



A certain evangelist tells of a Sabbath-school teacher who had led every one of her children to Christ. She was a faithful teacher. Then she tried to get her children to go out and bring other children into the school.

One day, one of them came and said she had been trying to get the children of a family to come to the school, but the father was an infidel, and he wouldn't allow it. "What is an infidel?" asked the child. She had never heard of an infidel before. The teacher went on to tell her what an infidel man was, and she was perfectly shocked.

A few mornings after the girl happened to be going past the post-office on her way to school, and she saw the infidel father coming out. She went up to him and said, "Why don't you love Jesus?" If it had been a man who had said that to him probably he would have knocked him down. He looked at her and walked on. A second time she put the question, "Why don't you love Jesus?" He put out his hand to put her gently away from him, when, on looking down, he saw her tears. "Please, sir, tell me why you don't love Jesus?" He pushed her aside and away he went.

When he got to his office, he couldn't get this question out of his mind. All the letters seemed to read, "Why don't you love Jesus?" All men in his place of business seemed to say, "Why don't you love Jesus?" When he tried to write, his pen seemed to shape the words, "Why don't you love Jesus?" He couldn't rest, and on the street he went to mingle with the businessmen, but he seemed to hear a voice continually asking him, "Why don't you love Jesus?" He thought when night came and he got home with his family, he would forget it; but he couldn't. He complained that he wasn't well, and went to bed. But when he laid his head on the pillow, that voice kept whispering, "Why don't you love Jesus?" He couldn't sleep.

By and by, about midnight, he got up and said, "I will get a Bible and find where Christ contradicts himself, and then I'll have a reason," and he turned to the book of John. My friends, if you want a reason for not loving Christ, don't turn to John. He knew Him too long. I don't believe a man can read the gospel of John without being turned to Christ. Well, he read through, and found no reason why he shouldn't love

Him, but he found many reasons why he should. He read this book, and before morning, he was on his knees, and that question put by that little child led to his conversion.

PROFITABLE TRADITIONS

"I supposed I knew my Bible,
Reading piecemeal, hit or miss,
Now a bit of John or Matthew,
Now a snatch of Genesis,
Certain chapters of Isaiah,
Certain Psalms (the twenty-third),
Twelfth of Romans, first of Proverbs --
Yes, I thought I knew the Word!
But I found that thorough reading
Was a different thing to do,
And the way was unfamiliar
When I read the Bible through.
You who like to play at Bible,
Dip and dabble, here and there,
Just before you kneel, aweary,
And yawn through a hurried prayer;
You who treat the Crown of Writings
As you treat no other book,
Just a paragraph, disjointed,
Just a crude, impatient look,
Try a worthier procedure,
Try a broad and steady view;
You will kneel in very rapture
When you read the Bible through."
--A. Wells

Quotable Quotes

***"God sends no one
away empty except
those who are full of
themselves."***

— D. L. Moody

Coconut Milk Conditioning Shampoo (Pictured, for dry or damaged hair)

1/4 cup coconut milk 1/3 cup liquid castile soap (like Dr. Bronner's)
Combine all ingredients in a shampoo bottle or jar and shake well to mix. You can keep this in the shower for up to one month...just shake before use. (This is the only "natural" conditioner I have found to accommodate my dry hair.)

Easy Shampoo (for normal hair)

1/4 cup liquid castile soap 1/4 cup water
Mix all the ingredients into a plastic or glass bottle and you're good to go! (We have had a good experience with this shampoo. It's not thick like regular shampoo, but it seems to work for all our hair types. If you have oily hair you may have to wash it a little more often.)





