

The Bible Banner

February 2024

Bonus Edition



Like a Lily, Clean and Pure

BIBLE PICTURE PATHWAYS.COM

A certain girl in church school had read the Beatitudes in Matthew. She was asked which of the things mentioned she would most like to have. "A pure heart," she said.

When asked why she preferred that, she stated,

"If my heart were pure, I believe I would have all the other virtues mentioned in this chapter."

"Blessed are the pure in heart: for they shall see God." Matthew 5:8

Eggless Egg Rolls

About 2 pkgs. spring roll wrappers (from an Asian store's frozen section or follow directions for the dry shelf-stable ones*)

½ cabbage head (cut like slaw)

About 2 cups of carrot, grated 1 onion, chopped

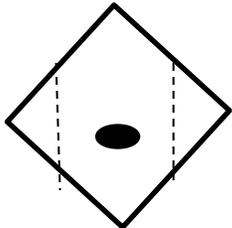
½ pkg. frozen peas (2 cups)

1 batch scrambled tofu (14 oz-397 grams)

Steam onions with tofu first. Add other ingredients only briefly.

Drain. Roll in spring roll wrappers.* You can deep fry these in olive oil, but we generally "cheat" by brushing with olive oil on one side, baking them, and then flipping them over and brushing the other side with oil and baking until lightly browned.

(They are a little more chewy this way, but we like them).



*Some vegan spring roll wrappers are square and already moist when they thaw. Others are round, and stiff like rice paper. These may be softened just before rolling by placing them one by one, flat into warm water. Remove from water while they are still slightly stiff, but getting flexible. Immediately, place the filling close to one corner or equivalent on the circular ones. Roll the bottom corner over the filling. Then fold in the two side corners. Continue rolling until completely rolled. (Do not overstuff or they will break open.)

QUOTABLE QUOTES

"By conforming entirely to the will of God, we... shall see the necessity of decided separation from the customs and practices of the world.

We are not to elevate our standard just a little above the world's standard; but we are to make the line of demarcation decidedly apparent."

{Review & Herald, January 9, 1894 par. 9}

PROFITABLE TRADITIONS—CULTIVATE PURITY

Before setting your birthday dessert on fire, consider/research where certain "out of context" holiday traditions come from and whether they are actually the worship of pagan gods condemned in the Bible. For example, *"In Ancient Greece, Artemis was the goddess of the...the moon... It is said that cakes brought to the temple of Artemis were adorned with candles to make them glow like the moon. Many ancient cultures and many religions also believed that smoke was a vehicle to carry prayers up to the gods, and it is possible that this idea is the basis for our modern "make a wish" tradition."* "Because my people hath forgotten me, **they have burned incense to vanity**, and they have caused them to stumble in their ways... to walk... in a way not cast up;" Jeremiah 18:15 "The children gather wood, and the fathers kindle the fire, and the women knead their dough, **to make cakes to the queen of heaven**, and to pour out drink offerings unto other gods, **that they may provoke me to anger."** Jer. 7:18

1-- <https://hankeringforhistory.com/the-history-of-the-birthday-cake/>



A New Pentecost & Honey from the Belly of the Beast

Editor's Notes, Prophetic News Notes, Study to Show Thyself Approved

*"And I saw one of his heads as it were wounded to death; and his deadly wound was healed: and **all the world wondered after the beast.** And they worshipped the dragon which gave power unto the beast: and they worshipped the beast, saying, Who is like unto the beast? who is able to make war with him?". Revelation 13:3, 4*

