



# The Bible Banner

April 2017



## Onward, Christian Soldiers

**A missionary society, eager to send men to help David Livingston, wrote and asked, "Have you found a good road to where you are? If so, we want to know how to send other men to join you."**

**The dauntless missionary doctor, who had cut and hacked his way through the jungles of Africa, wrote back, "If you have men who will come only if there is a good road, I don't want them. I want men who will come if there is no road."**

**Likewise, God wants Christian soldiers in his army that will overcome obstacles. Are you waiting for a road?**

### Quick and Easy Granola (Make ahead)

10 cups oats

½ cup oil

½ cup water

½ cup honey

½ cup molasses

1 cup sliced almonds, or more

Mix together. Place on 2 prepared cookie sheets. Toast at 250°F until lightly browned and crunchy. (Add dried fruit.)

### Almond Milk

¼ cup raw almonds

1 cup cold water

2 tsp pure maple syrup

Blanch almonds, if desired, by putting in a skillet with ½ inch boiling water. Boil 30 seconds. Drain and pop off skins.

(Using unblanched almonds will just allow for brown specks in your milk) Blend ingredients 2-3 minutes. You may strain if desired.



### PROFITABLE TRADITIONS

**Cultivate Preparedness**—In the life of a Christian soldier, when the battle rages hard, there are often discouraging times. Make your own "emergency preparedness pack" to provide ready encouragement for these times. Think of what soldiers use to encourage them. Here are some of our favorites.

**Music**—Keep a file of your favorite Christian music on your computer (or wherever) for ready access on days when you feel down and discouraged. You may access some of our favorite music

<http://www.biblepicturepathways.com/music.php>

**Blessings Diary**—Every time God answers a prayer, provides protection, or you otherwise see his hand at work in blessing your life, write it down. *"It is for our own benefit to keep every gift of God fresh in our memory. Thus faith is strengthened to claim and to receive more and more. There is greater encouragement for us in the least blessing we ourselves receive from God than in all the accounts we can read of the faith and experience of others."* {DA 348}

**Letters from "Home"**—Mark some of your favorite encouraging verses in your Bible, or better yet, memorize them. Some of our favorites are 1 Cor. 10:13, John 16:33, 2 Cor. 4:16-18, 1 Thess. 4:13-18

### QUOTABLE QUOTES



*"Now is the time for God's people to show themselves true to principle. When the religion of Christ is most held in contempt, when his law is most despised, then should our zeal be the warmest and our courage the most unflinching. To stand in defense of truth and righteousness when the majority forsake us, to fight the battles of the Lord when champions are few,—this will be our test. At this time we must gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason. The nation will be on the side of the great rebel leader."*

{RH, January 11, 1887 par. 2}



# The Life of a Soldier

*"Thou therefore endure hardness, as a good soldier of Jesus Christ. No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier." 2 Timothy 2:3,4*

*"No one would think of entering an army in time of war hoping to have ease and self-indulgence and a real pleasant and profitable time. They know that hardships and privations are the liabilities, and as long as the war lasts they will have coarse food and often short rations, long, weary marches by day, enduring the heat of the burning sun, camping out at night in the open air, exposed to drenching rains and chilling frosts; venturing health and life itself as they stand as targets for the enemy.*

*"The Christian life is compared to the life of a soldier, and there can be no bribes presented of ease and self-indulgence. The idea that Christian soldiers are to be excused from the conflicts, experiencing no trials, having all temporal comforts to enjoy, and even the luxuries of life, is a farce. The Christian conflict is a battle and a march, calling for endurance. Difficult work has to be done, and all who enlist as soldiers in Christ's army with these false ideas of pleasantness and ease, and then experience the trials, it often proves fatal to their Christianity. God does not present the reward to those whose whole life in this world has been one of self-indulgence and pleasure.*

*"It is time that men and women have some true idea of what is expected of a true soldier of the cross of Jesus. Those who serve under the bloodstained banner of the Prince Emmanuel are expected to do difficult work which will tax every power God has given them. They will have painful trials to endure for Christ's sake. They will have conflicts which rend the soul. But if they are faithful soldiers they will say with Paul, "Our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; while we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal, but the things which are not seen are eternal" [2 Corinthians 4:17, 18]." [Christ Triumphant pg. 354 {14MR 27,28.}]*



