

The Bible Banner

April 2023



Days of Preparation

A little girl had been listening while her mother's friends were speaking about the imminent return of the Lord. After some time she was missed, so her mother went in search of her. She found her looking out a window at the top of the house. When asked what she was doing she said, "Oh, Mother, I heard you say Jesus might come today, and I wanted to be the first to see Him. See, I washed myself and put on a clean dress."

Are you prepared and watching for Jesus to come?

"Be ye therefore ready also: for the Son of man cometh at an hour when ye think not." Luke 12:40

Caramel Corn Crunch

This is one of our favorite whole grain travel desserts when preparing for a long trip.

About 4 quarts (3.75 liters) popcorn, popped

½ cup organic sugar

½ cup molasses

½ tsp salt

¼ cup olive oil

2 cups peanuts, optional

Method 1: You may make this by mixing all together in a bowl and baking for 25-30 minutes at 350°F (175°C). Watch it carefully to keep it from burning.

Method 2: Boil all ingredients except popcorn and peanuts on stovetop to the hard ball stage (when a test drop of the mixture into cold water forms a hard ball -- approx. 250°F, 121°C) and add to popcorn. Spread out on cookie sheets and stir until cooled to keep it from sticking together. *(Although it requires a candy thermometer and a little extra stirring, this is my preferred method because the other method burns so easily in my woodstove.)*



Quotable Quotes

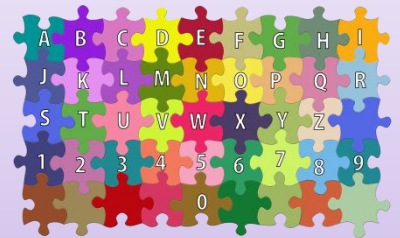
"Do not have your concert first, and then tune your instrument afterwards. Begin the day with the Word of God and prayer, and get first of all into harmony with Him."

— Hudson Taylor

PROFITABLE TRADITIONS

Cultivating Family Togetherness *"Behold, how good and how pleasant it is for brethren to dwell together in unity!"* Psalm 133:1

Spending time together as a family can sometimes be difficult, especially when people have different ideas of what is a relaxing pastime. For example, there are those who like a puzzle and those who don't. Recently, we learned an enjoyable way to "fix" this problem.



The non-puzzlers take turns reading chapters aloud out of a profitable storybook to those who are enjoying the puzzles. Mission stories, religious pioneer stories, and other character building stories are some of our favorites.

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Or visit us at: www.biblepicturepathways.com or www.swiftrunnerministries.com



Day by day, in the news we hear of another disaster: floods, fires, tornadoes, hurricanes, earthquakes, etc. Sadly, the death toll from the earthquake in Turkey is now rivaling the famous Lisbon earthquake. Biblically, we know it is going to get worse before it gets better (when Jesus comes). As mankind by His wickedness turns His back on God, by default, man requests the presence of Satan who is the destroyer, and the result is destruction. The last days parallel the time of Noah before the flood. Jesus said,

"But as the days of Noe were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be." Matthew 24:37-39 This parallel helps us to understand that it is in our best interest to prepare just as Noah did. Jesus counseled, *"Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh."* Matthew 24:44



Noah's building of the ark is a picture of righteousness by faith.

Hebrews 11:7 states, *"By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith."* This is indeed a power-packed verse, that is too deep to explain entirely here, but here are a few hints. Noah, whose name means "rest," represents God's true Sabbath-keeping people (See Ex. 16:23 and Heb. 4:9) who "fear God" and heed the warnings of the three angels in Revelation 14. Indeed, *"all these things happened unto them for ensamples [types, samples, patterns or examples]: and they are written for our admonition, upon whom the ends of the world are come."* 1 Corinthians 10:11

Since we know that at the end of the world it won't be water but fire this time that destroys the wicked, what is the "ark" that we are to be building today for the saving of ourselves and our households (God's remnant)? God told Noah,