For a while, I have thought about why the Bible says ALL the world wondered after the beast, yet many who teach prophecy today make it sound like those who keep the seventh-day Sabbath are immune to this deception. My own view is that although, according to Revelation 14, at the very end there will be a people with *"no guile"* in their mouth and who are *"not defiled with women,"* meaning without connection to adulterous Babylonian churches, and who *"keep the commandments of God and have the faith of Jesus,"* this does not mean they have never been deceived or "wondered after"/admired the beast power. And indeed, many today still follow the commands of Rome when it seeks *"to change times and laws"* (Daniel 7:25) by reordering/eliminating portions of God's law and commanding times in the form of mandating various religious holidays. The Revelation 18 call out of Babylon, *"Come out of her, my people..."* suggests that many people are still deceived into following idolatrous practices of Babylon and thus wondering after the dragon, the beast and the false prophet (Rev. 16:13,19) without knowing it. It has been said that *"Imitation is the sincerest form of flattery..."* and many wonder after or admire Babylonian practices because they don't know where they came from. Consider Samson's God-fearing parents, would they have eaten honey from the belly of a dead, unclean, Babylonian (Daniel 7:4) beast, if they had known where it came from? Probably not, since Levitical law had declared this a double abomination because it was both a dead carcass and an unclean beast (Lev. 11). Yet the Bible states, *"And he [Samson] took thereof in his hands, and went on eating, and came to his father and mother, and he gave them, and they did eat: but he told not them that he had taken the honey out of the carcase of the lion."* Judges 14:9



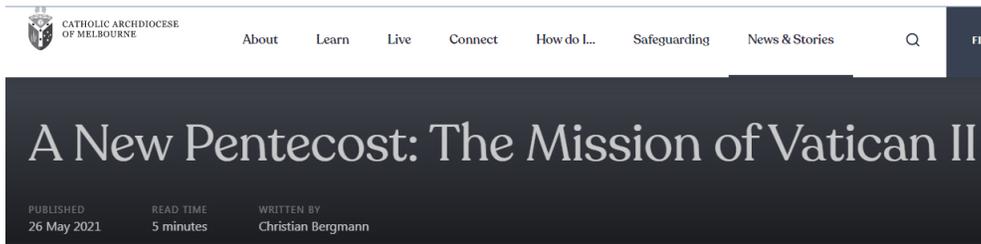
I believe the same sort of thing is happening again, leaders, who are thought to be in a covenant relationship with God like Samson, are delivering food to the unknowing, not telling them that it is coming from a source God condemns. And, as time goes on, the deception is becoming more and more subtle. Consider this example of how this happens with one of the abominations God showed to Ezekiel. *"He said also unto me, Turn thee yet again, and thou shalt see greater abominations that they do. Then he brought me to the door of the gate of the LORD'S house which was toward the north; and, behold, there sat women weeping for Tammuz."* Ez. 8:13, 14 The dragonic form of this is blatant paganism with all the licentious and immoral practices included in weeping and fasting for the sun deity for 40 days. But notice how the devil works and becomes more subtle. The beast form of this is "baptized paganism." The same days are celebrated as the pagans, only Tammuz is supposedly replaced by Jesus and like the golden calf, this pagan worship now proclaimed *"a feast to the LORD."* Exodus 32:5 This is the 40-day festival of Lent. The United States Conference of Catholic Bishops states, *"Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter."*¹ Also, according to Alexander Hislop, Tammuz paralleled St. Swithin and thus was also *"a patron saint of forty days rain."*² Now, watch how "weeping for Tammuz" becomes even more subtle and sneaky in the "false prophet" white-washed baptized paganism form. Here we find the name Lent is now replaced with the name "40-days of Prayer" and its practice is meticulously footnoted with biblical references showing how almsgiving, fasting and praying for "the latter rain" are good. (Also keep in mind the 40-day fasts of both Moses and Christ were a private matter, not a publicized holiday.) The 40-day Lent look-alike is indeed *"a deception for the elect"* and is getting some Bible believers to unsuspectingly eat honey out of the belly of the beast. *"It ought to be known," said Cassianus...writing in the fifth century, and contrasting the primitive Church with the Church in his day, 'that the observance of the forty days had no existence so long as the perfection of that primitive Church remained inviolate [unpolluted].'"*³

One must admit though, Christians can't simply quit doing things like praying because it might be a pagan holiday, or we would have to sit back and do nothing every day, and that would make us unable to fulfil the great commission. However, we should heed the injunction, *"Thus saith the LORD, Learn not the way of the heathen... For the customs of the people are vain..."* Jeremiah 10:3 Also, *"Thou shalt not bow down to their gods, nor serve them, nor do after their works..."* Exodus 23:24 And again, *"Take heed to thyself that thou be not snared by following them... that thou enquire not after their gods, saying, How did these nations serve their gods? even so will I do likewise."* Deut.12:30 It is abundantly evident that we are NOT to worship God in the same way as the heathen.