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*"Soldiers who have fought in battles say that when bullets start flying the mind goes blank and switches to autopilot. This is where proper training is of paramount importance. Soldiers cannot be expected to be effective in battle if they have been shown something only once. They must be drilled in military skills until those skills become second nature. Then when the bullets start flying, trained soldiers will automatically respond with the appropriate action or manoeuvre without conscious thought of what should be done."*

<http://www.freechristianillustrations.com/military.html>

This is exactly what we see in the example of our Leader, Jesus Christ. When things got tough His "default mode", so to speak, was to do what was right. For example, when Jesus was in the garden of Gethsemane, the crushing weight of dying to save mankind was hard for His humanity, so much so that He sweated great drops of blood—yet His automatic reaction was to submit His will to the will of the Father. *"Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done."* Luke 22:42 An automatic reaction, I think, created by daily prayer of *"Thy will be done."* (Matt. 6:10)

When Jesus was on the cross, He hadn't eaten recently, and He was thirsty—yet His automatic reaction was to eat and drink only what was temperate and to refuse that which could cloud the mind. *"They gave him vinegar to drink mingled with gall: and when he had tasted thereof, he would not drink."* Matt. 27:34 *"To those who suffered death by the cross, it was permitted to give a stupefying potion, to deaden the sense of pain. This was offered to Jesus; but when He had tasted it, He refused it. He would receive nothing that could becloud His mind. His faith must keep fast hold upon God. This was His only strength. To becloud His senses would give Satan an advantage."* {Desire of Ages 746.2}

Jesus had been beaten so intensely that He couldn't even carry His own cross—yet His automatic reaction was to think of the needs of others. *“Then saith he to the disciple, Behold thy mother! And from that hour that disciple took her unto his own home.”* John 19:27

Jesus was subjected to one of the most painful forms of death and mocked that *“He saved others; himself he cannot save”* (Mark 15:31)—yet His automatic reaction was not to fight back in unkind words and angry sentences, but to pray for His enemies. *“Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots.”* Luke 23:34

Because the sins of humanity were separating Him from His Father, He felt forsaken and *“Jesus cried with a loud voice, saying, Eloi, Eloi, lama sabachthani? which is, being interpreted, My God, my God, why hast thou forsaken me?”* Mark 15:34 And yet His automatic reaction was to trust His Father even when everything looked dark and He felt forsaken, for Jesus' last words were. *“Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost.”* Luke 23:46 That is the *“faith of Jesus”* spoken of in Rev. 14:12. The above reactions show perfectly how Jesus kept “the commandments of God” that the “saints” are to possess. I pray that God will help us to reflect this Perfect Pattern, so that we too may endure hardness as good soldiers of Jesus Christ.

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## Wrong Mission

*“No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier.”* 2 Timothy 2:4

The story is told of a General who sent for a soldier and gave him an urgent mission: *“Take this message to the frontline as quick as you can.”* The soldier saluted the General and ran in double-time to complete his mission.

Several miles down the road he came across an old man sitting exhausted by the road who yelled: *“Hey Soldier, these food packs need to get to the front and my weary bones are too tired.”* The helpful soldier loaded them in his pack and resumed his journey at a fast walk.

It wasn't long before he met a nurse aiding a wounded man. *“Soldier,”* she called. *“I have medical supplies that are urgently required at the frontline. Can you take them?”* He again loaded up then continued at a slower pace.



Many miles later the weary soldier came across a truck with a flat tire. The driver called out: *“Lend us a hand, - these rifles and ammunition are needed immediately at the front.”* Again the tired soldier added to his load and trudged on. Just when the frontline came into view, the soldier fell to his knees and collapsed unconscious on the ground - the burden was too great.

A day later, the General came by and revived him. *“Soldier, why didn't you complete your mission?”* The soldier replied weakly: *“I couldn't - my load was too great.”* The General looked at all the supplies the soldier was carrying and said: *“I didn't ask you to carry all these things. Your mission was to get an important message to the frontline. Everyone was to retreat immediately. As honourable as your intentions were, soldier, you have failed your mission. Lives that could have been saved are now lost.”*

There are many voices in the world today calling for you. The requests may not be evil in and of themselves but if they hinder you from doing the work that Jesus Christ, your General, has given you they are wrong. As God's soldiers entrusted with the sacred mission of taking the gospel to the world we are to allow nothing else to absorb our attention. Are you following the General's orders for your life today?