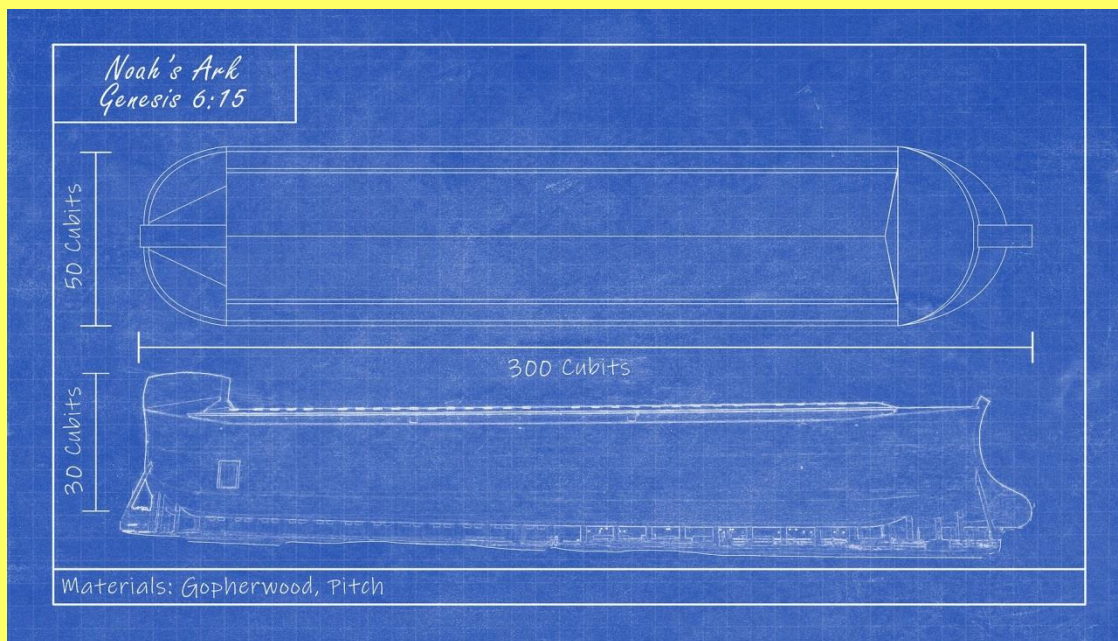
"Make thee an ark of gopher wood; rooms shalt thou make in the ark, and shalt pitch it within and without with pitch." Genesis 6:14 The word ark actually means "box." Here you can see the connection between the Noah's ark and the ark of the covenant. In addition, you might note that both were built of wood covered on the inside and the outside with a protective covering of pitch or gold. (See Exodus 25:10,11) The word "pitch" in Genesis 6:14 means "cover" but is figuratively attached to the word redemption or ransom. Paul speaks of how we are covered or *"justified freely by his [God's] grace through the redemption that is in Christ Jesus"* Romans 3:24 Indeed, it is only through the redemption of Jesus that we can survive the coming storm!

But back to the ark or "box." A box is typically made of a hard straight material with corners, as opposed to a bag that is bendable and no real particular shape. In Isaiah 28:12-13,15 we find that God in His word has sent instruction/truth to His people, *"precept upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little."* Interestingly, we find that *"This is the rest wherewith ye may cause the weary to rest [a Hebrew root of Noah's name]; and this is the refreshing."* We also find that those who do not accept this counsel will *"fall backward, and be broken, and snared, and taken...when the overflowing scourge"* passes through.

Indeed, line upon line, the ark was to be made according to the pattern that God gave Noah. God said, *"And this is the fashion which thou shalt make it of: The length of the ark shall be three hundred cubits, the breadth of it fifty cubits, and the height of it thirty cubits. A window shalt thou make to the ark, and in a cubit shalt thou finish it above; and the door of the ark shalt thou set in the side thereof; with lower, second, and third stories shalt thou make it."* Genesis 6:15,16



The framework of truth and our ark of safety must also follow God's pattern and blueprint. The lines must all be drawn, not where man thinks the line should be, but where God draws the line. Nothing higher, lower or wider than God's safety zone.



In Genesis 7 we see this includes a distinction of kinds (Gen. 7:14). This means no amalgamation, genetic modifications, or those things which show man thinks he can do things better than God. It also includes distinctions between male and female, and between clean and unclean (Gen. 7:2,3).

Today God details distinctions for us, "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with

darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty."

2 Corinthians 6:14-17 The window in the roof of the ark only allowed light from above/heaven into the ark. And there was only one way in -- the door. Likewise, the true light for us comes from heaven and our only door into the ark of safety is Jesus, the way, the truth, and the life. He says, "I am the door: by me if any man enter in, he shall be saved..." John 10:9

The ark is a picture of practical godliness, "Thus did Noah; according to all that God commanded him, so did he." Gen. 6:22 Every blow struck with the hammer echoed that Noah believed what he preached. Every dollar spent in self-denial for others, declared who Noah's God was. But Noah preached with his voice too, he put his all into being a missionary. 2 Peter 2:5 states, "And [God] spared not the old world, but saved Noah the eighth person, a preacher of righteousness, bringing in the flood upon the world of the ungodly." Like the message of Enoch, Noah's message would have been straightforward and pointed because "The word is a two-edged sword, that cuts both ways. It does not tread as with soft, slippered feet." {RH, April 20, 1897 par. 12} So Noah, no doubt, preached that God was about to "to execute judgment upon all" and sought "to convince all that are ungodly among them of all their ungodly deeds which they have ungodly committed, and of all their hard speeches which ungodly sinners have spoken..." Noah surely warned those "walking after their own lusts... their mouth speaketh great swelling words, having men's persons in admiration because of advantage."

Jude 15,16 that probation would soon close. He warned them that they needed to cease trusting in man and man's wisdom and instead follow God's direction before it was too late.

What Noah preached was certainly a present truth message, when to scorners he declared that what had been good enough in the past wasn't good enough to escape the flood. They must prepare now as God had warned. Sadly, even today, many are content with only a past religious experience or they are satisfied with just what their forefathers have taught, but truth is progressive. Proverbs 4:18 says, "But the path of the just is as the shining light, that shineth more and more unto the perfect day." When God gives increased light on what to eat, what to wear, where to live, how to spend our time, what to do for healthcare or He exposes Babylonian practices that we didn't even know were pagan, it is our duty and our only safety "to follow on to know the Lord." Hosea 6:3 How do we know this is what Noah did? Because amidst well-nigh universal apostasy, the Bible declares "Noah was a just man and perfect in his generations, and Noah walked with God." Gen 6:9 To walk with God you must not only be agreed (Amos 3:3) with God's plan, you must also be ever moving forward. Moving forward for 120 years, enduring the world's scorn and being called a fanatic, sacrificing all for the cause of truth, simply because God said so, that is how Noah demonstrated for us how to exercise faith. Because "By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house..." Noah's reward for his faithfulness was that all of his immediate family was saved on the ark. Are you heeding the warnings, or are you scoffing? Will you be lost through negligence, or are you by faith preparing an "ark" for the saving of yourself and your family?

A recent news report stated, *“A group of nearly 30 girls were rushed to hospital after playing with an Ouija board at a school in Colombia. The 28 youngsters passed out while using the séance set at Galeras Educational Institution, in Pasto...”*

*‘There were 28 possible cases of anxiety in school students,’ said Hugo Torres, head of the Galeras Educational Institution in Galeras. Info on the students’ diagnoses has not been revealed, however **many parents blame the in-school use of Ouija boards**, also known as spirit or talking board which spells out messages in a mysterious way.*

Created in the US in 1886, Ouija boards have become a fixture in occult lore due to their alleged ability to communicate with the dead and give paranormal activities to those who use them.

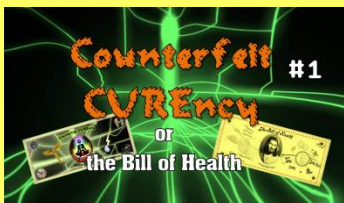
The girls reportedly suffered signs of fainting, anxiety and other symptoms at school before being admitted to hospital....

“Many parents believe the children have been using Ouija boards in class. One mother who works in the hospital said she saw three or four children arrive after fainting. She said: ‘Parents, you have to move, investigate what’s happening at school...’

“In November, another group of teenagers in Colombia also collapsed after reportedly using an Ouija board, with five taken to hospital, according to reports. Teachers at the Agricultural Technical Institute in Hato are said to have found 11 students, aged 13 to 17, passed out in a corridor. The teenagers were suffering from violent vomiting, abdominal pain and muscle spasms. ... Jose Pablo Toloza Rondón, the mayor of Hato said: ‘The children were passed out, at the time they were found they were short of breath and thick drool was coming out of their mouths...’”

Although I have never personally seen a Ouija board, much less played with one, I have had more than one person share their experience or that of a close friend that when the Ouija board was asked if the devil was answering the questions, it replied yes, or if it was asked something like if the answers were from heaven or hell, it replied hell. Parents, please understand, this is NOT an innocent toy. And also recognize that, if as a parent, you are not homeschooling your children, you need to be very careful what teachers/classrooms you place them in connection with.

In this year alone, we have heard of multiple news stories like this. In addition, we have heard of quite a few *“principalities and powers”* type encounters of various sorts involving Christians around the world. Undoubtedly, *“the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time.” Revelation 12:12* And Ouija boards are not the only practice linked to the occult. In Deuteronomy, God tells His people, *“There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer [talking to the dead]. For all that do these things are an abomination unto the LORD: and because of these abominations the LORD thy God doth drive them out from before thee.” Deuteronomy 18:10-12*



We highly recommend that you alert yourself to several “health” modalities that have spiritualistic connections. This may be done by watching our 3-part documentary *Counterfeit CUREncy*.

https://www.youtube.com/playlist?list=PLrL8mMJckTWs_R8-VY54pVRUWiiOxsT2W

We also recommend watching one of our presentations called *“Spirits of Devils—What the Christian Needs to Know”* to learn some other pagan practices that Christians need to avoid.

https://www.youtube.com/watch?v=7v6j0YcdfYQ&ab_channel=CitizenoftheRealm

Spiritual preparation is crucial. Be careful who your friends are, and make sure you always speak up in strong defense of truth, especially if spiritualistic practices are mentioned.

Remember sometimes *“silence gives consent.”* This is no time to be *“sitting on the fence”* with regards to who we serve. The Elijah message for today is still, *“How long halt ye between two opinions? if the LORD be God, follow him: but if Baal, then follow him.”*

1 Kings 18:21



An image reportedly showing one of the students who became unwell. (Image: Jam Press)

NEWS POLITICS FOOTBALL CELEBS TV MONEY ROYALS

Nearly 30 fainting schoolgirls rushed to hospital after playing with Ouija board

Info on the students’ diagnoses has not been revealed, however many parents blame the in-school use of Ouija boards, also known as spirit or talking board which spells out messages in a mysterious way



1-- <https://www.mirror.co.uk/news/world-news/fainting-schoolgirls-rushed-hospital-after-29400873>



Music Ready?

At a certain university, there was a piano teacher that was simply and affectionately known as "Herman." One night at a university concert, a distinguished piano player suddenly became ill while performing an extremely difficult piece. No sooner had the artist retired from the stage when Herman rose from his seat in the audience, walked on stage, sat down at the piano and with great mastery completed the performance.



Later that evening, at a party, one of the students asked Herman how he was able to perform such a demanding piece so beautifully without notice and with no rehearsal. He replied, "In 1939, when I was a budding young concert pianist, I was arrested and placed in a Nazi concentration camp. Putting it mildly, the future looked bleak. But I knew that in order to keep the flicker of hope alive that I might someday play again, I needed to practice every day. I began by fingering a piece from my repertoire on my bare board

bed late one night. The next night I added a second piece and soon I was running through my entire repertoire. I did this every night for five years. It so happens that the piece I played tonight at the concert hall was part of that repertoire. That constant practice is what kept my hope alive. Everyday I renewed my hope that I would one day be able to play my music again on a real piano, and in freedom."

Are you keeping in tune with God today and keeping hope alive by preparing for a future home in heaven?

"But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:" 1 Peter 3:15



Swift Runner Health – Oregano Oil

The Psalmist wrote, *"Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow."* Psalm 51:7 The word hyssop is *hussōpos* in the Greek, but the Hebrew word is *ezob*. But most people believe *"The 'ezob' is evidently not common hyssop (Hyssopus officinalis),"* because it *"is not a native of Palestine."*¹ However, this term does likely refer to some member of the mint family of which hyssop is a part. Other common herbs in the mint family are peppermint, thyme, oregano, basil, lemon balm, and catnip. Many people believe that biblical hyssop is actually a kind of wild oregano plant.² In fact, one oregano oil company has named itself after the hyssop.³ While I cannot say if they are absolutely correct, it is certain that oregano has cleansing properties. I know this from experience since I take some almost every time I feel like I might be getting sick. But I'm not the only one that has observed the benefits of oregano.

One PubMed article states, *"Essential oils of oregano are widely recognized for their antimicrobial activity, as well as their antiviral and antifungal properties. Nevertheless, recent investigations have demonstrated that these compounds are also potent antioxidant, anti-inflammatory, antidiabetic and cancer suppressor agents."*⁴

But before you take oregano, please read this warning: Not all oregano forms are the same potency. An oregano herb tea is simple and fine to consume as is. But oregano oil is a little more concentrated. And MedicalNewsToday warns, *"Be careful to use oregano oil and not oregano essential oil, which is much stronger and not safe to consume."*⁷ And indeed, undiluted oregano essential oil is so potent it can burn. Someone told me they burned their skin with undiluted oregano essential oil. The oil I use is diluted with olive oil and even then I only take 5 drops in the middle of a glass of water. **Please be sure you properly dilute any oregano oils and use it only in reasonable amounts!!!**