The last-day message in Revelation adds an additional warning about how the beast with lamb-like horns (who parallels the "false prophet") deceives. It says, *"And he exerciseth all the power of the first beast before him, and causeth the earth and them which dwell therein to worship the first beast, whose deadly wound was healed. And he doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, And deceiveth them that dwell on the earth by the means of those miracles which he had power to do in the sight of the beast..."* Revelation 13:12-14

So he uses wonders and fire to deceive. One place where we see “wonders” and fire is on Pentecost. *“And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.” Acts 2:1-4*

It should then be of interest to the student of prophecy that *“Pope John XXIII opened the Second Vatican Council with a prayer to the Holy Spirit to ‘renew your wonders in our day as by a new Pentecost.’”⁴*



In fact, *“Pope John Paul II, Pope Benedict XVI, and Pope Francis have all spoken about the coming of and need for a new Pentecost.”⁵* Several of the popes including Pope Benedict connect this New Pentecost to prayer. In a 2012 address, Benedict XVI stated, *“‘Dear friends of Renewal in the Holy Spirit, do not grow weary of turning to Heaven: the world stands in need of prayer...I entrust you all to Mary Most Holy, present in the Upper Room at the event of Pentecost. Persevere with her in prayer...’”⁶*

Before moving on, let us note that while the promised “latter rain” will be similar to Pentecost, *“The Lord did not lock the reservoir of heaven after pouring His Spirit upon the early disciples. We also may receive of the fullness of His blessing. Heaven is full of the treasures of His grace, and those who come to God in faith may claim all that He has promised. If we do not have His power, it is because of our spiritual lethargy, our indifference, our indolence. Let us come out of this formality and deadness.”⁷* The scripture declares *“... the Holy Ghost, whom God hath given to them that obey him.” Acts 5:32* meaning the Holy Spirit is given to those that submit to God’s authority, not just to those that make a formality out of prayer and use unbiblical prayer practices like the heathen. However, because all religions pray (except maybe atheists) *Vatican II* is using prayer as part of the ecumenical movement to bring all religions into unbiblical unity. Consider, Hindus pray, Muslims pray, Catholics pray, Protestants pray, etc., so while they cannot agree on doctrine, doctrine is being devalued and demoted, and prayer is being exalted as a point of unity especially between Protestants and Catholics. For example, one Catholic website states, *“One criticism of the second Vatican Council is that it contradicts previous magisterial teaching on the question of praying with non-Catholics. For example, the Council document Unitatis Redintegratio says: ‘In certain circumstances, such as prayers ‘for unity’ and during ecumenical gatherings, it is allowable, indeed desirable that Catholics should join in prayer with their separated brethren.’ But [Rome’s motives have not changed because] in the encyclical Mortalium Animos, written almost forty years earlier, Pope Pius XI said,*

‘It is clear why this Apostolic See has never allowed its subjects to take part in the assemblies of non-Catholics: for the union of Christians can only be promoted by promoting the return to the one true Church of Christ of those who are separated from it, for in the past they have unhappily left it.’”⁸ It is evident that the focus on prayer is part of an ecumenical movement.

