment.

"Yes, I see," said the other; "but how do you know the camel bore a burden of dates, and was blind in one eye?"

"Can you," replied the Arab, "not see the flies feasting on the date juice that dropped on the sand by the side of the camel's track? And wherever the camel browsed, it only grazed on one side, the side on which it could see."

"Verily I perceive thou art a man of wonderful discernment," said the stranger; "but answer me this also: How couldst thou tell that it is but three hours since he passed this spot?"

"Hast thou, then, eyes and seest not? said the other scornfully. "Mark the spot where they lay in the shade of this spreading palm. The shadow of the palm-tree is as the hand of the dial. It was three hours since any shade was possible on that spot. Farewell. Hasten along the road that leadeth to Damascus, there thou wilt find thy friend."

In like manner, we may learn much if we heed the Biblical injunction to *"***Watch** ye and pray, lest ye enter into temptation…" Mark 14:38. If we will watch carefully, the words of scripture, "a discerner of the thoughts and intents of the heart", (Heb. 4:12) will help us discern between the Steps of Christ and the Trail of the Serpent. Because Christians that are *"of full age"* are *"those who by reason of use have their senses exercised to discern both good and evil".* Heb. 5:14

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LITTLE RUNNER'S HEALTH STORY SPECIAL

Mr. R learns to Drink More Water

Based on a True Story*

Mr. R was very tall. Mr. R liked being tall because he could reach things that were high up, but there was one problem with being tall. It seemed like Mr. R had to bend over for everything. He had to bend over to work on the car. He had to bend over to rinse his dishes at the sink. And at his job building houses, he had to bend over to hammer boards. Sometimes bending over so much made his back hurt. In fact, one day Mr. R's back hurt so bad he couldn't stand up straight any more. For several days, he had to walk all bent over with a cane like an old man. Whenever Mr. R's back hurt that bad he couldn't rinse his dishes at the sink. He couldn't work on the car. He couldn't go to work because he couldn't hammer and saw to build houses. Mr. R wondered why his back hurt so bad sometimes.

Mr. R had another problem too. He liked the taste of grape juice, he liked the taste of apple juice and he liked the taste of orange juice too. But every time he drank orange juice he would get a horrible fire like pain in his chest. Mrs. R told him it was something called heartburn. Mr. R wondered why orange juice gave him heartburn so often. One day Mr. R asked a doctor why drinking orange juice gave him heartburn. The doctor said he didn't know. Then he said, "If you don't like heartburn, just don't drink orange juice." Mr. R didn't like that answer, he wanted to be able to drink orange juice. There had to be another answer, he would keep looking.

Mrs. R had a problem too. Even though she didn't really seem sick, every once in a while she would get a terrible, horrible headache. Her head would hurt so bad that she couldn't fix supper for Mr. R. Her head would hurt so bad that she couldn't play with the new baby. Her head would hurt so bad that she couldn't even seem to think.

Sometimes Mr. R would rub her feet to try to make her feel better, but she wished she wouldn't get such terrible, horrible headaches. Mrs. R wondered why she got such terrible, horrible headaches.

Then one day Mr. R got a package in the mail. Inside the package there was a new book to read. After supper, Mr. R. sat down in his big chair to read his new book. This book was very interesting. The new book said, "If you don't drink enough water, it can give you a headache." "That is good to know", thought Mr. R, "I think I will tell Mrs. R about that. Maybe it will help her not to get terrible, horrible headaches anymore if she drinks more water." Mr. R kept reading, the new book said, "If you don't drink enough water it can make your back hurt." Mr. R decided he would have to drink more water because he didn't like to have his back hurt. The book said, "If you don't drink enough water it

can give you heartburn." Mr. R, didn't like having heartburn, so he decided he would have to drink more water. Then he read another part of the book. The book told him he needed to drink more water when he was working outside and he got hot and sweaty. "Oh, thought Mr. R, "I will have to drink more water when I am working building houses in the hot sun. I will have to drink more water when I mow the lawn. I will have to drink more water when it is warm and I take the new baby to the park."

