In the early days of the automobile a man's Model-T Ford stalled in the middle of the road. He couldn't get it started no matter how hard he cranked nor how much he tried to advance the spark or adjust things under the hood. Just then a chauffeured limousine pulled up behind him, and a wiry, energetic man stepped out from the back seat and offered his assistance. After tinkering for a few moments the stranger said, "Now try it!" Immediately the engine leaped to life. The well-dressed individual then identified himself as Henry Ford. "I designed and built these cars," he said, "so I know what to do when something goes wrong."

In like manner, God as our Creator always knows how to "fix" our bodies and our lives that have been broken by sin. Why not worship Him today?

Stroganoff (served over Brown Rice)

(Pictured with African Bean Burger Chunks--March 2016 Bible Banner**)**

1 recipe tofu sour cream*
2 tsp Lawry's-like seasoning
1/3 cup flour
¼ cup No-brag Mock Aminos (October 2015 Bible Banner)
1/8 cup minced onion
(Additional beef-like luncheon slices or sautéed onions, optional)
Heat on stovetop until thickened. Add sautéed onions or beef-like slices, diced. Serve over brown rice or pasta.

3 Tbsp olive oil
1 ¾ cup water
1 tsp beef seasoning

***Tofu Sour Cream**

1 pkg. silken tofu, firm (12oz or 340g)
3 Tbsp lemon juice
Blend until creamy.

3 Tbsp olive oil
salt, to taste (1/2 tsp)

PROFITABLE TRADITIONS

Cultivate Worship of the Creator—Take time to appreciate the things of nature. Note the exquisite patterns and amazing design. The study of God's creation will lead you to the worship of the Creator for Isaac Newton, one of the greatest Creation scientists, wrote, ***"I believe the more I study science, the more I believe in God."*** He also wrote, ***"In the absence of any other proof, the thumb alone would convince me of God's existence."***

Quotable Quotes

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Editor's Note and Study to Show Thyself Approved

ONE WAY CREATOR-APPROVED

"Uggh, where did my money go?" I groaned. The day before I had finished a short transcription job and the money was pending to be added to my account; now it had vanished. After a little research, I learned that I had accidentally incorrectly tagged [laughter] as [laughing]. According to my employer, an incorrect tag always results in a rejected file, no matter how well you transcribed the rest of the file. The reason given is that they consider it carelessness because you are not adhering to the Style Guide whose rules you are responsible to read and memorize.

As I thought about it, it seemed like such a little detail. It was only the difference between an "er" and an "ing." But the more I thought about it, the more it struck me that this is what people do to God all the time. He has given us rules in His Style Guide, the Bible, yet how many are careless to exactly follow the pattern He has given us in His word. We think, *oh, that is just a little insignificant detail*. But if God had it written down for us, it is because He thinks it is important. We may think our way of doing things is just fine, but there is only one way that is Creator-approved. Joshua 24:14 makes it clear that those who serve God must do so **in sincerity AND truth** saying, *"Now therefore fear the LORD, and serve him in sincerity and in truth: and put away the gods which your fathers served on the other side of the flood, and in Egypt; and serve ye the LORD."* In fact, we find that the minutest details matter for Jesus said, *"For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled."* Matthew 5:18 Only God's truth is Creator-approved, not our own erroneous opinions.

In contrast to "worshipping" our own opinions, the message of Revelation 14:7 challenges us to worship the Creator. "*Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters."* If you look up the words "heaven," "earth," and "sea" together, the first place they are used together is in the fourth commandment which, interestingly, is connected with both the Creator and His day of worship (Isaiah 66:23 and Luke 6:5). It reads, *"Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made **heaven** and **earth**, the **sea**, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it."* Exodus 20:8-11 Evidently, there is one specific day Creator-approved as a token of God's creative power, the seventh-day Sabbath. According to the Scriptural Style Guide all other days are to be working days. Therefore, despite their own preconceived opinions that one day might be just as good as another, those who love and worship God will have respect to labor when He says to labor, and to keep holy the day He asks them to "Remember."

