



## Whiter Than Snow

A little girl once gave her older brother a treat of special snow she had found. Unlike the ordinary pure white snow that many pick up and eat, she had discovered a special spot of yellow snow on the ground.

Thinking it to be a special treat she fed it to her older brother, who detected an odd taste.

Today many are eating the mental food of the world, that is impure through and through with sin. Let's ask our Saviour to help us eat only that which is pure and clean.

### Snowflake Salad

4 cups shredded apple

20 oz. can pineapple, in its own  
juice

2/3 cup huckleberries

1 cup chipped coconut

Mix together in a bowl and serve.



### Profitable Traditions



**Cultivating Character-** At the beginning of the New Year we celebrate what we call *Remembrance Day*. We all try to remember the miracles and ways God has worked for us in the past year. "We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history." {Last Day Events 72.1}

All through the year we write down in a special book the miracles, providences and evidences of God's leading and goodness. On this day we read them to remind us. It is always very surprising to see how much of what God has done for us we have forgotten throughout the year. Small children will enjoy making paper snowflakes as a family. Talk about how snowflakes are all different and how God has made each of us with unique talents also. Each one of us is precious in his sight.



### Quotable Quotes

*"Haven't Time."-Have you no time to think of God, to seek Him, to study His word, and to learn of Him? "Are there not twelve hours in the day"-yes, in your day? Is it not as long as any other person's day? "From him that hath not," said the Saviour, "shall be taken away even that which he hath." If you have no time now, you will have none hereafter. None are so short of time as those who have no time to prepare for eternity.* -Selected

# Are We Victims of Circumstance?

Since the very beginning of our move to the Pacific Northwest, snow has always been an issue. When we first moved in August of 2006, it was in direct response to faith in the promise found in **Prov. 31:21**, *"She is not afraid of the snow for her household: for all her household are clothed with scarlet."* We believed that God was calling us to move THEN, and we followed his leading, trusting him to take care of the details. We camped in a tent for three months while we built our house, and by October it was getting very cold to live that way all the time. To make matters worse, our coats were buried in a tightly packed storage unit somewhere. I can remember going to Walmart, hoping to thaw out, and wondering if my one-year-old would freeze at night. But although we got very cold, true to His word the first snow did not come until the very day we got our last piece of furniture out of storage and into a not finished, but dried-in home. Even people in



the stores commented to us about the lack of precipitation that year. We knew God was in control of the elements. **Psalm 148:8** says *"Fire, and hail; snow, and vapour; stormy wind fulfilling his word:"*

We learned through the years the blessings of the insulating effect of snow and also came to appreciate the fact that the later in the year it melted, the more water we had in the summer. But we also learned about the damage it can cause to buildings, fruit trees, and vehicles when there is a lot of it. In **Job 38:22-23** God asks, *"Hast thou entered into the treasures of the snow? or hast thou seen the treasures of the hail, Which I have reserved against the time of trouble, against the day of battle and war?"*

Hitler discovered something of the horrors of God's armaments when his army suffered defeat in the battle for Stalingrad in the winter of 1942/43, from the white cold of a Russian winter. Napoleon also learned about the dangers of the elements when he entered Russia to fight. God was using snow and rain to fulfill His prophecy in **Daniel 2:43**, *"...but they shall not cleave one to another, even as iron is not mixed with clay".*

So in the last days of turmoil in nature we are not just victims of circumstance. We can have the assurance that when it is God's will he will protect us from the elements and at other times he will use them to direct the purposes of his kingdom. We can in faith claim the promise in **Rom. 8:28**; *"and we know that all things work together for good to them that love God, to them who are the called according to his purpose."*





## Swift Runner Health Tip

# Kicking Unhealthy Habits

At this time of year many people are thinking about forming new habits and getting rid of old ones. But sometimes this process can be as discouraging as trying to shovel the sidewalk while it is still snowing. The following are seven battle plan techniques for kicking unhealthy habits.

