



As I waited for my packages, I watched an energetic puppy on a leash pull the young lady in front of me back and forth. Struggling to do her job while wrestling the dog, she said apologetically, "It's my grandmother's dog. I'm trying to train it." "Are you training it, or is it training you?" I asked with a chuckle.

"I think it's training me," she admitted ruefully.

In like manner, Christians who are not actively influencing others for good are, all too often, instead being trained by the world. As Henry Ironside said, *"The Christian life is never static. One must either grow in grace, or there will be backsliding and deterioration."* For indeed, Jesus said of heaven, *"Strive [make diligent effort] to enter in at the strait gate: for many, I say unto you, will seek to enter in, and shall not be able."* Luke 13:24

Mint Carob Chip Popsicles

1 (13.5oz. or 400mL) can coconut milk

1/2 cups organic soymilk

3/4 cup cashews, raw (rinsed)

2 Tbsp coconut oil, melted

1/2 cup agave nectar

2 Tbsp organic sugar

1/2 tsp salt

1 tsp guar gum (an emulsifier to keep things from separating)

12 spinach leaves or any other natural green coloring such as spirulina

6 drops no-alcohol peppermint oil or (10 fresh peppermint leaves & 4 drops peppermint oil)

3/4 cup carob chips

Blend all the ingredients (except carob chips) until smooth. Pour the mixture into popsicle molds. Then add carob chips and gently stir to, as far as possible, evenly distribute the carob chips. Freeze the popsicles for several hours or overnight before eating.



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QUOTABLE QUOTES

"It is easy to be religious when religion is in fashion; but it is an evidence of strong faith and resolution to swim against a stream to heaven, and to appear for God when no one else appears for Him."

Matthew Henry, nonconformist minister and writer

Profitable Traditions

Cultivate Knowledge-- *"Seek ye out of the book of the LORD, and read..." Isaiah 34:16* *"Take time to read to your children from... health books, as well as from the books treating more particularly on religious subjects. Teach them the importance of caring for the body,--the house they live in. Form a home reading circle, in which every member of the family shall lay aside the busy cares of the day, and unite in study."*



{Review and Herald, July 29, 1902, par. 7}



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A Narrow Escape

Editor's Note

"Squeeeak, squeeeak!" What is that? I wondered. I had just been hanging up laundry and was on to the next project when, over the side of the porch, I saw two robins. They appeared to be fighting, and one flew off. Then I heard the mysterious "squeak, squeak" sound. I wondered if there was a baby robin on the ground and went over to get a closer look. The sound seemed to be coming from small grayish-brown spot on the ground that the robin was pecking at. "Squeeeak, squeeeak!" I heard again as I finally got close



enough to recognize a frog. (Which I later identified as a Pacific chorus frog or Pacific tree frog.) "Hey!" I hollered at the robin, causing it to fly off, while I ran down the steps to investigate further. The poor little frog was "spread eagle" in the grass with its legs and "arms" extended out and its little stomach fully inflated. Probably it was trying to look as big as it could to scare the bird away from eating it. I had never heard our local frogs make that "squeak" sound before. Obviously, it was a cry of desperation. Inside, my daughter heard my "Hey!" and came to investigate. Together, we found a large sea shell on the porch and put a little water in it, finding a place among the flowers to give the tree frog a safer place to recover. When I checked on the frog later, it had hopped away to continue its day. After such a narrow escape, I hoped it would avoid robins a little better next time.

As I thought about the rescue of a little frog, a frog that would never be able to pay us back for our time and effort, I thought of the plan of salvation and how Jesus came from heaven to save us, who by comparison to God's position as king of the Universe, are much like little bug-eating frogs. Like the robin attacker, Satan has taken our world captive. But Jesus came to rescue us and give us a second chance at life. Just as the frog could do nothing to save itself, because we have all sinned (Romans 3:23), we also cannot save ourselves. This is why the Bible says, *"For by grace are ye saved, through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast."* Ephesians 2:8,9 However, *"Faith without works is dead."* James 2:26b And verily, if we rebelliously return to our sins, it will be just as if the frog goes back to visiting with robins, it and we will surely die. Matthew 1:21 reveals, *"JESUS... shall save his people from their sins" not in their sins.* How much better to accept Jesus' gift of salvation today and stay close to His side. For Jesus said, *"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."* John 10:10