Ecclesiastes 12:1 also challenges us to *"Remember now thy Creator in the days of thy youth, while the evil days come not…"* This suggests that many forget God. Yet, our Scriptural Style Guide even cautioned us, "*Beware that thou forget not the LORD thy God, in not keeping his commandments, and his judgments, and his statutes, which I command thee this day:" Deuteronomy 8:11* According to the Bible, we forget God when we do not keep His commandments (His law), His judgments (the fine print of how to love God and our neighbor) and His statutes or health laws (Ex.15:26 & Ps. 119:71). There is only one 10-commandment law Creator-approved. There is only one way Creator-approved for returning tithe—a way to show our love for God (Lev. 27:32). There is only one way Creator-approved of to dress; cross-dressing is not included (Deut. 22:5). There is only one way Creator-approved to treat the fatherless and widows (Exodus 22:22) and so much more. And there is only one way Creator-approved to heal disease. One of my favorite quotes states, "*There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying, yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and the effect produced upon the system." {Counsels on Health, pg. 323}*

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In addition, God created marriage to be with one man & one woman (Gen.1:27). Homosexuality, polygamy, fornication, etc. are not Creator-approved. The Creator made plants & animals to reproduce *"after their kind".* Genetically modified amalgamations are not Creator-approved. The list could go on. But the question each of us must ask is, "Are we just careless Christians or are we studying the Biblical Style Guide so we know how to worship and serve God in the one way that is Creator-approved?"

Thankfully, unlike my employer, God *"knoweth our frame; he remembereth that we are dust." Psalm 103:14* In His mercy and because He can read the heart, He doesn't fail those who are doing their best as long as they promise to change their ways, *"And the times of this ignorance God winked at; but now commandeth all men every where to repent:"* Acts 17:30 God made provision for our past mistakes by the life and death of Jesus Christ. *"Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share. He suffered the death which was ours, that we might receive the life which was His."* {Desire of Ages, pg. 25} Only a fool would reject a deal like that for *"Jesus saith… I am the way, the truth, and the life: no man cometh unto the Father, but by me."* John 14:6 Praise God, Jesus Christ is the one way Creator- and Redeemer-approved to heaven, so it is not about *what* you know; it is about *who* you know. *"And hereby we do know that we know him, if we keep his commandments."* 1 John 2:3

Prophetic News Notes

Though World seems out of Control, the Creator is still in Control

Many news stories could be cited here: the Freedom Convoy of thousands of truckers headed to the capital in Canada, the overreach of power in country after country, the floods, earthquakes, fires, etc. Earth's labor pains are coming faster and faster. *"Like as a woman with child, that draweth near the time of her delivery, is in pain, and crieth out in her pangs; so have we been in thy sight, O LORD." Isaiah 26:17* But the good news is, though the world seems out of control, the Creator is still in control.
God has the answer to your problem!

God is Omniscient. He has unlimited energy and wisdom. "*Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding."* Isaiah 40:28

God is Omnipotent. He has unlimited strength. *"Thus saith the LORD the maker thereof, the LORD that formed it, to establish it; the LORD is his name; Call unto me, and I will answer thee, and shew thee great and **mighty things**, which thou knowest not."* Jeremiah 33:2, 3

God is Omnipresent. Wherever you are, He is there. *"Great is our God above all gods. But who is able to build him an house, seeing the heaven and heaven of heavens cannot contain him?" 2 Chronicles 2:5b,6a*

Even amidst the shackles of trial, our Creator ordained that we may have freedom in Jesus. The Christian cannot be bound. For it is written, *"If the Son therefore shall make you free, ye shall be free indeed." John 8:36*

Arm of Power Story by Rebekah Pendleton

"I was going through my divorce and preparing to move with a 2 year old and an 8 month old-- pretty much the epitome of an ultimately frazzled mom. I was packing boxes in the living room when my two year old came running in and said in his baby voice, but still efficiently and clearly, *"Mommy, come quickly, my brother's falling off."*

I ran with him to find my 8 month old dangling by one arm from a railing off the side of the staircase that led down to the basement (a door that was supposed to be kept closed) over a hard concrete floor at least 10 feet below. **He was literally holding his body weight by one hand on the railing** (as far as my eyes could see). I grabbed him up and had to sit on the stairs, I was so shaky. I am certain there was some angelic invisible help in that moment. I don't know of any babies that can hold themselves up like that. It was a reminder of the love that God has for us and a fulfillment of the: *'Before they call, I will answer,'* verse."

Do you ever feel like you are falling, hanging by your fingertips, and can barely hold on any longer? Don't forget the promise of God's Arm of Power, *"The steps of a good man are ordered by the LORD: and he delighteth in his way.* ***Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand."*** Psalm 37, 23,24

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Youth Corner

Accident or Creator Care?