Editor's Note—Toilet Paper Propaganda and the Enemy of Souls

"Well, look at that," I thought, critically eyeing the three apparently same-sized packages of toilet paper, "people think they are getting more, when actually they are getting less." Due to stocking up on toilet paper during "mud season" (so we didn't have to carry it three miles, we had somehow gotten three different packages of toilet paper from three different time periods. The oldest package had the most sheets of toilet paper, and each roll was about ¼ inch taller than the two newer ones. (In the picture, the oldest package is on the top, the newest one is on the bottom.) The second oldest one, whose package was actually about ¾ of an inch smaller, but not enough that one would notice if the packages were not sitting next to each other, boasted "our thickest ever." However, the number of sheets on each roll was reduced by 55 sheets. By the time the newest package came along, boasting "our thickest mega ever" the number of sheets per roll had dropped significantly, by 160 sheets. Totaled up, this means **there are six of the original rolls missing**, and yet to the unobservant shopper, everything appears the same. (18 rolls x 160 fewer sheets/roll = 2880 sheets; 2880 sheets/480 sheets per original roll = 6 rolls)



Now, while I will demonstrate later that Angel Soft is not the only company using these "business practices," there is an interesting lesson connected with "angels" to be learned because we are warned that *"Satan himself is transformed into an angel of light."* 2 Cor. 11:14 This toilet paper propaganda is the way the enemy of souls works too, making people think that they are getting a good bargain when they are actually getting a worse deal than before. He lies, "You will have mega-fun if you do this." Or "This is mega-better than the old way." This tactic undeniably plays out in subtle Bible version changes over extended periods of time changing God's word into corrupt "new" versions. **The devil's toilet paper propaganda also plays out in the replacement of Bible study with theatrics, the replacement of God's plan for health with "pill popping," the replacement of joy in the Lord with entertainment and the pleasures of sin for a season, etc.**

Indeed, we may draw many lessons from our life experiences. In the Bible, we find Jesus taught people using three primary things. God's word was foundational, but Jesus also taught by illustrations drawn from nature and from the familiar events and experiences of everyday life. Since God's word potently states *"Ye cannot serve God and mammon"* (Matthew 6:24, Luke 16:13), we understand that the tactics of the master of deception are illustrated by those who serve the god of riches instead of the God of truth and love to neighbor. In fact, of Satan it is said, *"Thou hast defiled thy sanctuaries by the multitude of thine iniquities, by the iniquity of thy traffick [Strong's Hebrew meaning "trade"; 1587 Geneva Bible "merchandise."] therefore will I bring forth a fire from the midst of thee, it shall devour thee, and I will bring thee to ashes upon the earth in the sight of all them that behold thee."* Ezekiel 28:18 Tactics of deception and unjust gain in trade come from the devil. They are a violation of the 10th commandment, reiterated by Jesus in Mark 10:19 as *"Defraud not."* So let's consider lessons from a few other tactics of the devil exposed in his followers of mammon.

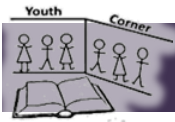
Soon after we got married, we noticed a small but new charge raising our phone bill. Even though it was a small charge, we were "financially challenged" and so we didn't really have money to pay it. I don't remember all the details, but as I investigated, I recognized it was not something we were using, and thus it was not something that should have appeared on our phone bill. Thankfully, when I called the company, they had it removed. Whether it was an innocent mistake or not, I do not know, but I have always wondered how many other people might have had that small charge added to their phone bill and never even noticed it. With millions of customers, the income generated by this small charge month after month could have been substantial to the phone company. Likewise, **sometimes the devil sneaks in little deviations from truth, so small the less than diligent Christian may not notice, but in the end those little deviations will add up and there will be a high price to pay.** The Christian must diligently watch and pray *"Lest Satan should get an advantage of us: for we are not ignorant of his devices."* 2 Cor. 2:11 Little things can make a big difference. Remember, *"He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much."* Luke 16:10



Many years ago, in order to accommodate our third child, we built an addition onto our small single wide mobile home in North Carolina. Although the addition was only three rooms, it almost doubled our floor space. One day, after the outside appeared finished, but the power was not yet hooked up, we noticed that our monthly power bill had gone up almost \$100. We went out and looked at the meter and the wheel was spinning very fast. One by one, we flipped