Fear, Faith, and Dementia

A health segment from swiftrunnerministries.com

One day recently it dawned on me that not only is the Bible, the Great Medical Missionary Manual, filled with information on how to be physically healthy and spiritually healthy, it is also packed full of information on how to be mentally healthy. For example, 2 Timothy 1:7 states, *"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."* This verse contrasts a *"spirit of fear"* with that of a *"sound mind."* Science is starting to prove this connection. For example, an article in Medical News Today states that, *"Researchers highlighted that a combination of coinciding mood and anxiety disorders correlated to increased dementia odds of up to 90%."* My 1828 Webster's dictionary states that *"It [anxiety] usually springs from fear."* It is a little unsettling to know that by fear causing anxiety, you could literally be worrying yourself into an unsound mind and dementia. And now is the time to prevent the problem, BEFORE it starts.

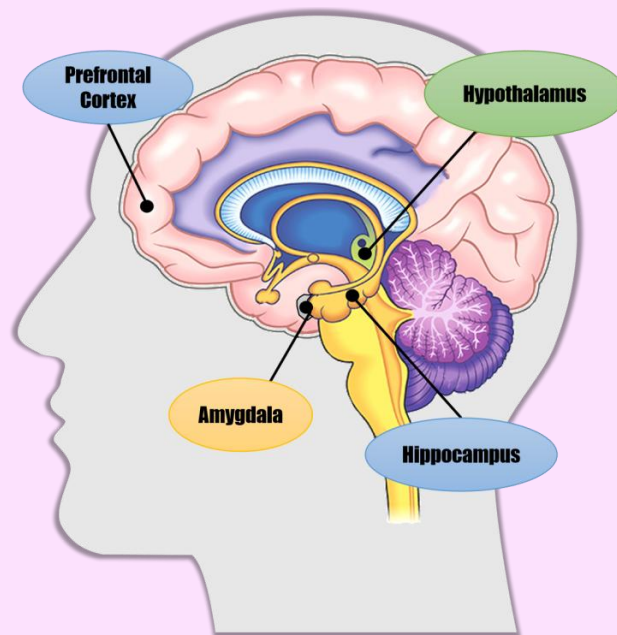


Of course, we know that not all dementia is caused by negative thinking, but it is a cause that is often overlooked.

But much of the remaining dementia is also preventable with God's 8 natural remedies. In 2024, the medical journal, *The Lancet*, *"provides new hopeful evidence about dementia prevention."* It tells, *"how reducing vascular damage (eg, by reducing smoking and treating high blood pressure) is likely to have contributed to a reduction in age-related dementia incidence."* But now, *"Evidence is increasing and is now stronger than before that tackling the many risk factors for dementia" including "less education, hearing loss, hypertension, smoking, obesity, depression, physical inactivity, diabetes, excessive alcohol consumption [i.e., >21 UK units, equivalent to >12 US units], traumatic brain injury [TBI], air pollution, and social isolation... reduces the risk of developing dementia."*² So exercise, a heart-healthy diet, and temperance, in the form of not using alcohol or tobacco, are at the top of the list for preventing dementia.

But trust in God is also important especially in the long-term. Let's look at how stress affects the brain. The amygdala is the brain's primary "panic button" and threat detector. When you encounter a stressful or dangerous situation, it acts instantly, sending a distress signal to the hypothalamus to trigger the "fight-or-flight" response with a flood of chemical and electrical reactions. Ideally, the logical prefrontal cortex acts as a brake on the amygdala, helping you assess if a perceived threat is real or manageable.

