



The Bible Banner

November 2021



The Giving of Thanks

During the 17th century, Oliver Cromwell, Lord Protector of England, sentenced a soldier to be shot for his crimes. The execution was to take place at the ringing of the evening curfew bell. However, the bell did not sound. The soldier's fiancé had climbed into the belfry and clung to the great clapper of the bell to prevent it from striking. When she was summoned by Cromwell to account for her actions, she wept as she showed him her bruised and bleeding hands. Cromwell's heart was touched and he said, "Your lover shall live because of your sacrifice. Curfew shall not ring tonight!"

Someone has suffered on our account too. Scripture records, *"But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."* Isaiah 53:5 Indeed, Jesus Christ was bruised that we might also escape the sentence of death. *"For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."* Romans 6:23

Have you expressed your thankfulness lately?

Easy Italian Dressing

- 4 Tbsp olive oil
- 2 Tbsp lemon juice
- ½ tsp honey
- ¼ tsp garlic powder
- ¼ tsp EACH dried basil, oregano, and parsley
- ¼ tsp paprika
- ¼ tsp chia seeds
- ¼ tsp salt

Place all ingredients in a serving bottle with lid. Shake well. Allow to marinate as long as desired. Refrigerate until use. Shake again before serving over salad. Yield: About ½ cup



PROFITABLE TRADITIONS--GRATITUDE TRAINING 101

"And be ye thankful" Colossians 3:15b Shawn Achor, a psychologist who teaches at Harvard University, suggests that we can train our brains to become more grateful by setting aside just five minutes a day for practicing gratitude. He cites a one-week study in which people were asked to take five minutes a day, at the same time every day, to write down three things they were thankful for. They didn't have to be big things, but they had to be concrete and specific, such as, "I'm thankful for the delicious Thai take-out dinner I had last night." Or, "I'm thankful that my daughter gave me a hug." Or, "I'm thankful that my boss complimented my work." The participants simply expressed thanks for three specific things at the same time every day.

At the end of one month, the researchers followed up and found that those who practiced gratitude—including those who stopped the exercise after one week—were happier and less depressed. Remarkably, after three months, the participants who had been part of the one-week experiment were still more joyful and content. Incredibly, after the six-month mark, they were still happier, less anxious, and less depressed. The researchers hypothesized that the simple practice of writing down three thanksgivings a day over the course of a week primed the participants' minds to search for the good in their lives.

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Quotable Quotes

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." —John F. Kennedy



Editor's Note

THANKSGIVING PERSPECTIVES

A stack of dirty dishes sat in the sink with some spilling over onto the counter. While some might complain of all the work to be done, a change of perspective—looking at the exact same situation from a different angle—will produce an attitude of thanksgiving instead. Years ago, I read a little poem that does just that, and I never have looked at dirty dishes in the same light since. The poem reads,

*"Thank God for dirty dishes,
They have a tale to tell.
While other folks go hungry,
We're eating very well.
With home and health and happiness,
We shouldn't want to fuss.
For by this stack of evidence,
God's been very good to us."*



I must admit that no sooner had I begun to write this article, than things began to go wrong which tested my patience and my attitude of gratitude to the limit. Truly, "Gratitude 101" is one of the hardest courses we have in life, yet God says, *"In every thing give thanks: for this is the will of God in Christ Jesus concerning you."* 1Thessalonians 5:18

The barracks where Corrie ten Boom and her sister, Betsy, were kept in the Nazi concentration camp Ravensbruck were terribly overcrowded and flea-infested. They had been able to miraculously smuggle a Bible into the camp, and in that Bible they had read that in all things they were to give thanks and that God can use anything for good. Betsy decided that this meant thanking God for the fleas. However, this was too much for Corrie, who said she could do no such thing. Betsy insisted, so Corrie gave in and prayed to God, thanking Him even for the fleas.

Over the next several months a wonderful, but curious, thing happened: They found that the guards never entered their barracks. This meant that the women were not assaulted. It also meant that they were able to do the unthinkable, which was to hold open Bible studies and prayer meetings in the heart of a Nazi concentration camp. Through this, countless numbers of women came to faith in Jesus Christ.

Only at the end did they discover why the guards had left them alone and would not enter into their barracks: It was because of the fleas, proving the truthfulness of Romans 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."* Our job is to *"love God"* and be called *"according to his purpose."* God's job is to work things together for good.

In order to be thankful, we must often learn how to look at things from a different perspective. Sometimes this means looking at things from the perspective of someone who is worse off than us—perhaps the blind, the deaf, the paralyzed, the homeless, the orphans, or those without the good news of the gospel—who do not know that someone always loves them. Sometimes a thanksgiving perspective comes by just switching our viewpoint. Pain, for example, seems bad, but without it we would probably have missing fingers, toes and more from burns, cuts, infection, etc. I've learned it also helps to look forward all the more to heaven where we are told, *"neither shall there be any more pain: for the former things have passed away."* Revelation 21:4

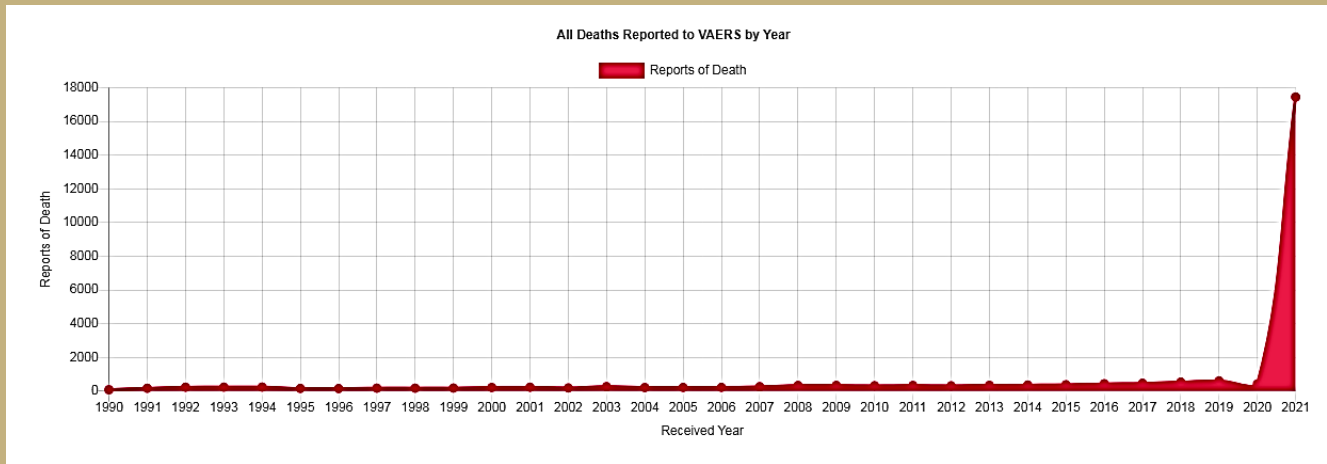
The following story well illustrates a change of viewpoint and how it can switch a gloomy day into a day of thanksgiving and praise. A certain minister was known for his uplifting prayers in the pulpit. He always found something for which to be grateful. However, one morning the weather was so gloomy that one church member thought to himself, *"Certainly the preacher won't think of anything for which to thank the Lord on a wretched day like this."* Much to his surprise, however, the minister began by praying, "We thank Thee, O God, that it is not always like this." Truly, *"godliness with contentment is great gain."* 1Timothy 6:6

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Prophetic News Notes -- Global Genocide or Catastrophic Coincidence?