# Goin' Nuts

*"I went down into the garden of nuts to see the fruits of the valley..." Song of Solomon 6:11*

According to a Federal Study published in the Washington Post, "Even though nutrition experts say it's a good idea to eat nuts to keep your heart healthy, only four in 10 American adults eat {sic} nuts on any given day, and more women than men consume nuts..."  
[https://www.washingtonpost.com/news/to-your-health/wp/2014/12/22/only-four-in-10-americans-eat-nuts-heres-why-thats-a-problem/?utm\\_term=.b35d4650ce7a](https://www.washingtonpost.com/news/to-your-health/wp/2014/12/22/only-four-in-10-americans-eat-nuts-heres-why-thats-a-problem/?utm_term=.b35d4650ce7a)

But there is good reason to consider "goin' nuts" with your diet. Harvard Health reports *"Move over, apples: A handful of nuts a day keeps the doctor away—and might help you live longer, according to new results from two long-running Harvard studies. "We found that people who ate nuts every day lived longer, healthier lives than people who didn't eat nuts," said study co-author Dr. Frank Hu, professor of nutrition and epidemiology at the Harvard School of Public Health. The report, in tomorrow's New England Journal of Medicine, showed that daily nut-eaters were less likely to die of cancer, heart disease, and respiratory disease. Overall, the daily nut-eaters were 20% less likely to have died during the course of the study than those who avoided nuts. (Peanuts, which are actually legumes, counted as nuts in this study)." <http://www.health.harvard.edu/blog/eating-nuts-linked-to-healthier-longer-life-201311206893>*

Here are some of the healthiest nuts and some of the reasons why you should eat them.

**Almonds, the King of Nuts** – It is of interest that almonds are the only nut found mentioned by name in the Bible. Where ever we looked almonds were ranked the highest by nutrition experts. Almonds rank highest in dietary fiber, vitamin E and calcium. They also have other benefits. An article entitled Almonds, the King of Nuts stated, "Almonds are the only nut and one of the few proteins that are alkaline forming. When your body is not alkaline enough, you risk osteoporosis, poor immune function, low energy and weight gain."  
<http://www.realfoodforlife.com/almonds-powerfood/>.



**Walnuts**--"Walnuts not only taste great but are ... an excellent source of those hard to find omega-3 fatty acids." According to this website a quarter of a cup of English walnuts provides 113% of the recommended daily value of omega-3. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=99>



**Brazil Nuts** – "...the No. 1 food source on the planet for selenium is brazil nuts .... Enjoying just one to two Brazil nuts per day can be all you need — and even work better than a supplement — to maintain a healthy level of selenium in your body. Selenium is crucial to many bodily functions from mood to inflammation." Brazil nuts are also the nut that is highest in magnesium. <https://draxe.com/brazil-nuts/>

**Filberts or Hazelnuts**— Hazelnuts turn out to be a top nut source of folate, which is especially necessary in pregnancy for growing healthy babies. Also "Filberts ... because they are high in the amino acid tryptophan, are a good nut for sleep. Almonds and filberts have the most vitamin E (6.7 milligrams per ounce) – nearly 25 percent of the adult

recommended dietary allowance." <http://www.askdrsears.com/topics/feeding-eating/family-nutrition/nuts/health-nuts-ranking-nuts>

**Pistachios** – Pistachios "... contain the highest amount of potassium with respect to all other nuts... Trace elements or minerals found in pistachios include calcium, iron, magnesium, phosphorous, potassium, zinc, copper, manganese, and selenium. It is important to note that they contain the highest amount of phosphorus {sic}, along with almonds and cashews." <https://www.organicfacts.net/health-benefits/seed-and-nut/health-benefits-of-pistachio.html>

**Peanuts**—These "nuts" are actually legumes that grow under the ground, but they win for the lowest priced nut. They are "an important source of nutrition in underdeveloped countries." <http://www.healthbeckon.com/peanuts-benefits/> Another article states "...tree nuts tend to be pricey. But a study published online in JAMA Internal Medicine puts the humble peanut squarely in the same nutritional league as its upscale cousins. This work makes the health benefits of peanuts more accessible to lower-income shoppers." <http://www.health.harvard.edu/blog/peanuts-linked-heart-longevity-benefits-pricey-nuts-201503057777>