Mr. R kept reading. Now the book had a math problem. The answer would tell him exactly how much water he needed to drink. It told him because he was very tall and heavy, he needed to drink more water than other people. Mr. R knew that people needed to drink about 8 glasses of water a day, but he didn't know that the bigger you are the more water you need to drink. "No wonder my back hurts," he thought, "I am supposed to be drinking two big jugs full of water every day." Mr. R got up and got a big glass of water to drink. "Tomorrow I will drink more water", he thought.

Over the next few days, Mr. and Mrs. R drank more water. They noticed Mr. R's back didn't hurt so bad anymore. Mrs. R didn't get terrible, horrible headaches all the time anymore. "I wonder if I can drink orange juice now," said Mr. R one day. Mr. R poured a big glass of orange juice. He drank it slowly. Mr. R liked the taste of orange juice; he waited, but there was no more heartburn. Drinking more water sure made him feel better! One day one of his friends at work told him his hands hurt so much from arthritis that it was hard to hold the hammer, Mr. R said, "You need to drink more water." Sure enough, when the man started drinking more water his hands didn't hurt so much. Another man told him he had a headache. Mr. R got a big glass of water for the man to drink. Soon the man's headache went away. Mr. R was so excited, he told everybody about the miracle of water.

One night, Mr. R sat down in his chair to read his Bible. He read, *"And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee."* Exodus 23:25 "That is exciting!" thought Mr. R, "I have learned that drinking more water helps us not to feel sick, and now I know that lots of water is part of God's Plan for Good Health.

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Hands of Sacrifice

"And one shall say unto him, What are these wounds in thine hands? Then he shall answer, Those with which I was wounded in the house of my friends." Zechariah 13:6

Martin Luther is a name that many recognize, but not all realize some of the other well-known people that were friends of his. Perhaps one of his friends that few realize was connected to him was Albrecht Dürer, a Protestant painter and sculptor, born in Nuremburg, Germany. Albrecht most famous picture is probably his painting *Praying Hands*. The story behind this famous painting is one of self-sacrifice.

When Albrecht was just a youth, he left Nuremburg to study art. In the city where he went, he met a man, who though older than himself, was also studying art. Since neither, one was rich, they chose to share a room so they could cut costs. However, studying art while trying to work in their free time was too difficult, and Albrecht's friend offered to work fulltime so Albrecht could study fulltime. Then when Albrecht was making money from his artwork, his friend could study art fulltime.

Reluctantly Albrecht agreed and so his friend went to work, washing dishes and scrubbing floors while Albrecht studied art. At last, the day arrived when Albrecht sold his first woodcarving. Now his friend could study while Albrecht sold his painting and artwork. But unfortunately the hard work had enlarged the muscles and stiffened the joints of his friend's hands, making a future as a great artist impossible, though the friend tried long and hard to regain his skill.

One day, when Albrecht came back to his room, he found his friend in prayer. Those work-worn hands that had sacrificed so much for him gave him an idea. He could never repay what they had done for him but he could paint them and show the world the gratitude he had for his friend. And, that is just what he did.

You too, have a Friend who made a sacrifice for you. The marks of what He endured for you are still in His hands. His name is Jesus Christ and he died to save you from your sins. Just like Albrecht, you cannot repay this infinite sacrifice, but you can show your gratitude by repenting and forsaking your sins, and telling others what he has done for you.

Kids' Corner

Written by D. Roberts age 13 Illustrated by D. Roberts age 11

Memory Text:

Mark 13:33 "Take ye heed, watch and pray: for ye know not when the time is."

Christian and Carnal and some other boys got a summer job working at a general store. They were supposed to watch and help take care of the store. One day, a parade came by in the street just outside the window. Carnal and the other boys ran to the window, but Christian remembered he was supposed to be watching the store. Just then, a thief came in the back door, to steal something, but Christian was watching and caught him and the robbery was prevented. Christian's boss was very pleased and gave Christians some extra money for watching so well. Christian was glad he had remembered to watch too.

