

## GIVE THANKS

*Matthew Henry, a famous scholar, was once stopped by highway men and robbed of his purse, with everything it contained. Years later, his diary was found and on that day he had written:*

*"Let me be thankful, first because I was never robbed before; second, because they took my purse, they did not take my life; third because although they took my all, it was not much and fourth, because it was I that was robbed, and not I who robbed."*

### Pumpkin Muffin Tops

1 c. cooked or canned pumpkin	½ cup quick oats
1 cup ww or spelt flour	½ tsp salt
2/3 cup sucanat	½ cup soymilk
1/3 cup olive oil	1 tsp cinnamon
¼ cup chopped nuts	¼ cup raisins



Mix wet ingredients together. Add the dry ingredients. Spoon mixture into oiled muffin tins. Bake at 350° for about 30 minutes or until done. Makes 18 muffin tops. For more recipes visit [biblepathwayssupply.com](http://biblepathwayssupply.com)

### Quotable Quotes

*The year that is drawing towards its close has been filled with the blessings of fruitful fields and healthful bounties. To these bounties, which are so constantly enjoyed that we are prone to forget the source from which they come, others have been added which are of so extraordinary of a nature, that they cannot fail to penetrate and soften even the heart which is habitually insensible to the ever watchful providence of Almighty God...No human counsel hath devised nor hath any mortal hand worked out these great things. They are the gracious gifts of the Most High God...I do therefore invite my fellow citizens... to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens.—Abraham Lincoln's 1863 Proclamation*



# Convenience

We live an age where convenience is king. There are fast food restaurants, drive thru banking, frozen dinners, along with automatic dishwashers and garage door openers.

And yet when you consider being a Christian, the convenient way is not always the right way. The book of Acts tells us of Paul talking to Felix and his wife Drusilla. *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

We further learn of Paul talking to King Agrippa. Again there is an almost, and although not mentioned, I would guess the waiting for a more convenient time. *Then Agrippa said unto Paul, Almost thou persuadest me to be a Christian.* Act 26:28

I am afraid for those who follow this same principle of what is convenient at the time and also those that are almost Christians. Signs of the times confirm that time is short. Paul tells us,

Romans 13:11,12,14 *And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. ...let us therefore cast off the works of darkness, and let us put on the armour of light.... But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.*

*Almost saved is  
100% lost.*

It is high time to get all the evil out of our lives.  
It is high time to get rid of the secret sins out of our hearts  
and strive to mirror the character of Christ.  
I love the way one author puts it.

*God has spoken, and He means that man shall obey. He does not inquire if it is convenient for him to do so. The Lord of life and glory did not consult His convenience or pleasure when He left His station of high command to become a man of sorrows and acquainted with grief, accepting ignominy and death in order to deliver man from the consequence of his disobedience. Jesus died, not to save man in his sins, but from his sins. Man is to leave the error of his ways, to follow the example of Christ, to take up his cross and follow Him, denying self, and obeying God at any cost. —{White CCh 269}*

At the same time that we are thankful that Christ didn't make his decision to save us or not based on whether it was convenient, we should also keep in mind the brevity of this life. Approximately 153,000 die each day. That means for them, if they haven't done it already, there will be no convenient time to change their life and give their hearts to Jesus. There will be no time to fill in the infinite gaps in the word *almost*. Almost saved is 100% lost.

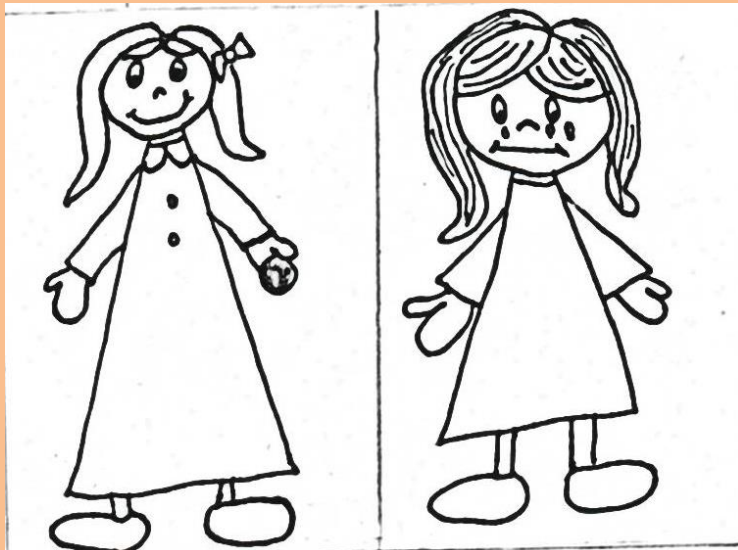


This is why the Bible teaches, "...behold, now is the accepted time; behold, now is the day of salvation." 2 Cor. 6:2

