



O Christian, Awake! 'Tis the Master's Command

The story is told of an old farmer that had a grandfather clock that went haywire and chimed fourteen times one midnight. Immediately, he jumped up and said, "Wake up, Nellie, it's later than it's ever been before." I appeal to the people of God, wherever they may be found: Awake to your duty. Take it to heart that it is later than ever before, and that we are really living amid the perils of the last days. *"And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed."* Romans 13:11

Lasagna Noodles or Ravioli-Style Pasta Dough



1 cup whole wheat flour 1 cup warm water
1 cup unbleached flour, replacing 3 Tbsp with soy or garbanzo flour (*if you choose to replace the unbleached flour with whole wheat flour, use slightly less*)

(Note: If you choose to use "white whole wheat flour" you will need to add a Tbsp or two of gluten flour to make up for the fact that white wheat flour does not contain as much gluten. Too little gluten causes the pasta dough not to hold together.)

Knead dough lightly. Flour a board and roll 1/8 inch (about 3 mm) thick with a rolling pen, using more flour as necessary to keep it from sticking. Cut to desired size.

Have boiling water ready (4 quarts +1 Tbsp salt).

For ravioli, cut pasta dough into desired shapes, fill,* and seal around the edges before boiling 8-10 minutes.

*(Ravioli may be stuffed with seasoned, mashed tofu and then served with tomato sauce. Or, I have also made pierogies with a mashed potato and onion stuffing and served with homemade chili. The ravioli pictured is formed from a lower circle of dough with filling placed in the middle and then another circle placed on the top.

Seal the edges thoroughly by pressing them together.)

For lasagna noodles, drop them one by one to avoid sticking. Cook until firm, approximately 7 minutes. Drain and use.

Quotable Quotes

***"An idle man's brain is the devil's workshop."*—John Bunyan**

***"Excuses are the cradle ... that Satan rocks men off to sleep in."*—Dwight L. Moody**

PROFITABLE TRADITIONS

Cultivate thankfulness — Sometimes we are not "awake" enough to take note of and remember the blessings God sends us. During a selected period of time have each person in the family write down on separate pieces of paper special blessings from God that they noticed. Place them in a chosen container. At the end of the chosen period of time, draw them out and read them for a special "thankful" worship. If you choose to do this over a longer period, see how many you can remember before you read them.

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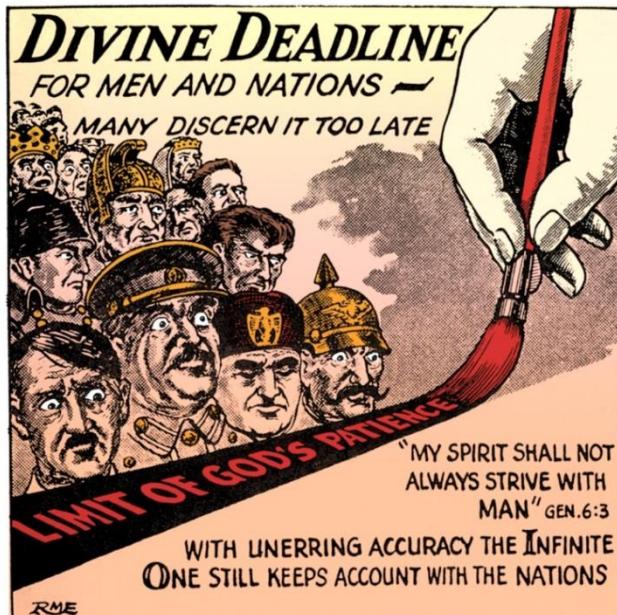
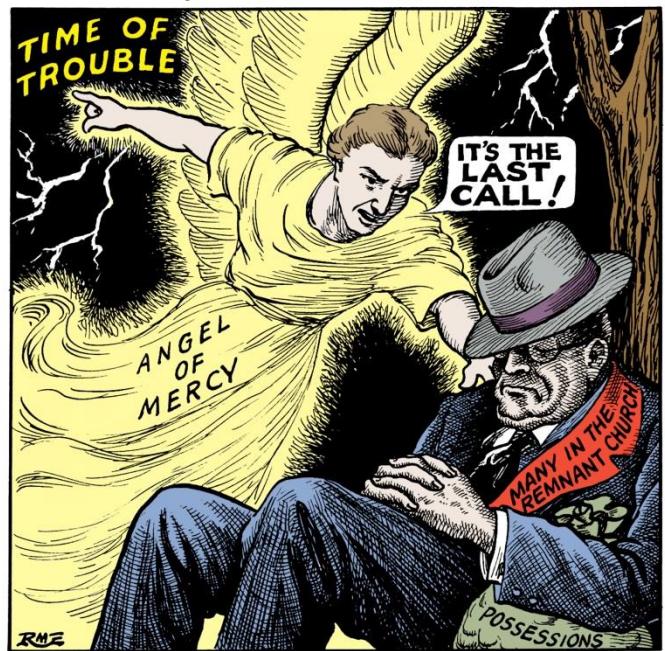
A Father's Mistake