the breakers to turn off portions of the house, trying to figure out what was using so much electricity. No success. Finally, we flipped off the main breaker to the entire house and the pump house. Still the wheel spun fast. Then it dawned on us, maybe the meter reader had seen the addition to our house and our power bill was raised accordingly. We called the company, telling them the situation, but they assured us that we were using the extra power. So again, we iterated to them that even when the main breaker was off and we were using no power the wheel was still spinning rapidly, making it clear that they were back feeding power and then charging us for it (This is possible, because if you have solar panels, etc., some power companies will actually buy your extra power back from you.) After a big run-around the extra charge was removed and our power bill remained lower until later we finally hooked up the power in the addition. The lesson? Indeed, **Satan is watching you closely to see exactly what point he can catch you on. He often uses something or someone plausible that you wouldn't suspect to tempt you.** It might be a trusted doctor, pastor, friend, or family member. His temptation could be labeled as something "required," "educational," or supposedly "necessary" to life. Had we not noted the fact that the power was not yet turned on to our addition, we never would have caught on to the deceptive power bill. Likewise, our protection from deception today is to observe the true facts as found in God's word. *"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 discerner of the thoughts and intents of the heart."* Hebrews 4:12

Don't fall for the devil's toilet paper propagandas. Hold fast the "faithful word."



The Fisherman's Dream...

A certain man who had spent most of his life as a fisherman tells this story.

"Now there was a time that it came to my attention that I was forever stretching the truth. For instance, I'd come into the harbor with a load of fish and later on someone would ask me, *'Hey Captain, what did you have for a load?'* and I'd round off the 16,000 pounds I'd caught to 20,000 pounds. Or if I had been out hunting and I'd shot a nice buck, I'd round up the size from a forked horn to a three point. This behavior became a problem. Although I knew I was adding a few pounds here and there or stretching the size of something an inch or two, I didn't give it much thought as generally everyone did it. Fishermen are like that.

"So one night I had a dream, and this is what transpired:

I seemed to be on a bike path somewhere down by the river where it wound around beside the park, and I was walking along enjoying the afternoon when I came upon the area where the picnic tables are laid out under the trees here and there. At one of these tables I saw a fellow sitting by himself. I thought he might like to visit, so I made my way over and struck up a conversation with him.

"The man was very nice and seemed interested in my life and what I'd done, and I was only too happy to tell him all about it. I related how big my boat was, how many fish I caught, how rough the weather was that I fished in and on and on, stretching the truth just a little bit here and there...for effect, you know. My attentive audience appeared in rapt attention to my yarns of my daring dos and replied with comments such as, *'Oh really? Is that how it happened? That big?'*

"I recall pausing after a while and asking him a question or two. *'Sir,'* I said, *'I don't believe I know you, or I've never met you before, but I get the feeling that you know me.'*

"Now by this time, I was sitting on one side of the picnic table and he on the other. *'How do you know me?'* I queried.

"Well," he said, *'I've known you all your life.'*

I replied, *'But I don't recognize you...I don't think....'* And as I was trying to place his face, the man reached his hands across the table towards me and I noticed a nail hole in each hand.

"This dream was many years ago and STILL, the retelling of this story brings me to tears. Because when I looked down and saw this Fellow's hands and realized who He was,



I sat bolt upright in my bed crying profusely and gushing tears. Because I understood instantly that I'd been lying to my Savior Jesus. And the message was clear; I needed to STOP stretching the truth because what I was doing was wrong.

"That dream has never left my mind. So vividly does it stand in my memory that even as I relay this here I feel the same emotion as when it occurred those many years ago."

"Wherefore putting away lying, speak every man truth with his neighbor..." Ephesians 4:25



Prophetic News Notes — "Whom Ye Will Serve?"

"If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you." John 15:19 The truth of Christ's statement is demonstrated yet again in the Australian news.

*"The new chief executive of a major Australian sports franchise lasted exactly one day on the job after a hideous scandal was discovered—he attends an evangelical church and leads its board. That was enough to get him booted from his job and roundly pummeled in the press. **Christians had better pay close attention to the story, for this pattern will not remain safely south of the Equator.***

*"The executive who lasted one day is Andrew Thorburn, who on Monday of this week [October 2022] had taken over as chief executive of the Essendon Football Club....Essendon needed a new chief executive and Andrew Thorburn seemed to be quite a catch, given that he had served as CEO of the massive National Australia Bank, known as NAB. **But as soon as Thorburn was announced as executive, controversy erupted over his membership and lay leadership in City on a Hill, an evangelical Anglican multi-site church that, though relatively young, has attracted controversy over its teachings on the sanctity of human life and the sinfulness of same-sex behaviors.***