We are not to pervert the word of God to suit our convenience, and worldly interests, but to honestly inquire, "What wilt thou have me to do?" Does what we eat and drink glorify God? Does what we wear and what we watch glorify God? Does everything we do glorify God? *Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.* 1 Cor. 10:31 May God help us to take stock of our lives NOW, today, before it is forever too late.

## Kids Korner

Illustrated by: D. Roberts age 8



Patience said "Thank You" when her mother gave her an oatmeal cookie. She made Jesus happy.

Passion didn't say "Thank You" when she was given an oatmeal cookie. She didn't get one next time.

## God's Incredible Creatures

Do you know what this bug is? It is called a Dark Jerusalem Cricket. We found it in Washington state. It is not a real cricket, but it can make a sound with its abdomen on the ground that sounds like a drum.



Jerusalem Crickets are nocturnal, which means they come out at night. They eat roots and things that are decaying or rotting, but they can also eat other insects. Jerusalem crickets are not poisonous, but they can emit a bad smell and their bite can be painful. They like to burrow under the ground. If you look carefully you may also find one of the incredible creatures that God made for us to enjoy.

## Profitable Traditions-From Our Home to Yours

Cultivate Thankfulness - A Thanksgiving Eve vespers is a great way to begin, by singing hymns of thanksgiving and reading thankful verses from the Bible. On Thanksgiving Day our tradition is to go around the table and everyone gets to name something for which they are thankful for every year of their life (Ex. If you are 30 you would have to name 30 things) For small children you may also create a Basketful of Blessings with paper fruit and write the things you are thankful for on the fruit.





## *Swift Runner Health Tip*

There is a physiological truth—truth that we need to consider—in the scripture, *A merry [rejoicing] heart doeth good like a medicine.*

Proverbs 17:22. As a child, I remember hearing the story of Grandma Brown's headache medicine. Whenever Grandma became stressed and got a headache she would start thinking and listing of all the things she was thankful for and "mysteriously" her headache would disappear.

Gratitude and thanksgiving benefit the immune system. Researchers at the Stanford University School of Medicine and the University of California at San Diego reported that such positive attitudes as gratitude, optimism, perseverance, and absence of malice are linked to a better chance of beating disease and higher survival rates when disease does occur.



Proverbs 15:13 *A [rejoicing] heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.* If we take the Bible at its word and give thanks in everything, even when we don't feel like it, psychological research actually suggests that just deciding to have a cheerful countenance can generate amazing changes. Not just a "cheese" smile that only effects the mouth, but a sincerely happy smile in

which the muscles around the eyes are deliberately flexed as well, generates the same positive brain activity in the frontal cortex as a spontaneously happy smile. We can actually cheer ourselves up, as well as cheering others by simply putting on a happy face.

*(Studies quoted from Guilt-free Gourmet pg 266,268)*

Psalm 42:11 *Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.*

For more health tips visit  
[swiftrunnerministries.com](http://swiftrunnerministries.com)

*If you haven't much to be thankful for, be thankful for something you don't have.*



*Let us thankful for all things be*

*Though there be woes and misery;*

*Lessons they bring us for our good-*

*Later 'twill be understood.—Selected*

*Based on Romans 8:28*



# STUDY TO SHOW THYSELF APPROVED



1. Why does Jesus say some who professed to worship him would not enter into heaven? Matt. 7:21 *Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the \_\_\_\_\_ of my Father which is in heaven.*

2. What does Paul tell us is part of the will of God? 1 Thess. 5:18 *In every thing \_\_\_\_\_: for this is the will of God in Christ Jesus concerning you.* Also Psalm 50:14