There is a sad but true story of a father who took his little child out into the field one Sabbath, and, it being a hot day, he lay down under a beautiful shady tree. The little child ran about gathering wild flowers and little blades of grass, and coming to its father and saying, "Pretty! pretty!" At last the father fell asleep, and while he was sleeping the little child wandered away. When he awoke, his first thought was, "Where is my child?" He looked all around, but he could not see him. He shouted at the top of his voice, but all he heard was the echo of his own voice. Running to a little hill, he looked around and shouted again. No response! Then going to a precipice at some distance, he looked down, and there, upon the rocks and briars, he saw the mangled form of his loved child. He rushed to the spot, took up the lifeless corpse, and hugged it to his bosom, and accused himself of being the murderer of his child. While he was sleeping his child had wandered over the precipice. I thought as I heard that, what a picture of the church of God! We are upon the enchanted ground, and Satan is continually at work to rock our

people to sleep in the cradle of carnal security. There is an indifference, a lack of zeal, that paralyzes all our efforts. Some of the people of God are drowsy, dormant, and scarcely half awake; they do not realize the time we are now living in, and that many, not recognizing their peril, are in danger of being swept away. *"Therefore let us not sleep, as do others; but let us watch and be sober."* 1 Thessalonians 5:6

Let God-fearing men and women awake to their duty! Move as if you heard Christ calling upon you personally to awake out of sleep and to exert every God-given faculty in giving the warning message!

The most solemn warning and the most awful threatening ever addressed to mortals is that contained in the third angel's message. The sin that calls down the wrath of God unmixed with mercy must be of the most heinous character. Is the world to be left in darkness as to the nature of this sin?--Most assuredly not. God does not deal thus with His creatures. His wrath is never visited upon sins of ignorance. Before His judgments are brought upon the earth, the light in regard to this sin must be presented to the world, that man may know why these judgments are to be inflicted, and may have opportunity to escape them. {ST, November 1, 1899 par. 7}



The divine deadline is soon to come, when man must decide between the commandments of God and the commandments of men. Thankfully, God makes the ground of safety plain within the message itself.

"And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand,

The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb:

And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name.

Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.

Revelation 14:9-12

Indeed, Jesus said, *"If ye love me, keep my commandments."* John 14:15

Let's take a brief, but thoughtful look at God's ten commandments contrasted with the commandments of men.

(We're paraphrasing to save space, so see Exodus 20:1-17 & Deuteronomy 5:6-21 for the full biblical wording)

**God's law #1 Make God first Man's counterfeit #1 Make man (even yourself) and the things of this world first
Where are your time, effort and your money placed primarily?**

God's law #2 Don't make, worship or serve idols. **Man's counterfeit #2**—Worship of super heroes, movie stars, pagan traditions, etc.