1. **Remember the Reward** - *"By faith Moses... refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures of Egypt: for he had respect unto the recompense of the reward."* **Hebrews 11:24** There is nothing aside from the gospel more rewarding than the blessings of good health—it is worth far more than gold.
2. **Overcome Evil With Good**- Replace a bad habit with a good one. Don't just *"cease to do evil...learn to do well."* **Isaiah 1:16, 17**, see also **Romans 12:21** For example, replace your favorite foods with healthier variations that you will enjoy eating. If you are trying to avoid eating in between meals, drinking water often will help to overcome the urge.
3. **Have a Plan**- The proverb that says *"He that doesn't plan ahead, plans to fail,"* is quite accurate. For example, many people have a hard time eating healthfully while visiting with unhealthful friends. If you are invited to someone's home for dinner, warn them ahead of time of your dietary changes and bring your own tasty healthier food to share.
4. **Be Ready to Flee and Avoid High Risk Situations** – In other words, if your problem is eating too many cookies, don't stand next to the cookie jar! **Prov. 22:3** *"A prudent man foreseeth the evil, and hideth himself: but the simple [foolish] pass on, and are punished."*
5. **Don't Follow the Crowd**- **2 Cor. 10:12** *"For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise."* The standard is God's unchanging law, not what others do. You can always find someone more unhealthful than you.
6. **Stay Busy With Other Things** – An old Italian proverb says *"He that labors is tempted by one devil, he that is idle, by a thousand."* If you are bored, start helping others. Knit, sew, garden, bake, build, fix-it, teach, pray, sing - everyone has some talent that can be shared.
7. **Recognize Jesus Christ as your Escape**- Claim the promise found in Philippians 4:13 *"I can do all things through Christ which strengtheneth me."* Remember, *"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."* 1 Cor. 10:13



### Little Runners Health Tip

*Herbie the Hedgehog rolls himself into a ball to protect his stomach when danger is near. You can help protect your stomach and intestines by eating foods high in fiber like whole grain bread, fruits and vegetables.*



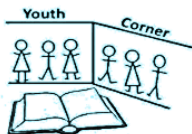
Illustrated by D. Roberts age 8



Patience knew she needed Jesus in order to be ready for heaven. She asked Jesus to forgive her sins and make her heart clean and white as snow.



Passion wanted to keep her naughty heart. She didn't ask Jesus for help to be good. She made Jesus very sad.



## A Deadly Secret

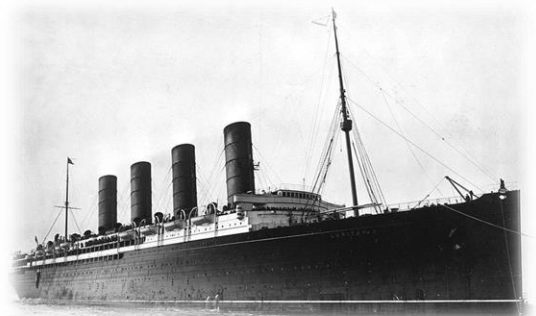
*For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil. Ecclesiastes 12:14*

In the afternoon of May 7, 1915, the Lusitania, the largest and finest ship afloat on the water, was torpedoed and sunk off the coast of Ireland. Nearly 1,200 people died. It happened so quickly that escape was all but impossible. An enemy submarine fired and hit the starboard side just behind the bridge. Then, from somewhere in the ship a second explosion occurred. Within eighteen minutes the ship was underwater. For years a mystery surrounded the Lusitania. Why had it sunk? What caused the second explosion? Was the ship carrying something secret?

Yes, it was. Although the manifest of the ship that was produced at the time of judicial inquiry stated that the cargo consisted of only sundries and lard, many years later a carbon copy of the original was discovered, that told what the ship was really carrying.

The Lusitania was carrying more than 60 tons of ammunition. It wasn't the torpedo from the enemy that sank the ship, but the secret ammunition carried on board that caused its own destruction.