Recently, I was horrified to find a “24/7prayer.com” look-alike site in what should be a solid Protestant place. While breath prayers, counterfeit meditation, contemplative prayer, lectio divina, and prayer labyrinths have been recognized by some as “spiritual formation,” prayer courses, liturgical prayer formulas, and the concept of having to go to a special “prayer room” to pray still abound complete with lesser known “honey from the belly of the beast.” Indeed, *“In [the book] Eucharistic Adoration after Vatican II, Edward Foley examines the relationship between Vatican II, liturgical prayer, and contemporary eucharistic adoration and devotion.”¹⁰* The following definition is rather revealing. *“Liturgical Prayer is public prayer that follows prescribed ritual formulas. Liturgical prayer is prayer for the salvation of the world. It can be distinguished from Devotional prayer, which is intended to unite the individual with God through Christ.”¹¹* By this definition, liturgical prayer is a formula for prayer that is not designed to unite you with God through Christ. Is this how Paul warned the devil would come as an angel of light, saying, *“But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be **corrupted from the simplicity that is in Christ.**” 2 Cor.11:3* (See also vs. 13-15) Some prayer group formulas follow the ACTS prayer model including Adoration (hopefully not related to Eucharistic Adoration?), Contrition, Thankfulness and Supplication. Others say everyone worldwide in their prayer circles should follow the format of Praise, Confession, Supplication, and Thanksgiving. My question is where did these models come from? It is revealing that one attendee stated, after attending “the Alpha Course,” *“People began to return to the sacrament of confession.”¹²* And indeed, this seems to trace back to the beast power since, *“The Sacrament of Penance (or Sacrament of Reconciliation or Confession) is one of the seven sacraments in the Roman Catholic Church.”¹³*



A very similar prayer formula also traces back to Origen whose *“reputation as the great introducer of mysticism, allegory, and Neo-Platonism in the Christian church is too well known to need recital. Those who are best acquainted with the history of Christian opinion*

know best that Origen was the great corrupter and the source, or at least earliest channel, of nearly all the speculative errors which plagued the Church in after ages.¹⁴ “Mosheim says: “This new species of philosophy, imprudently adopted by Origen and other Christians, did immense harm to Christianity. For it led the teachers of it to involve in philosophic obscurity many parts of our religion, which were in themselves plain and easy to be understood; and to add to the precepts of the Saviour not a few things of which not a word can be found in the Holy Scriptures.”¹⁵



In fact, Origen’s pagan-Christian mix is demonstrated when, in contrast to Ezekiel 8:16 that cites the abomination of those who “worshipped the sun toward the east,” Origen teaches worshipping toward the east. In his book on prayer, he states, “A few words may now be added in reference to the direction in which one ought to look in prayer. Of the four directions, the North, South, East, and West, who would not at once admit that the East clearly indicates the duty of praying with the face turned towards it with the symbolic suggestion that the soul is looking upon the dawn of the true light?”¹⁶ On the same page, Origen states concerning what he titled “the four moods” of prayer, “Four topics ...appear to me to deserve mention, and according to these everyone should organize their prayer. The topics are as follows: In the beginning and opening of prayer, [1] glory is to be ascribed according to one’s ability to God, through Christ who is to be glorified with Him, and in the Holy Spirit who is to be proclaimed with Him. Thereafter, one should put [2] thanksgivings... After thanksgiving it appears to me that one ought to become a powerful accuser of one’s own sins before God and ask first for healing with a view to being released from the habit which brings on sin, and secondly for forgiveness for past actions. After [3] confession it appears to me that one ought to append as a [4] fourth element the asking for the great and heavenly things, both personal and general, on behalf of one’s nearest and dearest. And last of all, one should bring prayer to an end ascribing glory to God through Jesus Christ in the Holy Spirit. As I already said, I have found these points scattered throughout the scriptures.”¹⁶

I believe the “false prophet” is waltzing in the door of our churches in the form of formalistic/liturgical prayers on the pretext that they are biblical. However, one can certainly pray a prayer of thanksgiving without including any requests, or he can include all the requests he desires at once because God is an all-wise being who can sort things out, not a robot. Although there are biblical principles to follow¹⁷ connected with prayer, we don’t need prayer beads, formulas, or classes on how to pray. The Bible contains all the guidance we need. We should be wary of “signs and wonders” speakers who downplay doctrine constituting “wine mixed with water” (Isaiah 1:22) and make us feel like if we don’t receive miraculous answers like they do, we are somehow praying wrong. Many of God’s miracles are silent and often pass unnoticed like the way He year after year turns “water into wine” in grapes all over the world. Don’t fall for a “New Pentecost” instead, “ask for the old paths... the good way, and walk therein.” Jer. 6:16 Consider, **Jesus cautioned us not to pray to be seen of men** – “And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.” Matt. 6:5 **Although Jesus sometimes prayed in public, He exemplified and explained that there is power in private prayer.** “But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.” Matt. 6:6 **Jesus warned us against multiplying formula prayers like the heathen.** “But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.” Matt. 6:7,8