As Moody put it, "*Whatever you love more than God is your idol.*" Today's idols may look a little different, but they are nonetheless idols. For example, in 2006 when (supposedly in jest) Stephen Colbert at the Emmy Awards said "*We're giving you a golden idol to worship. Kneel before your god, Babylon.*"¹ all of Hollywood applauded. But true Christians will not laugh, nor go for entertainment to those who find it amusing to be "*godless sodomites*" because God's word says, "*Fools make a mock at sin...*" Prov.14:9 and "*Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.*" Revelation 18:4

God's law #3 Don't take God's name in vain. **Man's counterfeit #3**—Claim God's name for His benefits, but don't follow His laws.

God's law #4 Remember, the seventh day is the Sabbath. **Man's counterfeit #4**—Forget the seventh day, try the first, or the sixth or some other day of the week.

God's law #5 Honour your father and mother. **Man's counterfeit #5**—Do whatever you feel like is best for you.

God's law #6 Don't kill, especially murder (Matthew 19:18) **Man's counterfeit #6** It's okay to kill unwanted babies (abortion) or commit slow suicide by unhealthy practices like alcohol or tobacco.

God's law #7 Don't commit adultery. **Man's counterfeit #7**—Do whatever makes you happy (even if it is for only a season.)

God's law #8 Don't steal. **Man's counterfeit #8**—Stealing might be okay if you need it more than they do.

God's law #9 Don't lie (or bear false witness). **Man's counterfeit #9**—Lies are okay if they're for a good cause or necessary.

God's law #10 Don't covet. Defraud not. (Mark 10:19) **Man's counterfeit #10**—Withholding wages or other things that belong to others so you can get rich. Get the best deal you can, even if someone else suffers loss from it.

Sadly, those who will not be moved by the plain truths of the word of God would not be awoken even by all the thunders and lightnings of Mount Sinai, neither would an angel's message awake them. But though the contest will wax more and more fierce, those who triumph over the beast, his image and his mark will be those who by God's grace have perfected Christian characters in the midst of falsehood and infidelity. It will be those who honor the law of God when many, even among Christians, declare it void.

Indeed, "*We are living in the most solemn period of this world's history. The destiny of earth's teeming multitudes is about to be decided. Our own future well-being, and also the salvation of other souls, depends upon the course which we now pursue.... We should now seek a deep and living experience in the things of God ... Events of vital importance are taking place around us; we are on Satan's enchanted ground. Sleep not, sentinels of God; the foe is lurking near, ready at any moment, should you become lax and drowsy, to spring upon you and make you his prey.*" (Great Controversy, pg. 601)

Don't make the same mistake as the father who went to sleep. Wake up, and warn others **before** it is too late!

1- https://www.youtube.com/watch?v=yWBen6es5U4&ab_channel=TahirW -- minute 1:15 (kneel quote), 0:10 (sodomites quote) Warning on blasphemy and immodest dress.



"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."
Matthew 6:33

Dwight L. Moody recounted the following story... When I was a young boy--before I was a Christian--I was in a field one day with a man who was hoeing. He was weeping, and he told me a strange story, which I have never forgotten. When he left home his mother gave him this text: "Seek first the kingdom of God." But he paid no heed to it. He said when he got settled in life, and his ambition to get money was gratified, it would be time enough then to seek the kingdom of God. He went from one village to another and got nothing to do.

When Sunday came he went into a village church, and what was his great surprise to hear the minister give out the text, "Seek first the kingdom of God." He said the text went down deep into his heart. He thought that it was but his mother's prayer following him, and that some one must have written to that minister about him.

He felt very uncomfortable, and when the meeting was over he could not get that sermon out of his mind. He went away from that town, and at the end of a week went into another church and he heard the minister give out the same text, "Seek first the kingdom of God." He felt sure this time that it was the prayers of his mother, but he said calmly and deliberately, "No, I will first get wealthy."

He said he went on and did not go into a church for a few months, but the first place of worship he went into he heard a third minister preaching a sermon from the same text. He tried to drown--to stifle his feelings; tried to get the sermon out of his mind, and resolved that he would keep away from church altogether, and for a few years did keep out of God's house.

"My mother died," he said, "and the text kept coming up in my mind, and

I said I will try and become a Christian." The tears rolled down his checks as he said, "I could not; no sermon ever touches me; my heart is as hard as that stone," pointing to one in the field. I couldn't understand what it was all about--it was fresh to me then.

I went to Boston and got converted, and the first thought that came to me was about this man. When I got back I asked my mother, "Is Mr. L-- living in such a place?"



"Didn't I write to you about him?" she asked. "They have taken him to an insane asylum, and to everyone who goes there he points with his finger up there and tells him to 'seek first the Kingdom of God.'" There was that man with his eyes dull with the loss of reason, but the text had sunk into his soul--it had burned down deep. Oh, may the Spirit of God burn the text into your hearts today.

When I got home again my mother told me he was in her house, and I went to see him. I found him in a rocking chair, with that vacant, idiotic look upon him.

Whenever he saw me he pointed at me and said: "Young man, seek first the kingdom of God." Reason was gone, but the text was there. Last month when I was laying my brother down in his grave I could not help thinking of that poor man who was lying so near him, and wishing that the prayer of his mother had been heard, and that he had found the kingdom of God. Don't wait until it is too late, seek first the kingdom of God, today.



Prophetic News Notes — Jesus "Outlawed"?



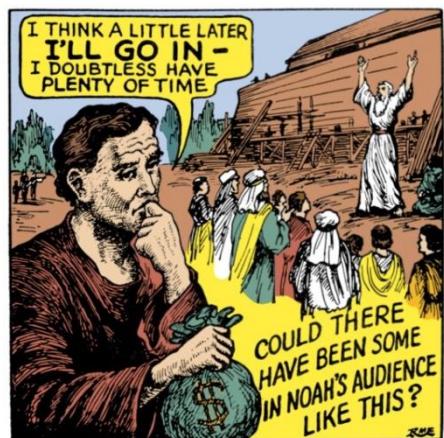
They wanted him to leave because of his shirt

Jesus was finally deemed newsworthy, but sadly His message, "*I am the way, the truth, and the life: no man cometh unto the Father, but by me.*" (John 14:6) was deemed controversial and even offensive. Newsmax reported: "*A man wearing a yellow T-shirt with the words 'Jesus Saves' was told to leave the Mall of America in Bloomington, Minnesota, by a security guard in a video posted online.*

"On the back of the man's shirt were the words 'Jesus Is The Only Way.' The 'coexist symbol,' which represents peace among several religions, has a line drawn through it.

"The man was told by the security guard that could either leave the mall or take off the shirt. 'You want to shop here, you need to take that shirt off,' one guard is seen telling the unidentified man.

"The man is seen pleading his case to security guards.



"What is wrong with it?" he asks.

"The guard then says in the video: 'Again, sir, it is religious soliciting. There is no soliciting on mall property, which is private property.'

"The mall's website specifically says there is to be no 'picketing, demonstrating, soliciting, protesting or petitioning' in the mall."

"The Daily Mail said the video was recorded Jan. 7. The newspaper's website, which posted the video, quoted a mall spokesman as saying the man was eventually permitted to stay in the mall while wearing the shirt."²

You can also watch the video for yourself on Youtube.³ Ironic isn't it, how in a day and age when every satanic and occult perversion is allowed, and blasphemy and profanity has become common place, the message of Jesus Christ is deemed offensive. Protestant America is fast falling into apostasy. It is time for her to heed the warning for the scripture declares, "*Woe unto them that decree unrighteous decrees, and that write grievousness which they have prescribed;*" Isaiah 10:1 "*Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!*" Isaiah 5:20

But from the opposite extreme, we see on the horizon persons hinting at the necessity for a Sunday law for health purposes. In a paper "circulated by the National Bureau of Economic Research"⁴ the repeal of Sunday blue laws is suggested as a cause of rising death and despair. Marketwatch reports, "States that experienced larger declines in religious participation in the last 15 years of the 20th century saw larger increases in deaths of despair.

 MarketWatch • Latest Watchlist Markets Investing Personal Finance Economy Retirement How to

Rise in middle-aged white 'deaths of despair' may be fueled by loss of religion, new research paper argues

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By Steve Goldstein [Follow](#)

on weekly attendance of religious services, and increased the rate of deaths of despair by 2 deaths per 100,000 people, they found — accounting for a 'reasonably large share of the initial rise in the deaths of despair.'⁴

Indeed, the extreme behavior of the secularist & pagan followers of 'the dragon' [Satan] causes the followers of 'the beast' [church-state union] to rise up in outrage and thus give 'power' to that union. And we see the truths of Revelation playing out before our very eyes. "*And the beast which I saw was like unto a leopard, and his feet were as the feet of a bear, and his mouth as the mouth of a lion: and the dragon gave him his power, and his seat, and great authority.*" Revelation 13:2

1—1st two screenshots <https://www.dailymail.co.uk/news/article-11641123/Man-wearing-Jesus-Saves-t-shirt-Mall-America-ordered-leave.html>

2-- <https://www.newsmax.com/newsfront/mall-jesus-shirt/2023/01/17/id/1104758/> 3-- https://www.youtube.com/watch?v=qfLVod_pi8q&ab_channel=YourLivingManna

4- <https://www.marketwatch.com/story/deaths-of-despair-may-be-driven-by-loss-of-religion-new-research-paper-argues-11673876749> including 3rd screen shot



Swift Runner Health – The Stress Factor

The more I study disease and its causes and observe those who are sick, the more I believe that 9/10 of the diseases from which men and women suffer have their foundation in the mind. This is not necessarily from hypochondria, but from things like stress.

An article published in the Malaysian Journal of Medical Sciences confirms this fact. "*The morbidity and mortality due to stress-related illness is alarming. Emotional stress is a major contributing factor to the six leading causes of death in the United States: cancer, coronary heart disease, accidental injuries, respiratory disorders, cirrhosis of the liver and suicide. ...According to Occupational Health and Safety news and the National Council on compensation of insurance, up to 90% of all visits to primary care physicians are for stress-related complaints.*¹

This stress reaction is sometime easily observed. For example, on one occasion, I was told of a patient with high blood pressure who was given something to calm her mind but nothing for her high blood pressure. However, the high blood pressure "miraculously" disappeared. But, even things you might not think are linked to stress, like osteoporosis, can be caused by stress. It can originate with stress since the body pulls calcium out of the bone to counteract the acidity in the blood coming from stress.

Now I could give you a whole scientific article on exactly how that works, but that is not my purpose here. The question is how do we lower our stress?

Since stressors differ for different people, it is evident that stress is not so much *what* happens, but *how* you deal with it. It is my belief that Jesus [the Word] is the answer for the world's chronic stress. But how do you implement that? "... *When the enemy* [stress] shall come in like a flood [more than you can handle], *the Spirit of the LORD shall lift up a standard* [the Word] against him." *Isaiah 59:19*

We must learn to meet stress like Jesus met temptation in the wilderness, with an "*It is written..*" I have found that generally memorizing scripture songs² is the most efficient and calming way to do this. The music itself is calming and the scripture reminds us that God is in control of our situation. I have tried to memorize different texts for different stressors. Here are a few examples.

An Overwhelming Project—Philippians 4:13 **Overburdened**—Psalm 55:22 **Overwork**—Matthew 11:28-30 **No fun**—Psalm 16:11
Feeling Ugly—1 Samuel 16:7, Psalm 17:15 **Fear**—2 Timothy 1:7 **Persecution**—James 1:2-4, **Lack of Money**—Proverbs 15:16
Need of Help—Isaiah 41:10 **Sickness**—Isaiah 40:31 **A big Test**—James 1:5 **A need of something**—Philippians 4:19
Lack of Strength—Isaiah 40:29 **Loneliness**—Matthew 28:20 **Lack of Peace**—John 14:27, Psalm 119:165 **Trouble**—John 14:1-3
Temptation—1 Corinthians 10:13 **You don't understand why God is allowing this to happen**—Philippians 4:7 **Life**—John 10:10
Unworthiness—Luke 12:32, 1 John 1:9, Romans 5:8 **Deadlines**—Matthew 6:34 **Social Stressors**—1 Peter 5:7
Bad News—Psalm 112:7 **Overwhelmed**—Psalm 61:1-3 **Death**—1 Thessalonians 4:13-18 **Lack of Courage**—Joshua 1:9
Suffering—Romans 8:18 **Broken Stuff**—Matthew 6:19-21 **Need of a Miracle**—Jeremiah 33:3

For your health, raise up the standard against stress today, "*For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.*" Romans 15:4

1-- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3341916/> 2- You can find many scripture songs here. <http://www.themarkedbiblemission.com/KJV-Scripture-Song-Collection.php>

Kids' Corner

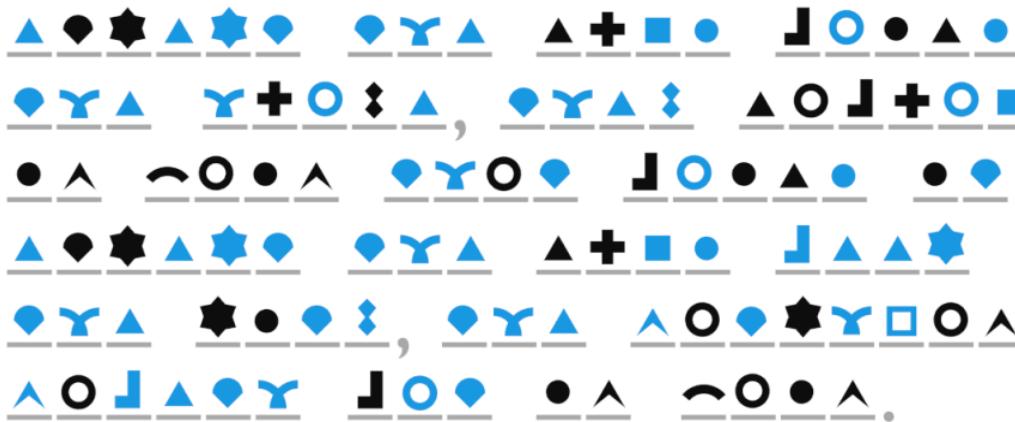
God's Amazing Creatures

Jellyfish, or sea jellies, live in oceans all around the world. They are made up of smooth, bag-like and usually umbrella-shaped bodies and arms, called tentacles. The tentacles are armed with tiny, stinging cells and may be used to catch food and protect against enemies. Jellyfish are kind of strange animals because they have no brain, heart, bones or eyes. Some jellyfish are clear, but others are vibrant colors of pink, yellow, blue and purple. They can be bioluminescent too, which means Jesus made them to produce their own light! Jesus tells us to be like little lights too. He says, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matthew 5:16



Hey Kids!

Can you crack the code of this Bible verse?



A=○	K=■	U=○
B=■	L=▲	V=~
C=◆	M=□	W=▲
D=●	N=▲	X=◆
E=△	O=+	Y=‡
F=□	P=★	Z=■
G=~	Q=▼	
H=▼	R=■	
I=●	S=‡	
J=+	T=●	

Psalm 127:1