

The Bible Banner



The Time is at Hand

April 2019

A gentleman standing by Niagara Falls saw an eagle swoop down upon a frozen carcass encased in a piece of floating ice. The eagle stood upon it as it drifted towards the rapids. Every now and then the eagle would proudly lift its head into the air to look around him, as much as to say: *'I am drifting on towards danger. I know what I am doing. I shall fly away and make good my escape before it is too late.'*

When he reached the edge, he stooped, spread his powerful wings, and leaped for flight; but alas! while he was feeding on the carcass, his feet had frozen to its fleece. He leaped and shrieked, and beat upon the ice with his wings until he went over into the chasm and darkness below.

Many today hold onto the world, thinking that before it is too late they will turn to Christ for salvation. How sad that some will find in the end, much like the eagle, that they are caught in the world's *"temptation and... snare"* which *"drown[s] men in destruction and perdition."* 1 Timothy 6:9

7-up Calcium Booster Shake

This shake delivers about seven servings of calcium — thus the name.

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|-------------------------|-----------------------------------|
| 1 ½ cups soymilk | 2 Tbsp sesame seeds |
| 2 Tbsp almonds | 1 Tbsp blackstrap molasses |
| 5 dates | 3 Tbsp carob powder |

Blend in a high-powered blender until smooth. (If you don't have a high-powered blender, try replacing the almonds and sesame seeds with almond butter and tahini.)



© Bible Picture Pathways

Quotable Quotes

The clock of life is wound but once,
And no man has the power
To say just when the hands will stop;
At late, or early hour.

Now is the only time we own
To do God's precious will,
Do not wait until tomorrow;
For the clock may then be still.

PROFITABLE TRADITIONS

Teach Time Management—Try keeping an account of your time as you would money

Imagine if you had a bank that credited your account each morning with \$86,000 that carried over no balance from day to day. If it allowed you to keep no cash in your account, and every evening cancelled whatever part of the amount you failed to use during the day, what would you do? Draw out every cent every day, of course, and use it to your advantage! Well, you have such a bank, and its name is TIME! Every morning it credits you with 86,400 seconds. Every night it rules off as lost whatever of this you failed to invest to good purpose. It carries over no balances, it allows no overdrafts.

Each day it opens a new account with you. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against tomorrow.



Too Late

As I came through the door, I noticed that my husband was not standing in the usual check-out of the post office that was crowded with people, but instead was in the section with the post office boxes. Before I could ask why, he requested *"Can you go get the address? I forgot to get the address."* Thinking I had plenty of time, I leisurely walked back out to the car while he proceeded to place the last few items in the box and tape it up securely. After retrieving the address successfully, we dutifully began to fill out the customs forms that were necessary since this package had been specially requested by our daughter and son-in-law in Namibia. As we worked, business seemed to go on as usual as people entered and exited the post office. Breathing a sigh of relief as we finally headed for the check-out, we were very unpleasantly surprised to find the entrance door was already locked. *"I*

thought it was around 4 o'clock," I said, *"I'm almost positive that is what the clock in the car said."*

A man nearby, who was checking his post office box, said, *"No, it is already after 5 o'clock."* Thanking him politely, we exited, while inwardly, my husband and I both groaned. It was then that I remembered, the car clock hadn't been changed since daylight saving time began the day before, so it was an hour off.



We were highly frustrated to know that here we had stood 10 feet from the post office door and been so caught up in what we were doing that the door had been locked with us on the outside. It was too late to achieve our goal of mailing the package that day. I looked at the clock when I got to the car 4:06 (really 5:06). We had missed it by only minutes. So close and yet so far away. *If only we had known we would have tried a little harder to go faster,* I thought.

The spiritual application of this lesson came immediately to mind and Christ's words of warning had new meaning. ***"And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares."*** Luke 21:34 ***"Strive [agonize] 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

There are those who will fail to enter in at the strait gate (to God's spiritual kingdom) because, like us at the post office, they only seek to enter in and do not *strive*. We must *strive* with all our might to enter in at the strait gate, for if we merely seek, we will not be able. Many are standing close to the gate but they fail in being wholehearted Christians. Instead of striving for heaven, they move along, ever busy, but not really striving for the kingdom. It reminds me of a quote I once read in a devotional book, ***"Many will be lost while hoping and desiring to be Christians; but they made no earnest effort, therefore they will be weighed in the balances and found wanting."*** {Maranatha pg.46}

Today, we are living in the judgment hour (Rev. 14:7). God's says His *"spirit shall not always strive with man."* Gen. 6:3 The door of mercy is soon to close. There is no time for leisurely spiritual efforts. Our probation could conclude at any moment, either by our death or God's declaration of judgment.

Revelation 22:10-12 reveals what will happen at the close of probation. John records, *"And he saith unto me, Seal not the sayings of the prophecy of this book: for the time is at hand. He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still. And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be."*



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When God makes this declaration, those "inside" the gate will be saved but those "outside" the gate will be forever shut out. There will be no second chance. Unlike the post office who gave no warning announcement that it would be closing in 5 minutes, God, in his mercy, has sent us, by His ambassadors, messages of warning, declaring that the end of all things is at hand. Some will listen to these warnings, but by the vast majority they will be disregarded. Some are so busy that they, like us at the post office, fail to notice the signs of the times. They think it is business as usual, and they fail to note that the door of mercy is closing on humanity just as the door of the ark closed in the time of Noah.

Today, ***"The crisis is stealing gradually upon us. The sun shines in the heavens, passing over its usual round, and the heavens still declare the glory of God. Men are still eating and drinking, planting and building, marrying and giving in marriage. Merchants are still buying and selling. Men are jostling one against another, contending for the highest place. Pleasure lovers are still crowding to theaters, horse races, gambling halls. The highest excitement prevails, yet probation's hour is fast closing, and every case is about to be eternally decided. Satan sees that his time is short. He has set all his agencies at work that men may be deceived, deluded, occupied, and entranced until the day of probation shall be ended, and the door of mercy forever shut."***--Southern Watchman, Oct. 3, 1905. {DA 636.2}

Humanity take warning! Time is soon closing! Don't just stand outside the door. Strive with all your might to enter, so you don't get locked outside of heaven. For if you do, sadly, it will be too late.



DEADLY INDECISION

A man sat one day by the far-away shores of the Great Lakes listening to a tragic story from the lips of a white-haired fisherman. Years before, he said, when the village was but a hamlet the mail was carried from the distant shore of the bay to the fishing village by an Indian and his son-in-law.

One bitter day in mid-winter they set out from the south shore for the long trip across the Great Lake. All day they traveled on the ice, skirting the frozen shore of the bay. As night came on they pitched their tent and went ashore for firewood. Gathering what they needed, they started back from the mainland toward camp.

Just as they stepped upon the ice, it broke loose from its moorings and began to drift out from the shore. The boy, quick-witted and alert, immediately dropped his bundle of wood and leaped across the crevice in the ice.

The father-in-law hesitated a moment and in that moment the gap widened too much to overleap. He paused in hesitation, for the waters were black and forbidding in their deadly chill. The boy shouted to the older man to leap in and swim to shore, as that was his only chance for life. But the old man still delayed. Then the lad began to cry out in earnest entreaty for his father-in-law to leap, as it was his only chance to be saved from a dreadful death. The older man seemed paralyzed with fear and indecision. He began to call out farewell messages for his wife and children across the watery waste now rapidly widening as the wind kept drifting the great ice floe out into the darkness. The last the boy saw him he was standing with outstretched arms drifting to his death in the bitter cold and darkness of the night. He perished a victim of deadly indecision. Don't put your life-or-death decision off -- decide today to follow Jesus for *"How shall we escape, if we neglect so great salvation?" Heb. 2:3a*



Prophetic News Notes

New York Suburb bans Unvaccinated Minors from Public Places

"A county in New York State has declared a state of emergency over a measles outbreak that has sickened 153 community members so far this year. Under the declaration, unvaccinated minors in Rockland County will be barred from public places beginning at midnight on March 27." <https://www.foxnews.com/health/new-york-county-to-declare-state-of-emergency-over-measles-outbreak>

The New York Times

New York Suburb Declares Measles Emergency, Barring Unvaccinated Children From Public



This declaration was made by county executive, Ed Day. Some critics are calling this declaration "medical martial law". According to the New York Times, *"Mr. Day said he believed Rockland County's order was the first of its kind in the United States, and several public health experts said that they could not recall any action like it in recent years."*

"The order barring unvaccinated minors from public places will take effect at midnight on Tuesday and expires in 30 days. Included in the ban are restaurants, schools, shopping centers and places of worship."

"Rockland County officials, Mr. Day said, do not plan on 'chasing people down' and asking for proof that they are vaccinated. The prohibition will be enforced retroactively, with parents facing up to six months in jail or a fine of up to \$500, or both, if they are found to have allowed unvaccinated children in public spaces."

www.nytimes.com/2019/03/26/nyregion/measles-outbreak-rockland-county.html

This story should be a reminder and a wake-up call to Christians, for the time is not far distant when the "beast with lamb-like horns" of Revelation 13 will also want to place another mark (even more sinister than a measles vaccination) on people in society. Those who do not comply with his demands will also be banned from normal societal actions such as shopping, etc. According to the word of God, they will not be allowed to buy or sell. Rev. 13:11,16, 17 predicts, *"And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon... And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name."*

In the end, the issue will be worship (Rev. 13:8, 15). Mankind will be forced to choose either to go along with mass public sentiment and fear-mongering that recommends worship of the beast or to worship God by keeping all 10 of His commandments. For those who love God the decision is without question because Jesus says, *"If ye love me, keep my commandments."* John 14:15



Building a Calcium Bank

Our body is built up out of good foods we eat. *"Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength."* {Education pg. 204,205}

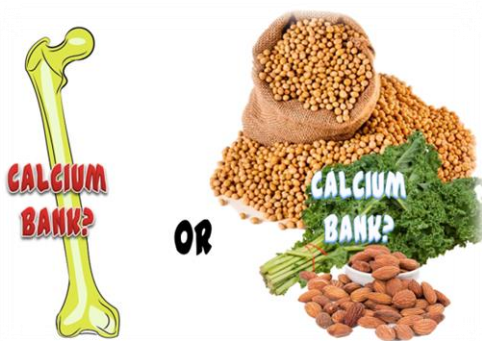
However, some people, while conscientiously abstaining from eating improper foods, at the same time neglect to supply themselves with the elements necessary to sustain the body. In part, this may be because many fail to study both the nutrients necessary for proper health and the nutrient values of different foods.

Although *"calcium is the most abundant mineral in the human body,"*¹ it is also one of the nutrients I see most often lacking, especially in unbalanced vegan diets. *"Calcium is essential to bone health, muscle contractions, nerve impulses, and numerous body reactions."* Calcium is also essential to blood clotting, and cell metabolism.¹

Did you know that irritability, nervousness, insomnia and heart palpitations can be symptoms of a calcium deficiency? Other more commonly recognized symptoms of calcium deficiency include tooth decay, retarded growth, osteoporosis, muscular weakness and muscle cramps.



*"Ninety-nine percent of the body's calcium is in the bones (and teeth), where it plays two roles. First, it is an integral part of bone structure,...Second, it serves as a calcium bank, offering a readily available source of the mineral to the body fluids should a drop in blood calcium occur...Calcium is unlike most other nutrients, in that hormones maintain its **blood** concentration regardless of dietary intake. When intake is high the **bones** benefit; when intake is low, the bones suffer. With dietary deficiency [of calcium], blood calcium still remains normal because bones give up calcium to the blood. The result is weak, osteoporotic bones."*³



The vegan food guide suggests 6-8 servings daily of calcium-rich foods.¹

Good plant-based sources and servings of calcium include:

- 1 cup cooked (2 cups raw) high-calcium greens like lamb's quarter (an edible, weed), kale, bok choy (Chinese cabbage), collards, broccoli or dandelion greens
- 1 cup high-calcium beans (soybeans, white, navy, great northern or black beans)
- ½ cup fortified soymilk or fortified orange juice
- ¼ cup almonds or sesame seeds (especially unhulled brown)
- 3 Tbsp almond butter or tahini
- 1 Tbsp blackstrap molasses or chia seeds
- 5 figs or dates
- ¼ cup calcium-set tofu or vegan yogurt
- 3 Tbsp carob powder

Besides making sure you *obtain* enough calcium, consider *retaining* what you take in. Here are a few nutrient thieves that are better left alone because they reduce calcium absorption or cause more calcium to be excreted from the body. Caffeine, alcohol, corticosteroids, smoking, stress, and lack of exercise all could be easily eliminated. Excess protein, too much sodium or foods containing oxalates (like chocolate and tea) can also affect calcium absorption.⁴

However, there are also helper vitamins and minerals that are needed for calcium absorption. *"Vitamin D is the most significant nutrient for the proper absorption of calcium.... In addition to Vitamin D, Vitamin C, Vitamin E, vitamin K, magnesium and boron assist in absorbing calcium and also in increasing bone mass. Exercise also helps the body absorb calcium,"*⁴

Vitamin D is easily obtainable by being exposed to light from the sun. But obtaining all these other nutrients is also simple when eating a varied plant-based diet. Vitamin C is in almost all fresh fruits and vegetables; vitamin E may be found in almonds, wheat germ, sunflower seeds, and broccoli; vitamin K is available in leafy greens; boron may be found in the almonds, dates and beans you are already eating; and magnesium is prevalent in whole grains, nuts, seeds, avocados, figs and carob. As you can see, God has conveniently packaged many of these helper nutrients together with high-calcium foods.

On occasion, I have practically applied this nutrition information and made a not-too-bad tasting "medicine". When my daughter was growing and repeatedly got leg cramps, I would make a 7-up calcium booster shake for her. This shake is also high in magnesium and many of the other helper nutrients as well. (You will find the recipe on the front page of this newsletter.) Whether it was the attention, the treat, or the calcium/magnesium boost, I cannot say, but it never failed to make her feel better after a short while.

Evidently, nutrient-rich foods are an essential part of God's plan for health. And He likes to make His medicine taste good too. Like the Psalmist, we can say, *"Bless the LORD, O my soul, and forget not all his benefits...Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's."* Psalm 103:2, 5

1-- *Becoming Vegan*, Davis and Melina, pg. 90,154, 253 2-*Natural Remedies Encyclopedia*, 4th Ed., p. 94 3--*Understanding Nutrition*, Whitney, pg. 413-415

4-- www.emedicinehealth.com/osteoporosis_and_calcium/article_em.htm#what_impairs_the_absorption_of_calcium

God's Amazing Creatures



Swallows live all around the world. They like to eat insects. Different kinds of swallows nest in different ways. Some live in existing cavities or holes, for example, in an old woodpecker nest.

Others nest in burrows or hollow places in sand banks, and some build mud nests close to something like a roof where they are protected from both the rain and enemies. Many swallows regularly fly long distances each year. This is called migration. Some fly south for the winter and north for the summer. Others even fly all the way to Antarctica. Migratory swallows often return to the same breeding area each year to have babies. God helps them know when it is time to migrate. Sometimes birds seem to listen

better than people do. The Bible says, *Yea, the stork in the heaven knoweth her appointed times; and the turtle[dove] and the crane and the swallow observe the time of their coming; but my people know not the judgment of the Lord. Jeremiah 8:7*

HEY, KIDS!
USE THE CODE CRACKER BELOW
TO FIGURE OUT THIS IMPORTANT MESSAGE FROM JESUS.

A = ! B =) C = < D = ? E = & F = % G = # H = ^ I = ; J = / K = «
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Study to Show Thyself Approved

Start at the top middle and follow the flow chart through the day. Answer the questions and look up the Bible texts as you go.

Practical Godliness Flow Chart -- Consider Well Each Choice You Make

"For God shall bring every work into judgment ...whether it be good, or whether it be evil."