Don’t “wonder after” the beast and give credence to the dragon by copying their methods. Remember, although we are to be “continuing instant in prayer” and are directed to “pray without ceasing,” (Romans 12:12, 1 Thess. 5:17) this does not mean longer, more multitudinous prayers are more effective. One may dart a simple request prayer to heaven like Nehemiah before the king.¹⁷ On Mt. Carmel, the false prophets prayed all day for fire, Elijah prayed a short, sincere prayer but once. Truly, “The effectual fervent prayer of a righteous man availeth much.” James 5:16 There is nothing wrong with an old-fashioned prayer meeting. But we also need to keep in mind, while we do need to apologize to those we have wronged, fulfilling the “acknowledge your faults” of James 5:16 (1587 Geneva Bible), most of the time personal confessions should be reserved for private prayer, not placed in the public eye like the confessionals of Rome. The pages of history, such as those found in Chiniquy’s The Priest, the Woman and the Confessional detail the horrors caused by confessions where one man hears another’s sins. Indeed, works-based prayer is not God’s way. None of us can pray a good enough prayer, but because the Holy Spirit is our interpreter, prayer is simple enough a child’s prayer can be effective. “Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.” Roman 8:26 God simply looks at the motives and heart of the one praying. He says, “And ye shall seek me, and find me, when ye shall search for me with all your heart. And I will be found of you, saith the LORD...” Jer. 29:13, 14a

1- <https://www.usccb.org/prayer-worship/liturgical-year/lent> 2- *The Two Babylons*, pg. 280 3- *The Two Babylons*, pg. 104

4- <https://melboumecatholic.org/news/a-new-pentecost-the-mission-of-vatican-ii> 5- <https://www.catholicapostolatecenter.org/blog/living-out-the-new-pentecost>

6- https://resurrectionparish.ca/files/docs/Papal_Quotes.pdf 7- Review and Herald, June 4, 1889. 8- <https://www.catholic.com/magazine/online-edition/some-clarity-on-praying-with-non-catholics> 9- screenshot <https://prayercourse.org/> 10- <https://itpress.org/Products/4469/Eucharistic-Adoration-after-Vatican-II> 11- <https://stpaulc.org/liturgical-prayer#:~:text=Liturgical%20Prayer%20is%20public%20prayer,individual%20with%20God%20through%20Christ> 12- <https://www.actsxix.org/trailer/we-need-a-culture-of-prayer>

13- https://www.biblestudytools.com/bible-study/topical-studies/is-penance-in-the-catholic-church-a-biblical-concept.html#google_vignette

14 - <https://www.mauricejohnsonarchives.com/Origen.htm> 15- {September 22, 1892 EJW, PTUK 294.11} 16- <https://www.ccel.org/ccel/o/origen/prayer/cache/prayer.pdf> Origen on Prayer, pg. 72 Also https://www.terullian.org/fathers/origen_on_prayer_02_text.htm 17—See the September 2023 Bible Banner article “That your Prayers be not Hindered”

<https://www.biblepicturepathways.com/resources/September%202023.pdf> 17-- {ST, October 20, 1887 par. 8}



A Little Can Do a Lot! Why Your Brain and Body Need Iodine



Several years ago, I read this statement in a book of illustrations. *“One of the world’s leading psychologists asserts that the only thing that keeps any of us out of the insane asylum is just five cents’ worth of iodine in the thyroid gland.”*¹