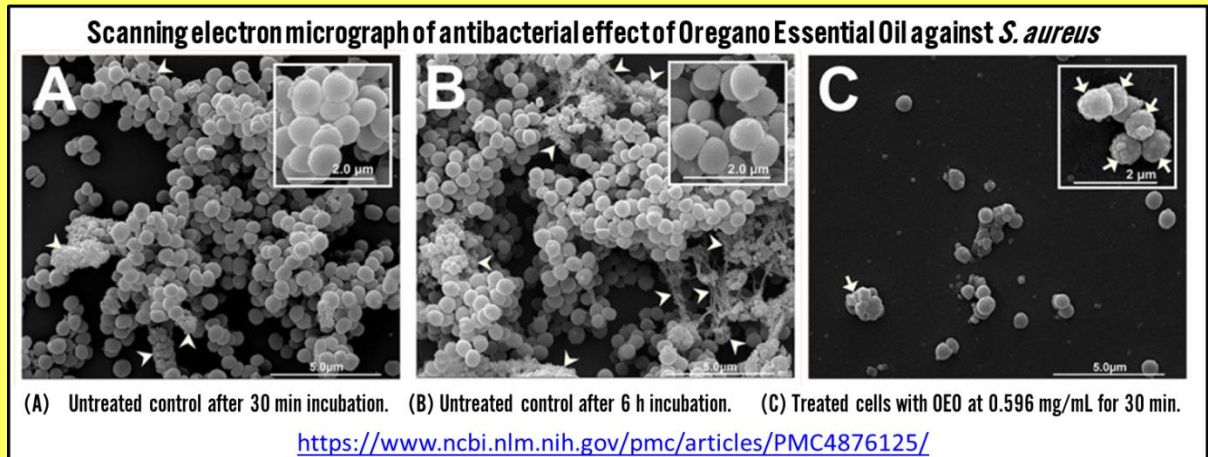
The book Natural Cures for Killer Germs tells about a University study where it was shown that oregano *"spice extracts ...destroy drug resistant germs."* It also states, *"The Oreganol [a brand of oregano oil] was nearly equal to a potent antibiotic, Vancomycin, in its ability to destroy drug resistant germs, a stupendous result for a natural food."*⁵

This is quite a statement especially to those that are familiar with Vancomycin, a broad spectrum antibiotic, that is often used despite serious side effects like “red man” syndrome, hearing loss, low white blood cell counts, hives, difficulty breathing, wheezing, blood vessel inflammation and nephrotoxicity (kidney damage). *“Rates of acute kidney injury in patients who receive vancomycin range from 5-7% all the way up to over 40%.”*⁶ So having a less toxic replacement for Vancomycin from God’s “farmacy” is a real blessing!

Look at how the high levels of carvacrol in oregano oil help to fight bacteria. *“For instance, Staphylococcus is a common type of bacteria that causes staph infection. Some strains occur naturally in the body, but when the bacteria grow too quickly, it can cause bothersome symptoms. Research shows that carvacrol is effective in eliminating the bacteria Staphylococcus aureus and Staphylococcus epidermidis, two common causes of infection...Researchers are also exploring the use of oregano oil for antibiotic-resistant bacteria. The authors of a study in Frontiers in Microbiology found that a combination of oregano oil and silver nanoparticles*

*effectively eliminated all the bacteria they tested.”*⁷ And here is a picture of what the oregano oil did just by itself in only 30 minutes! ⁸

Why use toxic pharmaceuticals when God’s natural foods are far better?



- 1— <https://jewishencyclopedia.com/articles/7974-hyssop> 2-- <https://www2.odu.edu/~lmusselm/plant/bible/hyssop.php> 3-- <https://hyssophealth.com/pages/about>
 4 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6152729/> 5—Natural Cures for Killer Germs, pg. 315 6- <https://doseme-rx.com/vancomycin/articles/side-effects>
 7- <https://www.medicalnewstoday.com/articles/324203#10-benefits> 8- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4876125/>

Kids' Corner

God's Amazing Creatures

The turkey vulture is a large raptor [a bird of prey that hunts food by grabbing it with its feet] that lives in North America and South America. Turkey vultures rarely flap their wings when they are flying and they roost, or rest at night, in large community groups. Turkey vultures don't have the voice box for birds called the syrinx, so the only sounds they make are grunts and low hisses. Turkey vultures find their food using their excellent eyes and sense of smell. They are scavengers [a big word for an animal that collects garbage], and they feed almost solely on carrion, which is a fancy name for dead, rotting animals. Some people call vultures the clean-up crew because when the vultures get rid of the dead animals it lowers the chance of germs and harmful bacteria making other animals or people sick. Aren't you glad



God planned ahead of time and made these birds to help clean up the results of sin?