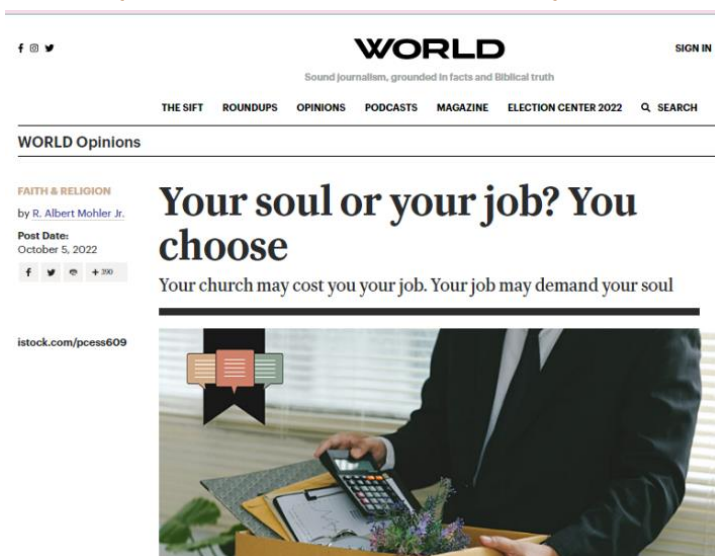
"Thorburn is listed as chairman of the church's board, and the attacks came swiftly. Daniel Andrews, Premier of Victoria, referred to the Melbourne-based church and its views by saying: 'Those views are absolutely appalling. I don't support those views, that kind of intolerance, that kind of hatred, bigotry. It is just wrong.'"

Writer R. Albert Mohler, Jr. elaborated, *"The signal is now sent: Be careful who you hire. Better check on church membership. Better look closely at the archived sermons. Might be dynamite there. Make no mistake—this is the shape of the future. **This canceling of Christians because of church membership will not be limited to Australia, to 'footy,' or even to sports.** Law firms and other professional organizations have been doing such checks for years already. You can count on the fact that the media, old and new, will be looking for incriminating evidence in the form of church membership disclosures....renunciation and denunciation will be the new demands, if you get caught as a member of a 'wrong' kind of church.*

*"If you want safety in your job, you had better join a liberal Episcopal church that flies a rainbow flag out front. On the other hand, **if you care about the safety of your soul, you will have to care much less about the safety of your job.** God honors those who are faithful to Him, but you had better decide now which you will choose."*

"...Choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD." Joshua 24:15

1--<https://wnq.org/opinions/your-soul-or-your-job-you-choose-1664970143>



If you would like to begin receiving our monthly newsletter via e-mail, please contact us at biblepathways@hotmail.com
Or visit us at: www.biblepicturepathways.com or www.swiftrunnerministries.com

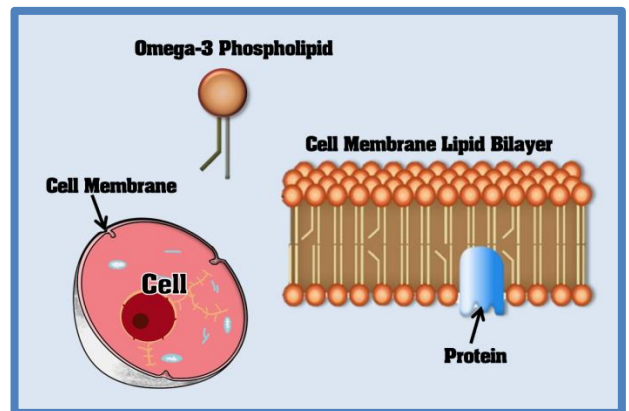
Swift Runner Health -- Essential Fats?