Among other things, peanuts are a good source of Biotin. "Biotin is a B-vitamin that is vital for hair growth and overall scalp health. It is produced by our bodies themselves in the intestines and also found in many food items. Deficiency of biotin can lead to hair loss. Peanuts are good sources of B vitamin and folate which contribute to healthy hair". <http://www.healthbeckon.com/peanuts-benefits/>

You will find that nuts can be included in your diet in many different ways. "With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution." (Counsels on Diets and Foods, pg. 363)  
We hope you will find "goin' nuts" to be beneficial to your health too, for good things come in those small packages.

## GOD'S AMAZING CREATURES

The Cape Porcupine is the largest rodent (mice and squirrels are also rodents) in southern Africa. This porcupine has a dark brown to black coat with thick needles, called quills. The Cape Porcupine raises his or her quills when in danger. These porcupines use grunts, piping calls, or quill rattles to talk to each other. The Cape Porcupine is an excellent digger. The male porcupines are good fathers, because they help take care of the young porcupines. Just like the Cape Porcupine has quills to protect itself, we, as Christian soldiers, have the Bible to protect us.



Christian saw some soldiers marching. He heard them saying "Yes, sir" respectfully. He decided to try being respectful too. When his Daddy called for him to come in from playing, Christian came quickly and said "Yes, sir." It made Daddy smile. It made Jesus smile too.



Carnal saw some soldiers marching too. He also heard them saying, "Yes sir" respectfully. But when his Daddy called him, he argued and whined. It made his Daddy sad. It made Jesus sad too.

Memory Text:

Exodus 20:12

"Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee."

### LITTLE RUNNER'S HEALTH TIP

Chippy the Chipmunk stuffs his cheeks full of nuts. Nuts and seeds help him to be healthy. Nuts, like almonds and walnuts, are good for boys and girls too.



## Study to Show Thyself Approved—The Armory

1. As Christian Soldiers, how does the Bible say we are to stand against the wiles of the devil? \_\_\_\_\_

Ephesians 6:11-13

Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

The first piece of armor listed in Ephesians 6 is the belt of truth. Eph. 6:14 "Stand therefore, having your loins girt about with truth..."

2. What three definitions are given in the Bible for truth? \_\_\_\_\_

Psalms 119:142 "Thy righteousness is an everlasting righteousness, and thy law is the truth."

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."

John 17:17 "Sanctify them through thy truth: thy word is truth."



3. What are the next two pieces of armor that are listed? \_\_\_\_\_

Eph. 6:14-15 "Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace;"

4. Eph. 6:16 tells us, "Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked." What is faith? \_\_\_\_\_ Heb. 11:1 Now faith is the substance of things hoped for, the evidence of things not seen. 2 Cor. 5:7 (For we walk by faith, not by sight:)

5. Eph. 6:17 reminds us to, "take the helmet of salvation, and the sword of the Spirit, which is the word of God:" List two adjectives used to describe the word of God in Heb. 4:12. \_\_\_\_\_ "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart."



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6. What is the last, invisible and often forgotten piece of the armor of God that places us on vantage ground over the enemy? \_\_\_\_\_

Ephesians 6:18,19 "Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel," "All who range themselves under the blood-stained banner of the Prince of Life will henceforth count Satan as a foe, and will in God's strength oppose him as a deadly enemy. They will take the helmet of salvation and the sword of the Spirit, which is the Word of God. **And what will they do in order to hold vantage ground?** 'Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance' (Ephesians 6:18). . . . {In Heavenly Places pg. 48}

7. What two things does Eph. 6:18,19 say we are specifically supposed to pray for? Supplication for the \_\_\_\_\_ and for bold utterance to make known the mystery of the \_\_\_\_\_.

1. Put on the whole armor of God, 2. God's law, Jesus, and God's word 3. Breastplate of Righteousness, Gospel shoes 4. the evidence of things not seen 5. Quick, powerful, (sharp) 6. All Prayer 7. Saints, gospel