GOD'S AMAZING CREATURES

Black-tailed prairie dogs were so-named because they bark like a dog and live in burrows in shortgrass prairies. They live in eastern Montana and southwest North Dakota south to extreme southeast Arizona, New Mexico, and northwest Texas. Most of the black-tailed prairie dog's diet consists of green plants, including many kinds of grasses. Sometimes they eat insects. The prairie dogs live in groups called towns. A prairie dog town can have up several thousand prairie dogs, and the town can cover 100 acres or more. They sit down on the mounds at the edge of their burrow and watch for danger. If danger is seen, the warning bark is sounded and the prairie dogs dive into the burrows. Just like the prairie dogs watch for danger and are ready to dive into their burrows, we should watch and be ready to ask Jesus for help when danger comes our way.

STUDY TO SHEW THYSELF APPROVED—*DISCERNING FOOTPRINTS*

"Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man." Luke 21:36 *"And they shall teach my people the difference between the holy and profane, and cause them to discern between the unclean and the clean."* Ez. 44:23

Whenever you are confronted by any statement or teaching, ask yourself, "Is that 'serpent language' or 'God language'?"

Steps of Christ (Clean and Holy)	Trail of the Serpent (Unclean and Profane)
Those who hold the Truth as it is in Jesus—*John 14:6* ***"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me."***	**Those who corrupt the simplicity that is in Christ ---**2 Cor. 11:3 But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ.
Those who believe all truth radiates from the gospel of Christ ***Rom. 1:16 "For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth…"*** ***1Tim. 3:16 "And without controversy great is the mystery of godliness: God was manifest in the flesh, justified in the Spirit… believed on in the world, received up into glory."***	**Those who cast doubt on the Divinity of Christ** Matt. 4:3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. 2 John 1:7 For many deceivers are entered into the world, who confess not that Jesus Christ is come in the flesh. This is a deceiver and an antichrist.
Those who manifest righteousness and truth— ***Ephesians 5:9 "(For the fruit of the Spirit is in all goodness and righteousness and truth;)"***	**Those who hold the truth in Unrighteousness** --Rom 1:18 For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness;
Those who glorify God alone ***Jer. 9:23,24 "Thus saith the LORD, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches:*** ***But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD."***	**Those who glorify man and his accomplishments** Gen. 3:5 For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. ***Matt. 23:8-11 But be not ye called Rabbi: for one is your Master, even Christ; and all ye are brethren. And call no man your father upon the earth: for one is your Father, which is in heaven. Neither be ye called masters: for one is your Master, even Christ. But he that is greatest among you shall be your servant.
Those who teach Salvation by Faith ***Eph 2:8,9 "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:*** ***Not of works, lest any man should boast."*** ***Rom 1:17 "For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith."***	**Those who teach Salvation by Works** Matt 23:5-10 But all their works they do for to be seen of men: they make broad their phylacteries, and enlarge the borders of their garments, And love the uppermost rooms at feasts, and the chief seats in the synagogues, And greetings in the markets, and to be called of men, Rabbi, Rabbi. .
Those who exalt God's Word and Law ***2 Pet.1:21 "For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost."*** ***Rom. 7:12 "Wherefore the law is holy, and the commandment holy, and just, and good."***	**Those who exalt man's teachings** Matt.15:9 But in vain they do worship me, teaching for doctrines the commandments of men. Titus 1:14 Not giving heed to Jewish fables, and commandments of men, that turn from the truth ***1 Tim.4:1 -5 …doctrines of devils;
Those believe in the inspiration of God's Word ***2 Tim. 3:16 " All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:"***	**Those who cast doubt on the Word of God** Genesis 3:1 Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?
Those who preach Sound Doctrine ***Tit 2:2 " That the aged men be sober, grave, temperate, sound in faith, in charity, in patience."*** ***Tit 2:1,8 "But speak thou the things which become sound doctrine: …Sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you."***	**Those who are given to Change** Prov. 24:21 ...meddle not with them that are given to change: Eph. 4:14 That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive; James 1:8 A double minded man is unstable in all his ways.
Rightly dividing the Word of Truth ***2 Tim. 2:15 "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*** ***Tit 1:9 "Holding fast the faithful word as he hath been taught, that he may be able by sound doctrine both to exhort and to convince the gainsayers."***	**Those who purposefully misquote Scripture** 2 Pet.3:16 … they that are unlearned and unstable wrest, as they do also the other scriptures, unto their own destruction. 2 Tim. 4:3 For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears;