

Thank-full?

One day as I was sifting through some old sermons, I came upon this thought. The minister was going through the sins of those who have a form of godliness, but deny the power thereof, found in 2 Timothy 3.

"This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away." 2 Timothy 3:1-5

When everything goes wrong we are still to be thankful.

I had read this verse multiple times, and had even included it in our list of memory texts we review regularly as a family, and yet somehow it always applied to "those people". But as I read on, this thought struck home. Could I be part of those people?

"In these last days people, having a form of godliness without the power, will be unthankful. Unthankful is not thankful. Thankful is full of thanks. How is it with you? Where do you belong? You are a professor of religion; you profess godliness. Are you full of thanks? or are you thankful when everything goes right and to suit you? But when things go so as not to suit you, then you are doubtful, fretful, impatient, and wonder what is to become of you? Are you discontented and unthankful when such and such things happen? Are you thankful sometimes and unthankful sometimes? If I am thankful sometimes and not thankful at other times, then am I thankful? No. "From such turn away." {February 15, 1895 ATJ, GCB 171.5}

From such turn away—the word's echoed and reechoed in my thoughts. If I am unthankful God has commanded his people to turn away from me. I remembered this text.

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you." 1Thess. 5:18



Thanksgiving in **all things** is God's will for us. When everything seems to go wrong, we are still to be thankful.

It was time for me to change a very bad habit, and the best way to overcome a bad habit is to replace it with a good one. We began adding a thankful time to our morning and evening worship. (Everyone had to think of something for which to be thankful to God.) You might be surprised how many things we forget to be thankful to God for – every breath of life, eyes and the ability to see in color, ears to hear, tastebuds, legs to walk, toes for balance, dirty dishes—that show we are privileged to have food to eat, our Bibles—a light in darkness to show us the way to heaven, and a Saviour who was willing to leave the perfection of heaven to come and die for us that we might have the hope of eternal life. Perhaps this is why David said in Psalm 23 *"My cup runneth over"*. When we are truly full of thanks there will be no room for doubt, discontent, and fretfulness.

Are you thank-full today?

Study to Show Thyself Approved

The first angel's message gives us several instructions.

Revelation 14:6-7 *"And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, 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."*



1. What does the phrase "Fear God" mean?

Exodus 18:21 *"Moreover thou shalt provide out of all the people able men, such as fear God, men of _____, hating _____;..."*

So to "Fear God" means to have _____ and hate _____.

2. What is another characteristic of "Fearing God"?

Ecclesiastes 12:13 *"Let us hear the conclusion of the whole matter: Fear God, and _____: for this is the whole duty of man."*

To "Fear God" means to "_____".

3. What is a result of having the "Fear of God?"

2 Corinthians 7:1 *"Having therefore these promises, dearly beloved, let us _____ ourselves from all _____ of the flesh and spirit, perfecting holiness in the fear of God."*

To have the "Fear of God" is to be _____d from all _____ of the flesh and spirit.

4. What characterizes those who do not have the "Fear of God?"

Psalms 55:19 *"God shall hear, and afflict them, even he that abideth of old. Selah. Because they _____, therefore they fear not God."*

Those who _____ their sinful ways – have not the "fear of God".

5. What are some benefits to be gained by having the "Fear of the Lord?"

Psalms 111:10 *"The fear of the LORD is the _____: a good _____ have all they that do his commandments: his praise endureth for ever."*

The fear of the Lord is obedience to his commandments and it brings _____ and _____.

6. How do you gain this?

Job 28:28 *"And unto man he said, Behold, the fear of the Lord, that is _____; and to _____ from _____ is _____."*

The "Fear of the Lord" means to gain _____ by _____ing from _____.

7. And what will you find?

Proverbs 2:5 *"Then shalt thou understand the fear of the LORD, and find _____."*

Understanding "the fear of the Lord" will enable you to find "_____".

Answers: 1. Truth, covetousness; 2. keep his commandments; 3. Cleanse, filthiness; 4. have no changes, do not change; 5. beginning of wisdom, understanding; 6. Wisdom, depart, evil, understanding; 7. the knowledge of God

IMMUNE REINFORCEMENTS

Recently, I was reading an article about the highly publicized Ebola outbreak, when I came across this statement. *“FACT: Every person that has survived Ebola so far has survived entirely because of their own immune system. No doctor on the planet has ever saved any Ebola patient. If you wish to survive an Ebola infection, you have to save your own life.”*

www.naturalnews.com/2-Ebola-truths-pandemic-outbreak-preparedness-you-need-to-know.html

While I'm sure there are people that might argue this point, the truth is God gave our bodies the ability to recognize and fight disease. Jesus told us, *“When a strong man armed keepeth his palace, his goods are in peace.”* Luke 11:21

The body is set up much like a castle. It has limited entry points – evil/disease can only enter through our eyes, ears, nose, mouth, breaches in the skin, etc. Our bodies are also set up with an army of soldiers to fight off invaders/disease - this is our immune system. Our job is to protect our entry points, but if our castle/body has been invaded, the best thing we can do for our health is to send in reinforcements to our immune system army.



Here are a five simple ways to reinforce your immune system.

1. The moat – Water is one of the best weapons against disease -Hand washing is vital. Drinking enough water both cleanses your body and keeps the blood flowing so that the body is better able to fight disease.