However, during high-stress scenarios and after chronic stress, the amygdala can override this control—a phenomenon known as an “amygdala hijack,” which can lead to impulsive, irrational, or highly emotional reactions. At this point, instead of principle, your emotions rule your brain. This battle between the amygdala (senses/emotions) and the prefrontal cortex (reasoning and judgment) is much like what the Bible calls double-minded. James 1:8 states, *“A double minded man is unstable in all his ways.”* If you read the context, back in verse six, you will find a lack of faith is what makes a man unstable. It states, *“But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.”* In fact, we find that when Jesus calmed the storm, He actually contrasted fear and faith, saying to His disciples, *“Why are ye fearful, O ye of little faith?” Matthew 8:26* A book I was just reading called, *Who Switched Off My Brain?* about *“controlling toxic thoughts and emotions.”* tells how all the negative emotions come from fear. All the positive emotions are based on faith. The author states, *“Examples of faith-based emotions are: love, joy, peace, happiness, kindness, gentleness, self-control, forgiveness, patience.... Examples of the fear-based emotions are hate, worry, anxiety, anger, hostility, rage, ill-will, resentment, frustration, impatience and irritation... Anxiety, one of the most toxic emotions that fear produces, can linger long after the threat has come and gone... Emotions such as hate demand more and more space physically in the brain as well as the thought life... Like weeds, they grow in abundance, crowding everything else out.”³*



A potent example of how much affect our emotions have on our bodies is the statement that *“Research shows that fear triggers more than 1,400 known physical and chemical responses and activates more than 30 different hormones and neurotransmitters.”³* No wonder the article in Medical News Today stated, *“Past research has linked certain mental health conditions, such as depression, anxiety, post traumatic stress disorder (PTSD), and bipolar disorder to an increased risk for dementia — a neurological condition impacting about 57 million people globally. Scientists believe that mental health issues may be correlated with a higher dementia risk due to chronic inflammation and structural brain changes, as well as an increase in the protein amyloid-beta in the brain, which is considered a hallmark of a type of dementia called Alzheimer’s disease.”¹*

Although the body is made to deal with short-term stress, chronic or long-term stress and anxiety can have a toxic effect on the brain. For example, *“One of the things that we know, from our studies on the brain under stress (this is in animal studies), is that, in different parts of the brain, neurons shrink or grow, their dendritic trees either retract or expand. For example, in the amygdala, there is growth of dendritic trees as an animal is stressed and becomes more anxious. But in the hippocampus, there is a shrinkage of cells, and the animal doesn’t do as well in certain kinds of memory tasks. In the prefrontal cortex, there’s a shrinkage of nerve cells, and the animal, and actually some people studies as well, show that people become more inflexible in decision making.”* In short, under fear and stress the brain neurons in amygdala (emotions) grow, but the neurons in your hippocampus (memory) and frontal lobe (judgment) shrink. However, the good news is *“All of these things, in the animal models at least, are reversible. If you turn off the stress and give time without stress, these neurons grow back to normal or shrink back to normal.”⁴* In fact, one neuroscientist states that *“Your brain may come close to complete destruction under the burden of many years of toxic waste, but it can start to recover in as little as four days.”³*

However, knowing you need to think positive thoughts and doing it can be two different things. According to Proverbs 23:7, sometimes the mouth says one thing and the heart says another. *“For as he [a human] thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.” Proverbs 23:7* No matter what your mouth says, your body will believe “your heart.” And *“A toxic thought life can affect your emotional and physical state. The hormones it releases can destabilize your brain and create a frenzy of broken feedback loops, disrupting the natural flow and balance of chemicals in your brain.”³* But you cannot just suppress the negative emotions. You must deal with them because like a closet full of unsorted things ready to burst open just when you have guests, the suppressed thoughts will come out some time, and they may not be choosy as to when they come out. It is also interesting to note that *“Not surprisingly, your mind perceives suppressed emotions as fear. That fear remains unless you deal with it.”³*

We are to take one day at a time and deal with the emotions that day. Ephesians 4:26b counsels, *“Let not the sun go down upon your wrath.”* In addition, Jesus told us, *“Therefore be not anxious for the morrow:”* or *“Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.” Matthew 6:34* (1833 Webster Bible & KJV) In other words, don’t think anxious thoughts. One way to do this is take one day at a time & if that is too much, try one hour or one minute at a time. Another is to choose to be happy. If you are persecuted for righteousness sake and *“men...hate you, and... separate you from their company, and... reproach you,”* the prescription of Jesus via Dr. Luke is, *“Rejoice ye in that day, and leap for joy...” Lk. 6:21,22*