Indeed, the Academy of Nutrition and Dietetics states that *“A teaspoon of iodine is all a person requires in a lifetime, but because iodine cannot be stored for long periods, small amounts are needed regularly.”*² While some argue that more iodine is actually needed than the Recommended Daily Allowance since the value was set basically to eliminate goiter, the amount of iodine needed is still a very small amount compared to other nutrients like potassium, calcium, or magnesium, for example. However, little things missing can make a big difference for we find that, *“Iodine deficiency is the leading cause of preventable mental retardation.”*³ Restated in different words that means, ***“Iodine deficiency is recognized as the most common cause of preventable brain damage in the world. The spectrum of iodine deficiency disorders (IDD) includes mental retardation, hypothyroidism, goiter, and varying degrees of other growth and developmental abnormalities. The World Health Organization (WHO) estimated that over 30% of the world’s population (2 billion people) have insufficient iodine intake...”***⁴



Iodine is an element used by the thyroid. It is named after a Greek word “iodes” meaning “violet-colored,” a reference to its purple color when in a gaseous form. My first introduction to the importance of iodine for the human body began 20-some years ago, when a friend commented that her husband had a swelling in his neck called a goiter. They found out that it was coming from a lack of iodine probably caused because they had ceased to use iodized salt and were instead using

sea salt. This problem may be prevented by simply adding some seaweed like kelp to the diet.

A goiter can be an overall enlargement of the thyroid, or it may be the result of irregular cell growth that forms one or more lumps (nodules) in the thyroid. *“Since iodine plays a major role in thyroid hormone synthesis and functioning, nearly 70 to 80 per cent of the mineral is present in the thyroid gland situated in the neck. The remaining 20 to 30 percent of iodine is generally stored in other bodily tissues, namely blood, ovaries, muscles...”*⁵ The functions of iodine include *“several critical functions in the human body, such as: Maintaining normal synthesis and operation of thyroid hormone, by catalyzing the conversion of thyroid stimulating hormone (TSH) into triiodothyronine (T3) and thyroxine (T4), thus uplifting immunity, heart wellness and metabolism*

Preventing the incidence of hypothyroidism, i.e. an underactive thyroid gland

Ensuring optimal neural development in the growing fetus in pregnancy

Lowering the risk of goitre, which results in enlargement of the thyroid gland

Promoting memory, concentration, intelligence, rational thinking and myriad other brain operations

*Averting the occurrence of thyroid cancers and other autoimmune conditions like Graves’ disease”*⁵

Lack of iodine to a growing fetus can cause cretinism [pictured] or CIDS (Congenital Iodine Deficiency Syndrome). *“Cretinism is a condition of severely stunted physical and mental growth due to untreated congenital deficiency of thyroid hormones (congenital hypothyroidism).”*⁶ In addition to stunted growth and very low IQ levels, deaf-mutism is also one of the features of cretinism.



*“In areas where there is little iodine in the diet, typically remote inland areas and semi-arid equatorial climates where no marine foods are eaten, iodine deficiency gives rise to hypothyroidism, symptoms of which are extreme fatigue, goitre, mental slowing, depression, weight gain, and low basal body temperatures.”*⁷ Low thyroid can also cause bulging eyes and also a gritty feeling in the eyes.

Iodine advocate, Dr. Jorge Flechas states, *“Every cell in the body contains and utilizes iodine. White blood cells cannot effectively guard against infection without adequate amounts of iodine.”*⁸ One of this doctor’s experiments increased iodine intake in patients with fibromyalgia. Although iodine deficiency is not the cause of all chronic muscle pain, 80% of the patients with increased iodine reported the muscle pain went away. This makes sense since one of the places iodine is stored is in the muscles.



It is interesting that the Bible refers to sweat immediately after sin entered. God said, *“In the sweat of thy face shalt thou eat bread, till thou return unto the ground...”* Genesis 3:19 Sweat is one of the ways our body gets rid of toxins. It turns out, *“Thyroid hormones help the body regulate sweat. People with lower thyroid hormone levels, such as those with an iodine deficiency, tend to sweat less than*

people with normal thyroid hormone levels.” Also, “an iodine deficiency may affect your ability to learn and remember. A study including over 1,000 adults found that those with higher thyroid hormone levels performed better on learning and memory tests, compared to those with lower thyroid hormone levels.”⁹