Hydrotherapy in the form of a cold mitten friction is one of the best ways to increase your white blood count and in effect reinforce your immune system army. (Watch *The Wonders of Water* at [swiftrunner.com](http://www.swiftrunner.com) to learn how)

2. Good soldiers need to be calm and well rested- It is of vital importance to get enough sleep and manage stress. The hormone cortisol is increased by sleep deprivation and by stress overload, and prolonged elevation of cortisol suppresses immune function.

3. Feed your army well - Napoleon is supposed to have said that *“An Army Marches on its Stomach.”* Eating plenty of vegetables, fruits, nuts, seeds, and whole grains will provide your body with the nutrients, vitamins, and minerals that your immune system needs. *“Garlic is a broad-spectrum antimicrobial agent and immune booster. Because heat deactivates a key active ingredient, add it to foods just before serving. British researchers gave 146 people either a placebo or a garlic extract for 12 weeks; the garlic takers were two-thirds less likely to catch a cold.”* <http://www.prevention.com/food/healthy-eating-tips/power-foods-boost-immunity?s=4>

4. Don't send your army on vacation- Too much sugar suppresses the immune system cells responsible for attacking bacteria and severely reduces the ability of white blood cells to overpower and destroy bacteria. For 12 hours the following amount of sugar disables the immune system: 6 tsp - Less than one soda – 25% disabled, 12 tsp – 60% disabled, 18 tsp – 85% disabled, 25 tsp (less than the average American eats) - 92% disabled. Also avoid other substances that deplete immune function like alcohol, tobacco and drugs.

5. Practice marching in the open air – Exercise in the open air not only provides Vitamin D from sunshine, but provides oxygenated air that helps to fight disease. During the Spanish American War, World War I, and the 1919 flu epidemic it was found that those of the sick who were moved outdoors into tents improved much more rapidly and had a lower death rate than those who were cared for in the hospital. (*The Divine Prescription* pg. 89)

Exercise is also beneficial because it cleanses the body of toxins by increasing sweating, raising the body temperature (much like a fever), stimulating the lymphatic system (the sewer system of the body), increasing oxygenation, and increasing the level of leukocytes in the body. *“Exercise sends antibodies and white blood cells (the body's defense cells) through the body at a quicker rate. As these antibodies or white blood cells circulate more rapidly, they could detect illnesses earlier than they might normally. The increased rate of circulating blood may also trigger the release of hormones that ‘warn’ immune cells of intruding bacteria or viruses.”* www.nlm.nih.gov/medlineplus/ency/article/007165.htm

During flu season this year, why not help your body protect the castle of health!

**Little Runner's
Health Tip**



Buzzy the honey bee protects the hive from enemies. You can help protect your body from sickness by remembering to wash your hands.

Memory Text:

Psalm 107:1 O give thanks unto the LORD, for he is good: for his mercy endureth for ever.



Patience said a prayer before eating, and told Jesus Thank you for giving her good food to eat. She made Jesus happy.



Passion complained and pouted because she didn't get to have her favorite food for supper. She made Jesus sad, and she gave herself a stomachache too.



God's Amazing Creatures

The Steller's jay is native to western North America. The Steller's jay eats seeds, nuts, berries, and other fruit.

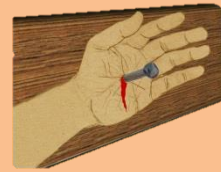
A Steller's jay can copy sounds that other birds make. I think that when the birds get up in the morning and sing it is because they are giving thanks to Jesus Christ for making them.

So if the Steller's jay and other birds give thanks to Jesus, then why don't we say what we are thankful for in the morning and evening?



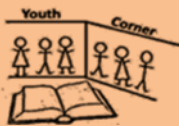
Home
Health
Happiness

Jesus' hands of Love



PROFITABLE TRADITIONS

Cultivate Thankfulness - A Thanksgiving Eve vespers is a great way to begin, by singing hymns of thanksgiving and reading thankful verses from the Bible. Another creative way to be thankful is to let everyone help to create a collage of pictures, poems, and statements of things that you are thankful for. One year we decorated a special tablecloth, but this idea could be carried out in multiple ways. On Thanksgiving Day our tradition is to go around the table and everyone gets to name something for which they are thankful for every year of their life. (Ex. If you are 30 you would have to name 30 things)



THE GREATEST GIFT

"We love him, because he first loved us." 1 John 4:19

It is said that Cyrus, the founder of the Persian Empire once captured a prince and his family. When they came before him Cyrus asked the man, "What will you give me if I release you?"

"Half of my wealth" replied the prisoner.

"And if I release your children?"

"Everything I possess."

"And if I release your wife?" Cyrus questioned the prince further.

"Your Majesty," answered the noble prince. "I will give myself."

The story says that Cyrus was so moved by this man's devotion that he set the whole family free.

Later the wife of the prince wife was asked if she had noticed how handsome Cyrus was.

"I didn't notice," she replied, "I could only keep my eyes on the one who was willing to give himself for me."

Jesus gave himself on the cross for you. Do you love him?



© Darrel Tank

*If you would like to begin receiving our monthly newsletter via e-mail;
Please contact us at biblepathways@hotmail.com*

Or visit us at: biblepicturepathways.com swiftrunnerministries.com