Science continues to prove God's word is one of the best mental health guides ever! For example, from a mental health perspective, *"Godliness with contentment is great gain."* 1 Timothy 6:6 On the contrary, discontent or negative thinking is loss. Case in point, BMC Psychiatry cited a study entitled, *"Repetitive negative thinking is associated with subjective cognitive decline [SCD] in older adults..."* The conclusion of the cross-sectional study was, *"In the absence of a cure or effective treatment for dementia, attention has shifted towards identifying risk factors for prevention...Alongside well-established cardiovascular risk factors such as hypertension, obesity, physical inactivity, and smoking, psychological risk factors, such as depression and anxiety, are emerging as promising intervention targets. An aspect frequently found in psychological risk factors associated with dementia risk is repetitive negative thinking (RNT). Among a range of proposed psychological risk/protective factors for dementia, RNT emerged as the only predictor of SCD."*¹⁵ Indeed, instead of always wanting something we don't have, we need to learn to say with Paul, *"I have learned, in whatsoever state I am, therewith to be content."* Philippians 4:11b

To do this, we must "clean up" our negative thinking. This is actually a helpful way to think of it. If a thought comes to mind, see if it passes the Philippians 4:8 test. (If you would like to memorize this verse, check out our video at <https://www.youtube.com/watch?v=uJiAVjarHYE>) *"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."* If a thought is good keep it. If it doesn't pass the Philippians 4:8 test, it is disqualified and must either be thrown out permanently or cleaned up. If it is a little dusty, clean it up by adding faith before putting it back on the shelf. Thoughts like *"Nobody likes me"* must be thrown out on the basis that they are not true statements. For the Bible says, *"The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love..."* Jeremiah 31:3a But some thoughts like, for example, *"I am having a lot of trouble today"* may be true, but not lovely. This means we need to rephrase so it is still an honest thought but also is positive. Using scripture helps us to think by principle and not emotion since *"Faith comes by...the word of God."* Romans 10:17 Plug in Jesus' words in John 16:33 *"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."* Then rephrase something like *"I am having a lot of trouble today, but because I am a Christian at least I can have peace and joy in Jesus because He has overcome the world."* Practice ahead of time with different scenarios. For example, death. In our case, even though our son died, we am thankful that he is *"resting in hope"* and *"sleeps in Jesus."* (Psalm 16:9, 1 Thessalonians 4:14-18) It will take practice to learn new thought patterns, but like rerouting water into a new ditch, as you do it and your brain forms new habits/ditches, it will become easier and easier. Indeed, to avoid dementia we must learn to focus on the fact that *"If we surrender our lives to His service, we can never be placed in a position for which God has not made provision. Whatever may be our situation, we have a Guide to direct our way; whatever our perplexities, we have a sure Counselor; whatever our sorrow, bereavement, or loneliness, we have a sympathizing Friend."*¹⁶ Praise God, He is bigger than our problems! And without a doubt, faith over fear could be just the remedy we need for preventing dementia.

Disclaimer: We support scientific sources of quotes only as far as they match the Bible. If you choose to follow them back to their original source, reader discretion is advised.

- 1--<https://www.medicalnewstoday.com/articles/having-2-more-mood-anxiety-disorders-may-increase-dementia-risk-90-percent#Having-2-psychiatric-disorders-doubles-dementia-risk>
 2-- [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(24\)01296-0/abstract](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(24)01296-0/abstract) 3-- Who Switched Off My Brain?, by neuroscientist, Dr. Caroline Leaf, 2007 edition, page 20, 49, 48, 10, 78 4--<https://dnalc.cshl.edu/view/2211-Resilience-stress-and-plasticity.html> 5--<https://pmc.ncbi.nlm.nih.gov/articles/PMC7547434/> 6-- Christ's Object Lessons, pg. 173



Pharmaceuticals and Fiery Serpents

Prophetic News Notes and Study to Show Thyself Approved

*"In 2021, the American Society of Pharmacovigilance (ASP) launched the Fourth Cause Campaign to raise awareness that adverse drug events (ADEs) were the fourth leading cause of death in the United States. Today, new data confirm a troubling and unacceptable reality—ADEs have now surged to become the third leading cause of death. An internal analysis conducted by ASP projects that adverse drug events now account for over 250,000 deaths annually, surpassing stroke and respiratory disease, making it the third leading cause of death in the United States."*¹ Just to be clear, that is about 685 people who die, per day, from pharmaceuticals. This is the equivalent of over 100 airplane crashes per month, close to 3.5 per day. And this number doesn't even include those who somehow manage to survive but are made sick or maimed by pharmaceuticals.