A construction crew was building a new road through a rural area, knocking down trees as it progressed. A superintendent noticed that one tree had a nest of birds who couldn't yet fly and he marked the tree so that it would not be cut down. Several weeks later the superintendent came back to the tree. He got into a bucket truck and was lifted up so that he could peer into the nest. The fledglings were gone. They had obviously learned to fly. The superintendent ordered the tree cut down. As the tree crashed to the ground, the nest fell clear and some of the material that the birds had gathered to make the nest was scattered about. Part of it was a scrap torn from a religious pamphlet. On the scrap of paper were these words: *He careth for you.*

"*Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows." Matthew 10:29-30*

Quite a few years ago, we were on a road trip from North Carolina to Tennessee to visit Grandparents. At the time we had a sometimes unpredictable old gray Buick Park Avenue. Its best feature turned out to be its stereo system that we used regularly to play hymns as a missionary tool when giving others a ride to their destination and to the delight of our children and ourselves.

On this particular day though, as we drove into a small town, the stereo simply served as an early alert that the engine of the car had died as we coasted to a stop right in the middle of the road completely blocking our lane of traffic. With no other choice, we turned on our hazard lights while desperately trying to get the car to restart as cars veered around us. Finally, after turning off the stereo and the A/C, we were able to get the car started again. But not for long, because as we pulled up to a stoplight, the engine died once again.

This time, there was no getting it to start, and again we had to put on our flashers as cars tried to squeeze past us. Embarrassed to be so in the way, we nevertheless had no choice but to get out and lift the hood. We looked around, fiddling with this wire and that belt. We checked the fluids and randomly banged on stuff, not really having any idea what had caused the car to stop so abruptly. But still it wouldn't restart, despite our pleas to God for help. We began thinking about how we could deal with the situation with little ones in tow when we were so far from home and our destination. Frustrated, we tried starting the car yet again. And to our surprise, it roared to life as if nothing had ever been wrong. Piling back into the car, we were thankful to be on the road again, but still nervous that the car might repeat its unpredictable stopping.

Before we were even a mile up the road however, we began to realize why our car had stopped. Just ahead we saw the battered results of at least two cars after their run in with an 18-wheeler. One of the cars in the accident we immediately recognized as the car that had been directly behind us before our car had suddenly died delaying us by several minutes. We realized if it had not been for our car trouble, the crumpled car would have been ours.

Indeed, in the providences of God, we still see, not chance, but the care of a loving Creator. As we continued our trip in thankfulness (and with no more car trouble) we pondered God's mysterious ways of protecting the creatures of His care. Indeed, it would be well for us to remember that sometimes what seems to us a curse, when seen in the context of the bigger picture, might be recognized as a blessing. *"Wherefore let them that suffer according to the will of God commit the keeping of their souls to him in well doing, as unto a faithful Creator."* 1 Peter 4:19

A Tasty, Economical, Healthful, Storable, Nutrient-Dense, Medicinal Bulb

"If you could have only one other savory seasoning than salt, what would it be?" I asked. I got answers from garlic to peppermint. But, for me, I'd stick with an old standby, the onion. It's tasty, economical, healthful, storable, nutrient-dense, and medicinal—all packed into a creatively packaged bulb. And recently, while investigating the nutritarian diet, used by those who focus on incorporating highly nutrient-dense foods into their diet, I learned they emphasize eating onions every day. After all you can eat them green, red, yellow, chopped, sliced, diced, minced, powdered, raw, cooked, caramelized, and more.

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You will find that *"Onions are nutrient-dense, meaning they're low in calories but high in vitamins and minerals. One medium onion has just 44 calories but delivers a considerable dose of vitamins, minerals and fiber.*

"This vegetable is particularly high in vitamin C, a nutrient involved in regulating immune health, collagen production, tissue repair and iron absorption. Vitamin C also acts as a powerful antioxidant in your body, protecting your cells against damage caused by unstable molecules called free radicals.