Through the years, eating fat has gotten a bad reputation, but the idea that plant-based fat is bad is neither biblical nor scientific. God asks, *"Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness."* Isaiah 55:2 While figuratively fatness here can refer to abundance, it also has an application to consumption of plant-based fats. Paul refers to *"the fatness of the olive tree"* (Romans 11:17) and the Bible also mentions *"fat of kidneys of wheat."* (Deut. 32:14) Fat from animals, on the other hand, was forbidden. (Lev. 7:23,24)

If we look into the physiology of the human body, we find that fat is actually necessary. In fact, we even have what was once called "vitamin F," but is now called "essential fatty acids." The word "essential" means since our body doesn't make them, we have to eat them. *"Only two fatty acids are known to be essential for humans: alpha-linolenic acid (an omega-3 fatty acid) and linoleic acid (an omega-6 fatty acid)."*¹ Omega-6 is much more abundant and can be found in almost every oil, seed, and nut, including peanuts. One must make a conscious effort to get enough Omega-3 though, especially on a total vegetarian diet.

*"There are three main types of omega-3 fatty acids: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), [and] docosahexaenoic acid (DHA). While ALA is present in plant oils, DHA and EPA are in fish... and algae."*² Many people believe that they have to eat fish to get DHA and EPA, but actually, *"The body can convert ALA to EPA and DHA, but the conversion rate is less than 15%. Therefore, people may need to consume more of these to get enough omega-3s."*² Also, *"Algae and seaweed are important sources of omega-3 for people on a vegetarian or vegan diet because they are one of the few plant foods containing both DHA and EPA... Seaweed, nori, spirulina, and chlorella are different forms of algae that many people eat for their health benefits. The DHA and EPA content varies depending on the type of algae and the particular product."*²

But back to why our bodies physiologically need these fats. *"Following consumption, omega-3 fatty acids are incorporated into cell membranes in all tissues of the body... measurable changes in cellular membrane content occur within days of increasing the daily consumption of these fatty acids. Cellular membranes from some tissues (e.g. retina, brain, myocardium) are particularly enriched in these fatty acids. For example, about 30% of all fatty acids in the outer segment membrane of retinal photoreceptors are omega-3 fatty acids... Diet-induced changes in the polyunsaturated fatty acid composition of a cell membrane have an impact on the cell's function, partly because these fatty acids represent a reservoir of molecules that perform important signaling or communication roles within and between cells."*³ Did you catch that? The cell "skin" or cell membrane of ALL the cells in our body is made from fat called phospholipids. This protects the cell by only allowing certain things in and certain things out. *"Loss of this barrier function can lead to compromised cellular homeostasis [healthy balance] and death of the cell."*⁴ The cellular membranes in the retina of the eye, the brain, and the myocardium or muscle tissue of the heart are especially rich in omega-3. These fats are also important for the cells to communicate with each other.



"Omega-3s ... help form signaling molecules called eicosanoids, which play a vital role in the:

- *Cardiovascular system: This includes the heart, blood vessels, and blood.*
- *Pulmonary system: This is the lungs, airways, and blood vessels.*
- *Immune system: This includes the bone marrow, spleen, lymphatic system, and white blood cells.*
- *Endocrine system: This includes the pancreas, adrenal glands, thyroid gland, pituitary gland, and hormones."*²

*"They [omega-3s] provide the starting point for making hormones that regulate blood clotting, contraction and relaxation of artery walls, and inflammation. They also bind to receptors in cells that regulate genetic function. Likely due to these effects, omega-3 fats have been shown to help prevent heart disease and stroke, may help control lupus, eczema, and rheumatoid arthritis, and may play protective roles in cancer and other conditions."*⁵

Omega-3s are vitally important in the brain. *"The human brain is nearly 60 percent fat. We've learned in recent years that fatty acids are among the most crucial molecules that determine your brain's integrity and ability to perform."*⁶

In fact, *"According to a 2020 review ... polyunsaturated fats (PUFAs) — including omega-3 and omega-6 — make up 20% of the brain's overall weight. The review also notes that an omega-3 deficiency has links to an increased risk of developing a range of mental health conditions. These include depression, bipolar disorder, and attention-deficit/hyperactivity disorder (ADHD). The authors add that increasing one's intake of omega-3 may beneficially affect neurodegenerative disorders such as Alzheimer's disease."*²

One reason for this is that the myelin sheath, which is like the insulation on the neurons or “wires” in your brain, is also built of lipids or fats. Without this insulation where it should be, your brain essentially has a “short” in it. *“CNS myelination and remyelination depend on fatty acid synthesis... Myelin is characterized by an exceptionally high lipid content (~80% of dry weight) (Chrast et al., 2011; Nave and Werner, 2014; Schmitt et al., 2015). Fatty acids (FAs) are fundamental building blocks for both glycolipids and phospholipids, which comprise the largest proportion of myelin membrane lipids (Harayama and Riezman, 2018).”*⁷ This means omega-3s not only help keep the brain healthy, they also may help with remyelination of brain neurons after disease.