Even when we narrow the ill effects of pharmaceuticals down to only one branch of pharmaceuticals, opioids, the CDC states that *"On average, 217 people died each day from an opioid overdose in 2023."*² Again, this does not include those who become addicted to opioids, many whose first use was taking pharmaceuticals. The National Library of Medicine states, Opioid Use Disorder or *"OUD affects over 16 million people worldwide and over 2.1 million in the United States."*³ Yet opioids such as morphine, codeine, oxycodone, tramadol, and fentanyl are regularly used as pain killers and for other things in hospitals.

However, after God allowed the COVID wake-up call to expose the dangers of pharmaceuticals, it seems that God is now allowing the “pharmaceutical serpents” of the winged caduceus to bite. *“For out of the serpent's root shall come forth a cockatrice [an egg-laying, poisonous snake-Isaiah 11:8 & 59:5], and his fruit shall be a fiery flying serpent.” Isaiah 14:29* We are having a pandemic of pharmaceutical-related drug deaths. (According to [drugabusestatistics.org](https://www.drugabusestatistics.org) “5.3 million or 90.0% of opioid misusers use prescription pain relievers.”) An 2023 article in “Pharmacy” that was published on PubMed states that *“Due to relaxed drug classification and illicit marketplaces availability [such as online], the USA has an opioid pandemic. Indeed, over the past 20 years, the USA opioid pandemic has quadrupled in mortality.”*⁴



It seems that for years God has often been protecting us from what would have been fatal pharmaceutical mistakes. But instead of God's protection being appreciated, people have instead exalted man's wisdom and pharmaceuticals. We find that *“God speaks to His people in blessings bestowed; and when these are not appreciated, He speaks to them in blessings removed, that they may be led to see their sins, and return to Him with all the heart.”*⁵ This is what is described in Numbers 21:4-9. It says, *“And they journeyed from mount Hor by the way of the Red sea, to compass the land of Edom: and the soul of the people was much discouraged because of the way. And the people spake against God, and against Moses, Wherefore have ye brought us up out of Egypt to die in the wilderness? for there is no bread, neither is there any water; and our soul loatheth this light bread. And the LORD sent fiery serpents among the people, and they bit the people; and much people of Israel died. Therefore the people came to Moses, and said, We have sinned, for we have spoken against the LORD, and against thee; pray unto the LORD, that he take away the serpents from us. And Moses prayed for the people. And the LORD said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live. And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived.”* Here the people were saved from death, not by a statue, but by believing the Word of God and acting upon it. (John 3:14,15)

*“As the Israelites indulged the spirit of discontent, they were disposed to find fault even with their blessings... Moses faithfully set before the people their great sin. It was God's power alone that had preserved them in ‘that great and terrible wilderness, wherein were fiery serpents, and scorpions, and drought, where there was no water.’ Deuteronomy 8:15. Every day of their travels they had been kept by a miracle of divine mercy. In all the way of God's leading they had found water to refresh the thirsty, bread from heaven to satisfy their hunger, and peace and safety under the shadowy cloud by day and the pillar of fire by night...Notwithstanding the hardships they had endured, there was not a feeble one in all their ranks...God had subdued before them the fierce beasts of prey and the venomous reptiles of the forest and the desert. If with all these tokens of His love the people still continued to complain, the Lord would withdraw His protection until they should be led to appreciate His merciful care, and return to Him with repentance and humiliation. Because they had been shielded by divine power they had not realized the countless dangers by which they were continually surrounded. In their ingratitude and unbelief they had anticipated death, and now the Lord permitted death to come upon them. The poisonous serpents that infested the wilderness were called fiery serpents, on account of the terrible effects produced by their sting, it causing violent inflammation and speedy death. As the protecting hand of God was removed from Israel, great numbers of the people were attacked by these venomous creatures.”*⁵