"Onions are also rich in B vitamins, including folate (B9) and pyridoxine (B6) — which play key roles in metabolism, red blood cell production and nerve function… they're a good source of potassium, a mineral in which many people are lacking. In fact, the average potassium intake of Americans is just over half the recommended daily value (DV) of 4,700 mg. Normal cellular function, fluid balance, nerve transmission, kidney function and muscle contraction all require potassium."[1] Some of the nutrients in onions contribute greatly to preventing disease. For example, *"Onions are a rich source of chromium, a trace mineral that helps tissue cells respond appropriately to insulin levels in the blood. It thus helps facilitate insulin action and control sugar levels in diabetes."*[2]

In fact, *"According to several studies, onions may help bring down high blood sugar in diabetic animals. In one Egyptian study of diabetic rats, onion juice reduced blood sugar levels by an amazing 70 percent. One of few published studies in humans, from India, dates back some 30 years, but it found that people with diabetes who ate 2 ounces (60 g) of onions a day experienced a significant drop in blood sugar levels. Researchers credit these effects to the sulfur compounds in onions as well as their flavonoids. These powerful antioxidant compounds also help fight some of the side effects of high blood sugar, not to mention heart disease."*[3]

Indeed, *"Research shows that eating onions may help reduce heart disease risk factors, such as high blood pressure, elevated triglyceride levels and inflammation…. A study in 70 overweight people with high blood pressure found that a dose of 162 mg per day of quercetin-rich onion extract significantly reduced systolic blood pressure by 3–6 mmHg compared to a placebo."*[1]

Onions are among the richest food sources of the nutrient quercetin. *"All onions have quercetin, a flavonoid or antioxidant compound. Quercetin has anti-inflammatory properties, helps your body make vitamin E, and protects it from many forms of cancer. Every onion has antioxidants, but red and yellow ones have more than white onions."*[4]

There is strong evidence for onion's anti-carcinogenic benefits. In fact, "*a 2021 study offered this review of the current research: 'Compelling evidence indicates that individuals who consume copious amounts of onion, their susceptibility to cancer at various organ sites is reduced.' If you eat a lot of onions you may be able to reduce cancer risk. 'Polyphenolics such as flavonoids found in onion are partially responsible for this beneficial effect. In addition, organosulfur compounds (e.g. cysteine, S-methyl cysteine, diallyl disulfide and diallyl trisulfide) content of onion play an important role in cancer chemoprevention as several studies are showing protective effects of these compounds against liver, stomach, colorectal and breast cancers. Moreover, onion, due to high-selenium content, can prevent some cancer occurrence without resulting in an excessive accumulation of tissue selenium, a concern associated with standard selenium compounds.'"*[5]

One of the best reasons to learn to use onions medicinally it that almost anywhere in the world you will find this remedy available. In fact, *"onions are cultivated in almost all parts of the world, and are key components of countless traditional diets. They are one of the world's 10 most cultivated vegetables and the most planted species of the… Allium genus."*[6]

Chop or grate them up, stick them in a thin towel and voilá, a simple onion poultice. (If you want to avoid skin irritation, cook them slightly.) You will find testimonials that onion poultices can be used for everything from pneumonia-like chest congestion to spider bites. I used them myself, as well as both a charcoal and a plantain poultice for a bad spider bite. They worked wonderfully, Praise God for His natural remedies! Indeed, as the first nutritional physician after sin, our God prescribed, *"thou shalt eat the herb of the field."* (Genesis 3:18) And certainly, onions are a wonderful gift from our Creator!

1--https://www.healthline.com/nutrition/onion-benefits#TOC_TITLE_HDR_2 2- https://www.nutrition-and-you.com/onion.html
3- https://www.thehealthy.com/diabetes/type-2-diabetes/foods-to-lower-blood-sugar-onions/ 4- https://www.webmd.com/diet/ss/slideshow-health-benefits-onions
5- https://drmagaziner.com/cancer/garlic-and-onions-may-be-the-cancer-treatments-of-the-future/ 6- https://defeatdiabetes.org/resources/healthful-eating/vegetables/onions/

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Kids' Corner

God's Amazing Creatures

The Red Panda lives in Asia, mainly in the area of the Himalaya Mountains. The Red Panda's fur is mainly red or orange-brown but is black on their belly and legs. Also its face is mostly white. Red Pandas are herbivorous. They eat mainly bamboo, but will also eat flower blossoms and acorns. They typically rest or sleep in trees, stretched out on a branch with their legs dangling when it is hot. But Red Pandas rest curled up with their tail over their face when it is cold. The Bible says God created all the animals for us to enjoy and then Adam got to name them (Genesis 2:20). What would you have named the Red Panda?

Can you match the days of creation to what was created on each day?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

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