We have personally witnessed the mental effects of iodine (or the lack thereof) in quite a few different people. It affects their ability to think and also to reasonably handle stress and avoid depression. You can do a simple iodine patch test with the brown Lugol’s iodine. (Our’s is 5% iodine, 10% potassium iodide). Paint about a 3 inch-square patch on the inside of your arm, taking note of the time. If your iodine is low, the patch will disappear before 24 hours. If you have enough iodine, it will remain for the 24 hours. The faster the patch disappears the lower your iodine is. One young lady that we tested had her patch disappear so quickly it was almost gone within an hour! If



you are low on iodine, you can supplement with a pinch of kelp powder daily by mouth or by continuing to paint patches on your skin in different places until they remain longer. Personally, we choose not to take refined iodine by mouth due to the fact that it can be toxic if you get too much. I

was happy to note that iodine expert, Dr. Flechas, also uses iodine “spot” tests as well as urine tests. He stated that, “In a study in 2004, 98% of 2,500 patients tested from a nationwide pool had significantly low iodine levels.”¹⁰ We have noted this too. Most of the people we test have low iodine levels. And it seems to be getting worse. Here are two things that we have found that deplete iodine—chemicals and electromagnetic frequencies (EMFs). (Note: Heavy metals, like mercury, in the body may also deplete iodine.)

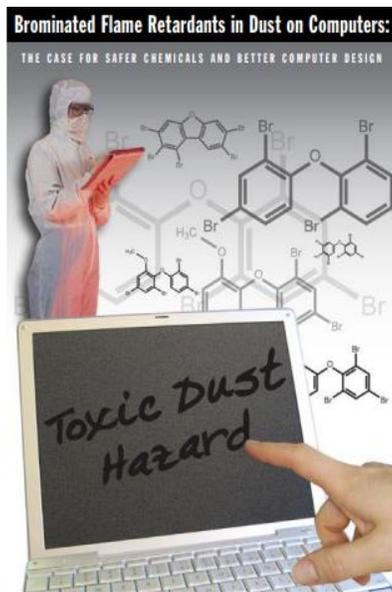
“Iodine, bromine, fluorine and chlorine are all in the same halide family in the periodic table of elements, meaning that they all share similar chemical structures and actions. In the body, chlorine, bromine and fluorine displace iodine in the thyroid hormone and in the tissues. Your exposure is widespread and daily, from your morning shower to your computer:

These chemicals are commonly found in the following places:

- **Bromine – Bread, hot tubs, nasal sprays, citrus-flavored sodas, fire retardant used in fabrics, electronics (pay attention computer users), carpets & upholstery, pesticides**
 - **Chlorine – Drinking water, swimming pools, hot tubs**
 - **Fluorine – Drinking water (if fluoridated), toothpaste, antidepressants**

Increased consumption of and exposure to bromine, chlorine and fluorine causes complications because they all displace what little iodine you do have, further lowering tissue iodine levels....

When there is sufficient iodine in your system, bromine, chlorine and fluorine are eliminated from your body.”¹¹

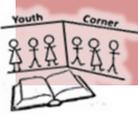


It is a little alarming to note, “In the first nationwide tests for brominated flame retardants in dust swiped from computers, the Computer Take-Back Campaign (CTBC) and Clean Production Action (CPA) found these neurotoxic chemicals on every computer sampled. The highest levels found were a form of polybrominated diphenyl ethers (PBDEs) called deca-BDE— one of the most widely used fire retardant chemicals in the electronics industry. These results indicate that there is exposure to certain brominated flame retardants and that computers are likely to be a significant source of deca-BDE exposure in the dust of homes, offices, schools, and businesses. There is evidence that these chemicals could be hazardous to human health. All exposures, no matter how small, are of concern because deca-BDE is a bioaccumulative substance. This means that multiple exposures to low levels of deca-BDE add up over time and build up in the body. There is no safe dose associated with these chemicals.”¹²

In addition, Dr. Janine, a naturopath warns, “Get away from the electromagnetic fields. And I’m talking about not the natural ones. I’m talking about the Wi-Fi, the cell phones, the 5G, anything that’s plugged into the wall. [It’s] really important that we are limiting our exposure because the EMFs will actually deplete our iodine. Our iodine actually protects us from the EMFs to a certain degree much like magnesium does as well.”¹³