It's the same in our life. Many people carry secret sins throughout their life. No one else may know, but these sins, even though they may be secret, will cause the loss of eternal life for the one who participates in them. Can you pray with David, "Cleanse thou me from secret faults." (Psalm 19:12)



## God's Incredible Creatures

By D. Roberts age 10



*In the summer, the ermine is brown on the top and its tummy is white. In the winter, it turns all white to match the snow. Ermine eat mice, birds, and other small animals. The ermine has small eyes and ears, and short legs. Jesus helps the ermine to change color so it can hide from its enemies. When we pray and ask for help, Jesus sends his angels to help keep us safe from danger too.*

# Study to Show Thyself Approved- A Snow Picture



1. The Bible uses snow as a representation of the Word of God accomplishing His purposes. **Isaiah 55:10-11** *"For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater: So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall \_\_\_\_\_ in the thing whereto I sent it."*
2. Besides representing the word of God, snow shows how God makes everything beautiful in his time. **Eccl. 3:11** God can take the worst looking things and make them beautiful. **Psalms 51:7** says *"Purge me with hyssop, and I shall be clean: wash me, and I shall be \_\_\_\_\_."* Let's look at the description of snow and plug in some spiritual meaning.
3. The Bible says, **1 Cor. 15:46** *"Howbeit that was not first which is spiritual, but that which is \_\_\_\_\_; and afterward that which is spiritual."* Before the Bible was ever written, God used the natural world to teach people of the things of God. (**Psalms 19:1-4**)
4. Snow is crystalized water vapor. Water vapor is made of millions of droplets of water – so small that it would take a million of them to form one raindrop. In **John 7:37-39** Jesus uses water to represent the \_\_\_\_\_.
5. These little droplets begin condensing around a microscopic piece of dust and form a snowflake. According to **Gen. 2:7**, **Gen. 3:19** and **Psalms 103:14** \_\_\_\_\_ is pictured as dust.
6. As the snowflake falls it gains size and weight. Changes in temperature (circumstances) affect the design of the snowflake, and when it reaches the ground, there are no two flakes that are alike. Each one has its own design, its own individuality. So when we are covered with the covering of God's Spirit we will manifest the fruits of the Spirit making beautiful designs. **Galatians 5:22,23** *"But the \_\_\_\_\_ is love, joy, peace,"....*
7. But just as no two snowflakes are exactly alike, the designs created by the Holy Spirit are different in different people. **1Co 12:6-11** *"And there are \_\_\_\_\_, but it is the same God which worketh all in all. But the manifestation of the Spirit is given to every man to profit withal. For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit; to another faith by the same Spirit; to another the gifts of healing by the same Spirit..."*
8. But snowflakes are totally colorless. Their crystalline structure reflects the light, giving them a white appearance. For their color, however, they are totally dependent upon the light outside of themselves. So we are totally dependent upon Christ's righteousness. **Rev 7:14** tells us about those clothed in white. ... *"And he said to me, These are they which came out of great tribulation, and have washed their robes, and made them white in \_\_\_\_\_."* Our only hope for true beauty, sparkling like the snow in sunshine, is the blood that Christ shed on Calvary. *"...though your sins be as scarlet, they shall be as white as snow..."* **Isaiah 1:18**

**\*\*Answers on page 6**

## Shall I Empty-Handed Be?

When the harvest days are past,  
Shall I hear him say at last,  
"Welcome, toiler, I've prepared for you  
a place."  
Shall I bring him golden sheaves,  
Ripened fruit not faded leaves,  
When I see the blessed Saviour face to  
face.



When the Books are opened wide,  
And the deeds of all are tried,  
May I have a record whiter than the  
snow.  
When my race on earth is run,  
May I hear him say "Well done!"  
Take the crown that love immortal  
doth bestow."

## Homemade Soft Scrub



Ingredients Rated an A by the Environmental Working Group

*START THE NEW YEAR WITH LESS TOXIC CLEANERS. Make this in small batches because it can dry out and harden when stored. Keep any remaining mixture in an air tight container. This scrub is versatile and can be used to clean the sink, bathtub and also be used to clean the toilet. It makes a pretty nice laundry spot remover too.*

### Ingredients

- 3/4 cup baking soda (slightly heaped)
- 1/4 cup liquid castile soap
- 1 Tablespoon water (Use more if needed)

In a bowl, combine the baking soda and castile soap. Add the water and stir with a fork. Stir to make a soft, paste-like, consistency. Scoop out the scrub with a sponge and start cleaning.



### Isaiah 1:18

*Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as White As Snow; though they be red like crimson, they shall be as wool.*

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Answers 1-prosper 2-whiter than snow 3-natural 4-Holy Spirit 5-mankind 6-fruit of the Spirit  
7-diversities of operations 8-the blood of the Lamb