The news that is not being publicized is important too! It doesn't take a rocket scientist to realize Vaccine Adverse Events Reports (VAERS) have gone up dramatically since the COVID-19 vaccine campaign began. Below you can see the reports [USA/territories data] categorized by year. The number of adverse event reports since 2020 when COVID vaccines were introduced is strikingly sharp.¹



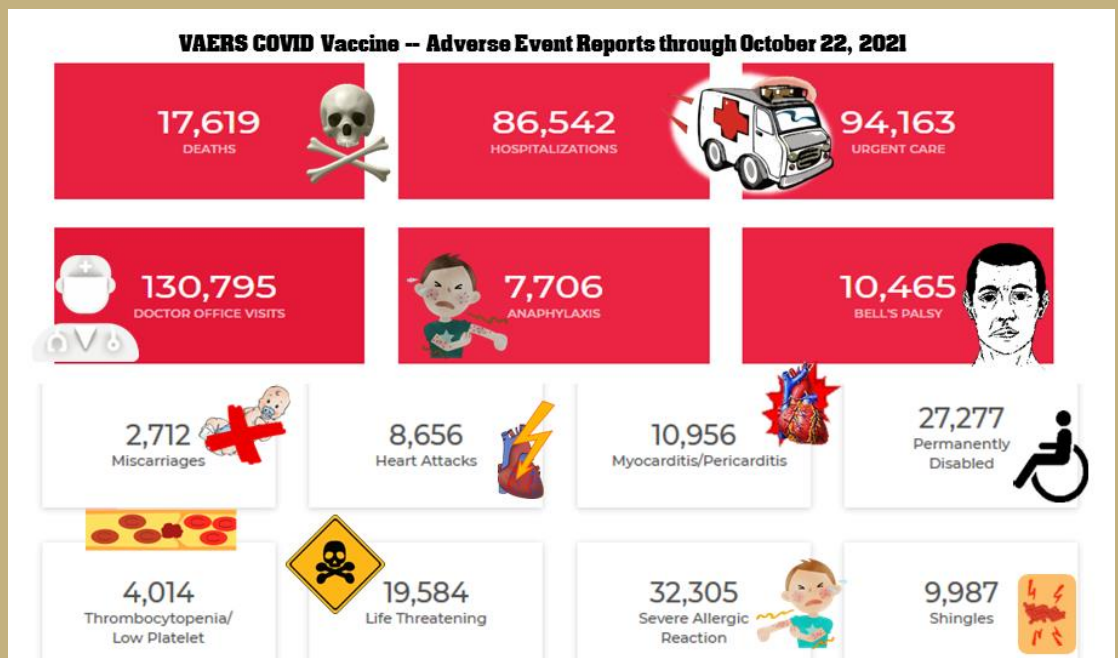
Some are claiming that these VAERS numbers¹ are “misinformation” since they do not prove causality. Nevertheless, even if a few reports are coincidental and not connected to the vaccine, the difference in death rate shown on this graph for 2020 and 2021 is so great that this is certainly a most shocking, catastrophic coincidence. However, the facts actually show that vaccine adverse events are underreported, not overreported. For example, a study (ESP:VAERS) conducted by Harvard Pilgrim Health Care, Inc. states, “Adverse events from drugs and vaccines are common, but underreported... fewer than 1% of vaccine adverse events are reported... Barriers to reporting include a lack of clinician awareness, uncertainty about when and what to report, as well as the burdens of reporting: reporting is not part of clinicians’ usual workflow, takes time, and is duplicative.”² In other words, many health care workers are actually unlikely to report adverse events because they don't know about it, they don't get paid for it, and it is too much work.

Yet still propagandists claim that blood clots and inflammations of the heart like myocarditis and pericarditis are rare along with other side effects--but then why are they happening to thousands of people immediately following the vaccine?¹ The real numbers just for

death [USA/territories] from this vaccine could now be topping 1.8 million people (if we add in the remaining 99% that are potentially unreported). Inarguably, even more deaths than this are happening worldwide from various COVID vaccines. Somebody is closing their eyes to the facts. Why? Is this an intended global genocide?

Sadly, many of the people who are now dying or being permanently disabled are children or young adults who were previously very healthy and often even were athletes. If we would just

read our Bibles, these vaccines would certainly have been eliminated before they were given to healthy people, for Matthew 19:12 reads, *“But when Jesus heard that, he said unto them, **They that be whole need not a physician**, but they that are sick.”* As for me and my house, we choose to heed the counsel of the Great Physician who has never lost a case.