Sadly, more and more people we know, and many whom we have tried to warn, have died from the bite of pharmaceutical fiery serpents. Today, before it is too late, I plead with you to consider the lesson of the fiery serpents and appreciate God's mercy in giving us a health message built of harmless remedies--water, nutrition, fresh air, sunshine, rest, temperance, and trust in God's word. Let us not exalt man's wisdom and pharmaceuticals, thus repeating the Israelite's later idolatry of the serpent on a pole recorded in 2 Kings 18:4, *“For unto those days the children of Israel did burn incense to it: and he called it Nehushtan.”* But like King Hezekiah, with simple remedies (Isaiah 38:21), let us lift up God's standard of saving health, and *“brake in pieces the [idolatrously worshipped] brasen serpent that Moses had made...”* Let us not be deceived by the sorceries/pharmakeia of Babylon, but worship God *“Who forgiveth all thine iniquities; who healeth all thy diseases.”* Psalm 103:3 (Revelation 18:23)

1-- Silent Epidemic Screenshot <https://www.prnewswire.com/news-releases/americas-silent-epidemic-worsens-adverse-drug-events-now-the-third-leading-cause-of-death-302408765.html>

2-- <https://www.cdc.gov/overdose-prevention/about/understanding-the-opioid-overdose-epidemic.html>

3-- <https://www.ncbi.nlm.nih.gov/books/NBK553166/#:~:text=%5B1%5D%20OUD%20affects%20over%2016,epilepsy%20in%20the%20United%20States.>

4-- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10747954/> 5-- Patriarchs and Prophets, pg. 470, 428, 429



Final Call

“The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.” 2 Peter 3:9

The gate agents in the airport in Seoul, Korea were all bustling with activity. Over the loudspeaker a voice had just announced the last call for a certain flight. I could see some of the airport agents with improvised signs



marked with peoples' names. They were rushing here and there in the airport trying to make sure all the passengers had been able to find the flight and get onboard. The announcer on the loudspeaker **again** gave the final call for that particular flight. One of the walkways to the plane had already been removed when an employee came running and almost breathlessly asked the gatekeepers if they could still get on the plane. The answer must have been yes because the airport employee immediately motioned to a group of people to hurry, they had made the flight.

The attention of the flight crew striving to seek out and find those who were not yet on the flight made a deep impression. The whole process reminds us of how all heaven is interested in those who are not yet ready for the heavenly flight. Perhaps they are lost, just needing someone to point them in the right direction. Angels in heaven and God's human agents on earth are astir with activity trying their best to get all "on board" the flight for heaven. Even the "Pilot" has great interest in each of us. For God's word says, *"I will feed my flock... saith the Lord GOD. I will seek that which was lost, and bring again that which was driven away, and will bind up that which was broken, and will strengthen that which was sick..." Ezekiel 34:15, 16*

If you are doing your very best to strive for the kingdom, all heaven will come to your aid if need be. Indeed, *"Fear not, little flock; for it is your Father's good pleasure to give you the kingdom." Luke 12:32*



God's Amazing Creations

Tortoises are among the longest-living land animals on Earth, with an average lifespan of 80 to 150 years. Smaller species typically live for 40 to 80 years, while massive giant tortoises regularly exceed 100 years. The oldest living land animal, Jonathan, the Seychelles giant tortoise, is over 190 years old! (193 in 2026) The tortoise in the picture is an African Spurred Tortoise. This African tortoise usually lives 80 to 100 years.



Tortoises and turtles are quite a bit alike, but tortoises live mostly on land and most don't swim as well as turtles. Leviticus 11:29 mentions the tortoise, saying, *"These also shall be unclean unto you among the creeping things that creep upon the earth: the weasel, and the mouse, and the tortoise after his kind..."* The Bible talks about tortoises creeping when they walk, and so it is interesting that today a group of tortoises is called a creep.

Turtles and tortoises are special because they have both an endoskeleton (bones like ribs and backbones on the inside) and an exoskeleton (the bone-like shell on the outside). I think it's neat how God made it so tortoises can safely hide inside their shells to protect themselves from enemies or bad weather. Don't you?

"A prudent man foreseeth the evil, and hideth himself: but the simple pass on, and are punished." Ephesians 6:11

Prudent boys and girls learn to think from cause to effect. Match each cause or "What might happen if...?" to the effect or what could happen.

What might happen if I eat too much?

I could drop it, and it could break.

What might happen if I am not careful with a vase?

I could get a stomachache.

What might happen if I let the door slam when the baby is sleeping?

The baby might wake up and cry.