3. Psalm 50:23 *Whoso offereth praise glorifieth me: and to him that ordereth his conversation aright will I shew the salvation of God.* Name several ways in which we may glorify God by the giving of thanks. Colossians 3:17 *And whatsoever ye do in \_\_\_\_\_, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.* 1 Thess. 1:2 *We give thanks to God always for you all, making mention of you in our \_\_\_\_\_;* Psalm 69:30 *I will praise the name of God with \_\_\_\_\_, and will magnify him with thanksgiving.* Also Psalm 92:1, Neh. 12:46. Ps. 147:7

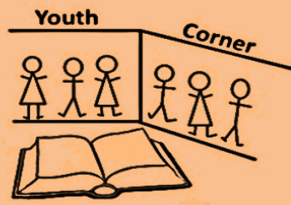
4. Which sacrifice was offered with leaven and how often are we supposed to offer it? Amos 4:5 *And offer a sacrifice of \_\_\_\_\_ with leaven, and proclaim and publish the free offerings: for this liketh you, O ye children of Israel, saith the Lord GOD.* Also Lev. 7:13, Psalm 107:22 Hebrews 13:15 *By him therefore let us offer the sacrifice of praise to God \_\_\_\_\_, that is, the fruit of our lips giving thanks to his name.*

5. Name two things for which we are to give thanksgiving. Psalm 26:7 *That I may publish with the voice of thanksgiving, and tell of all thy \_\_\_\_\_.* 1 Corinthians 15:57 *But thanks be to God, which giveth us the \_\_\_\_\_ through our Lord Jesus Christ.*

6. Rev. 7:12 *Saying, Amen: Blessing, and glory, and wisdom, and thanksgiving, and honour, and power, and might, be unto our God for ever and ever. Amen.* Revelation tells us that even in heaven we will continue to give thanksgiving to God. Isn't now a good time to start?



1-Will, 2-Give thanks, 3-Word or Deed, prayers, a song 4-thanksgiving, continually 5- wondrous works, victory



# Amputation

*And if thy right eye offend thee, pluck it out, and cast [it] from thee: for it is profitable for thee that one of thy members should perish, and not [that] thy whole body should be cast into hell.*  
*And if thy right hand offend thee, cut it off, and cast [it] from thee: for it is profitable for thee that one of thy members should perish, and not [that] thy whole body should be cast into hell. Matthew 5:29, 30*

There is an old story told of a Russian officer taken captive by the French, during the time of Napoleon. The French got an iron and branded the officer on his hand with an "N." When he asked what it meant, they said, "It means that you belong, body and soul, to Emperor Napoleon." The soldier seized an axe and cut his hand off at the wrist and said; "Take what belongs to you, I am for the Czar and belong to him."

While I do not believe in literally cutting your hand off, I think we can learn a spiritual lesson from this story. There are practices and things that have been branded with the mark of the prince of this world, who is the Devil. We should cut off, or refuse to be connected with those evil practices. We should pledge to be wholly for Christ, and belong only to him.

Just as the amputating of his hand was painful, so the getting rid of our sinful practices will be painful. The more we have indulged in a sin, the more it has become part of us and part of our lifestyle, and the more painful it will be to quit.

***JUST AS THE  
AMPUTATING OF HIS  
HAND WAS PAINFUL,  
SO THE GETTING RID  
OF OUR SINFUL  
PRACTICES WILL BE  
PAINFUL.***

People think this officer was extreme in what he did, and although I do not think it necessary to do that for an earthly power, I realize that people will think those who cut off from the world's movies, fashions, games, foods, and lifestyles, will be classed as peculiar, odd, singular, straight-laced extremists. But God's true followers will stand through the ridicule. They will remember the shame, and ridicule Christ bore for them. They will think of his cruel, agonizing, death. They will realize he did all that for them and they will think ridicule to small a price for them pay.

Will you be part of that company? Will you stand by the truth no matter the consequences? Will you cut off all worldly practices and sins, and say, "Take what belongs to you. I am for Jesus Christ, and belong to him." Can you say that today?



**If you would like to begin receiving our monthly newsletter via e-mail; Please contact us at**

**[biblepathways@hotmail.com](mailto:biblepathways@hotmail.com)**