1--<https://openvaers.com/covid-data> 2-- <https://digital.ahrq.gov/sites/default/files/docs/publication/r18hs017045-lazarus-final-report-2011.pdf>



The Power-packed Nutrition of Chia Seeds

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat [food]." Genesis 1:29

Since "salvia hispanica" or the chia plant, is a species of the mint family, it is indeed an herb bearing seed. The plant bearing 'chia seeds' is native to Central America. Despite the seeds small size they are a potently packaged nutritional food. In fact, *"These seeds... have as much calcium as an 8 oz glass of milk, have more Omega-3s than a single serving of walnuts and have just as much antioxidants as blueberries... A one ounce serving of chia seeds would provide you with 18% of daily calcium needs, 27% of phosphorus, 30% of manganese and smaller amounts of potassium, zinc and copper."*¹

In addition, a Harvard writer notes, *"Two tablespoons of chia seeds (1 ounce or 28 grams) contain about 140 calories, 4 grams of protein, 11 grams of fiber, 7 grams of unsaturated fat, 18% RDA for calcium, and trace minerals including zinc and copper. **They are the richest plant source of omega-3 fatty acids.** Chia seeds are a complete protein, containing all nine essential amino acids that cannot be made by the body."*²



Sciencedirect.com reiterates, *"Chia seed contains the highest known percentage of α-linolenic fatty acid of any plant source. In recent years, chia seed has become increasingly important for human health and nutrition because of its high content of α-linolenic fatty acid, and the beneficial health effects that arise from its consumption."*³

Let me reiterate the importance of making sure you eat chia or flaxseed or some other source of omega-3 linolenic acid. *"The human body needs fatty acids, and it can make all but two of them—linoleic acid (the 18-carbon omega-6 fatty acid) and linolenic acid (the 18-carbon omega-3 fatty acid). These two fatty acids must be supplied by the diet and are therefore called essential fatty acids....Linolenic acid is the primary member of the omega-3 family. Like linoleic acid, this 18- carbon fatty acid cannot be made in the body and must supplied by foods...These omega-3 fatty acids are essential for normal growth and development, especially in the eyes and brain. They may also play an important role in the prevention and treatment of heart disease...Interestingly, a deficiency of omega-3 fatty acids... may be associated with depression."*⁴

Not only do the omega- 3 and omega-6 fatty acids *"serve as structural parts of cell membranes and as precursors to essential nutrients,"*⁴ they are also necessary for brain neurons "wire insulation" called the myelin sheath. *"Many axons [part of the neurons] are wrapped by a myelin sheath, a lipid [fat] derivative that acts as an insulator and speeds up the transmission of the action potential...Myelin acts as insulation much like the plastic or rubber that is used to insulate electrical wires."*⁵ Plain English translation—your brain works more efficiently and faster with the myelin sheath, which is made up of fat, especially omega-3s, like those found in chia seeds.

One main reason I like to use chia seeds as a supplement to a well-balanced diet is the fact that they are easy to add to almost any meal. Unlike flaxseeds, which need to be ground, chia seeds are versatile and may be eaten whole or ground with your favorite dishes. I regularly add some to my fruit salad, vegan yogurt, or applesauce for breakfast. Some people like to add them to cooked cereal, salad dressings (see recipe), crackers, or may even create a chia pudding* as a healthy and tasty dessert. In addition, you can also sprinkle them onto cold cereal, vegetables, salad and main dishes. Adding power-packed nutrition to your diet couldn't be easier than trying chia seeds today!