Obviously, *“omega-3 fatty acids are essential for heart health, brain health and fighting off inflammation”* but *“unfortunately, most of us don’t get enough of them. Adult women only need 1.1g per day, while adult men need 1.6, but that can be easier said than done if you eat a typical American diet.”*⁸ In order to get this amount each day you need to try to eat at least one of the following:

*“Flaxseed oil contains 6.703 g of ALA per tbsp.”*² This means you would need approximately **one tsp of flaxseed oil** a day. It makes a nice “butter” on freshly popped popcorn. Alternately, **milled flaxseed** may be sprinkled over food. *“Each tablespoon of ground flaxseed contains about 1.8 grams of plant omega-3s.”*⁹ Meaning approximately a **tablespoon of flaxseed meal** is needed each day.

*“Chia seeds are an excellent plant-based source of ALA omega-3 fatty acids. They are also high in fiber and protein. They contain 5.055 g of ALA per 1-oz serving.”*² This means you would need to eat approximately **2 tsps of chia seeds daily**. Chia may be sprinkled on salads, in smoothies, cereal, etc.

English Walnuts contain 10.89 g per cup.¹⁰ This means **1/4 cup of walnuts** would give you a hearty dose of omega-3. This is roughly a handful. Generally people with little hands would need less, people with bigger hands would need more. A cup of **tofu** also yields near your daily dose of omega-3.¹⁰ Although you will also find smaller amounts of omega-3s in soybeans, brussel sprouts, avocado, kidney beans, and various other foods, I recommend making sure you eat a high source of omega-3s daily. It’s time to prioritize getting your essential fats, today!



- 1- https://en.wikipedia.org/wiki/Essential_fatty_acid
- 2- <https://www.medicalnewstoday.com/articles/323144#omega-3-overview>
- 3- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2174995/>
- 4- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4630197/#:~:text=A%20eukaryotic%20cell%20is%20separated.and%20death%20of%20the%20cell,>
- 5- <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/omega-3-fats/>
- 6- <https://pubmed.ncbi.nlm.nih.gov/20329590/#:~:text=Abstract integrity%20and%20ability%20to%20perform,>
- 7- <https://lifesciences.org/articles/44702>
- 8- <https://www.eatingwell.com/article/291962/8-best-vegan-omega-3-rich-foods/>
- 9- <https://www.webmd.com/diet/features/benefits-of-flaxseed#:~:text=Omega%2D3%20essential%20fatty%20acids,grams%20of%20plant%20omega%2D3s>
- 10- <https://tools.myfooddata.com/nutrition-facts/170187/wt5/1>

Kids' Corner God's Amazing Creatures

The Galápagos land iguana is one of the largest lizards in the world growing to a length of 0.9 to 1.5 m (3–5 ft).

It is a yellow color, which makes it easy to spot and identify. The Galapagos land iguana is found on six of the Galapagos Islands. Land iguanas mostly eat plants like prickly pear cactus. One thing the Galápagos land iguana is known for is how it lives together peacefully with



certain birds. In fact, you’ll often see the little birds sitting on the iguanas’ backs and eating ticks that have burrowed in between their scales. So, the iguanas get a bit of free bug control while the birds get a free lunch. Boys and girls should learn to live together peacefully with others too. The Bible says, *“When a man’s ways please the LORD, he maketh even his enemies to be at peace with him.”* Proverbs 16:7

Can you match the wolf, the snake, and the lion with the object or animal that matches the following Bible verse about the New Earth?

“The wolf and the lamb shall feed together, and the lion shall eat straw like the bullock: and dust shall be the serpent’s meat. They shall not hurt nor destroy in all my holy mountain, saith the LORD.” Isaiah 65:25