*See Dec. 2013 Bible Banner for a chia pudding recipe 1-- <https://www.afpafitness.com/blog/11-benefits-of-chia-seeds-why-you-should-include-them-in-your-diet>
2-- <https://www.hsph.harvard.edu/nutritionsource/food-features/chia-seeds/> 3--<https://www.sciencedirect.com/science/article/abs/pii/S0926669010003274>
4-- Understanding Nutrition—Univ. of Idaho, pg. 156, 157 5—Openstax Anatomy and Physiology, pg 172,485



BEN'S IDEA



Ben had fallen into the habit of grumbling about this and that. He griped about the weather; he found fault with his friends and he complained about the members of his family. He wanted to stop it, but somehow, as soon as anything would not go his way, he found himself grumbling again. Then he came across this verse:

***"When thou hast truly thanked thy God
For every blessing sent,
But little time will then remain
For murmur or lament."***

"I see now what the trouble has been," he told himself. "I've been grumbling so much that I've almost forgotten to be thankful for the things I have. Every time I find myself starting to complain about something I don't have, I'm going to say 'Thank You' to God for something that He has given me."

Ben found that the idea worked. The prescription of Romans 12:21 is *"Be not overcome of evil, but overcome evil with good."* It was much easier to keep out the grouchy, grumbling thoughts when he filled his mind with thankful ones. There simply was no room for the trouble makers, and after a bit they disappeared.

Ben was surprised, too, to see how many things a plain, everyday boy had for which to be thankful. There are many things like the sunshine, the flowers, his friends, his home, which he had been taking for granted. As he began thanking God for these things, he had a better appreciation of them.

It would be well for all to try Ben's plan, for God is displeased with a complaining spirit. He says, *"Do all things without murmurings and disputings: That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;"* Philippians 2:14,15



Study to Show Thyself Approved

10 Promises to Help Keep Us Thankful as the World Falls Apart Around Us

- 1—**The bad things happening around us are just temporary.** *"For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal."* 2 Cor. 4:16-18
- 2-- **We may have sunshine in our souls, even when the sun outside is not shining.** *"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings...."* Malachi 4:2
- 3—**Though the world is full of tribulation, Jesus gives us peace that helps us to trust even when we can't understand.** *"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."* John 16:33 *"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."* Philippians 4:7
- 4—**We always have a Hand to hold, an ever present Help in trouble.** *"For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee."* Isaiah 41:13 *"God is our refuge and strength, a very present help in trouble."* Psalm 46:1
- 5—**We have an inheritance, reserved in heaven for us.** *"Blessed be the God and Father of our Lord Jesus Christ, who according to his abundant mercy hath begotten us again to a living hope by the resurrection of Jesus Christ from the dead, To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you, Who are kept by the power of God through faith to salvation ready to be revealed in the last time."* 1 Peter 1:3-5
- 6—**God promises to supply our need.** *"But my God shall supply all your need according to his riches in glory by Christ Jesus."* Philippians 4:19

7—**God will replace our broken bodies with immortal ones soon.** *"Behold, I show you a mystery; We shall not all sleep, but we shall all be changed, In a moment, in the twinkling of an eye, at the last trumpet; for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory." 1 Corinthians 15:51-54*

8—**Jesus is preparing a home and unimaginable delights for us.** *"Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you unto myself; that where I am, there ye may be also." John 14:1-3 "But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him." 1 Corinthians 2:9*

9—**Christ will come soon and set everything right again.** *"For yet a little while, and he that is coming will come, and will not tarry." Hebrews 10:37 "And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be." Rev. 22:12*

10—**NOTHING can separate us from the love of God.** *"Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors, through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God which is in Christ Jesus our Lord." Romans 8:35-39*








Kids' Corner

God's Amazing Creatures

The Tiger Swallowtail butterfly is one of my favorite butterflies. The yellow area in the picture is always yellow on males, but on females it may be yellow or brownish-black. The females have an iridescent blue color on their



tails. Iridescent means the blue color may look like a different color depending on the light and the angle you are seeing it from. Tiger Swallowtails are often seen flying high in forests, near streams, in gardens, parks, and orchards within the United States and Canada. They enjoy many varieties of flowers. You may also see them in large numbers on muddy ground. These butterflies only live for about two weeks, but during that time they help humans by pollinating the flowers of many different plants and trees, including apple tree flowers. I'm thankful that Jesus made Tiger Swallowtails, aren't you?

"Enter ➡ his  with 
 + ➡ his  s with  : 
 Thanks  unto him, + bless his  ."
Psalm 100:4