What can you do to improve your iodine levels? Remove and minimize the offending chemicals and EMFs wherever possible. Turn off the electronics, especially at night! “Use filters to remove chlorine from drinking water and showers.... Look for breads without ‘potassium bromate.’ Substitute sprouted grain breads as they don’t contain bromine. Eat organic fruits and vegetables as much as possible, and be particularly aware of non-organic strawberries as they are commonly sprayed with methyl bromide.”¹¹ Also, don’t forget to supplement your iodine by eating seaweed, making sure to get enough magnesium, selenium, vitamin C, and vitamin B2 and B3 so it can be absorbed and used. Above all, consult the Great Physician who “Who forgiveth all thine iniquities; who healeth all thy diseases;” Psalm 103:3 Remember, it is written, “He that is faithful in that which is least is faithful also in much...” Luke 16:10

- 1-- 501 Illustrations, pg. 256 2-- <https://www.eatright.org/health/essential-nutrients/minerals/iodine-a-critically-important-nutrient> 3--<https://pubmed.ncbi.nlm.nih.gov/11396702/>
 4- <https://pi.oregonstate.edu/mic/minerals/iodine> 5- <https://www.netmeds.com/health-library/post/iodine-functions-food-sources-deficiency-and-toxicity>
 6-- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3603067/#:~:text=INTRODUCTION-Cretinism%20is%20a%20condition%20of%20severely%20stunted%20physical%20and%20mental,thyroid%20hormones%20congenital%20hypothyroidism>.
 7-- <https://en.wikipedia.org/wiki/Iodine#:~:text=Because%20of%20the%20specificity%20of,Organization's%20List%20of%20Essential%20Medicines>.
 8-- <https://www.youtube.com/watch?v=dcNNKzsJIT0> 9- <https://www.healthline.com/nutrition/iodine-deficiency-symptoms>
 10-- <https://www.youtube.com/watch?v=kZ-iDbgCupU> 11- <https://riordanclinic.org/2013/10/iodine-the-thyroid-and-breast-health/>
 12-- https://noharm-uscanada.org/sites/default/files/documents-files/27/BFRs_in_Computer_Dust.pdf
 13-- <https://www.youtube.com/watch?v=loLKeJ4o2A> 29:00 min, *Immodesty warning for this video



Lost, but not Forgotten

"For ye know the grace of our Lord Jesus Christ, that, though he was rich, yet for your sakes he became poor, that ye through his poverty might be rich." 2 Corinthians 8:9

"What is that?" Diana asked as a movement outside the window caught her attention, disrupting our story-swapping about their recent vacation alone as young adults. All of us peered out the window as the black four-footed animal took refuge under the overhang of the workshop.

Promptly, the two guys took off out the door to investigate with Diana calling after them, *"Remember it could be rabid!"* Upon their arrival at the shop, the black animal's bark at the infringement of its place of refuge from the cold made its dog identification undeniable. With a little effort, the guys were able to chase the dog out of the shop, but to no avail, it just barked at them and went back in again.

"Give me something to feed it, it looks like it hasn't eaten in awhile," Dallas requested, coming in to grab a coat. *"And call the local gas station; I think I saw a lost dog poster picture that looked like this dog."* Blue eyes and a unique white patch on the dog's belly served to make it fairly distinctive. But the poster's plea for help (since the owners had lost two dogs and the other dog had been found dead on the side of the road) is what had made the poster sadly memorable. However, calling the gas station was no help. They stated they didn't have a lost dog poster for a dog that looked like that. (Later, we found out the poster had been removed by someone.) Providentially, we were able to find a picture and phone number for the lost dog posted online. It stated that the dog would bark unless you fed it, and true to its description, a few bread crumbs from our table had made it very friendly. So we called the owner and told them we thought we had their lost dog at our house. They got directions and said they'd be there as quickly as they could.



By the time the owners found our house, the guys had gotten a collar and a leash on the dog as a safety precaution to prevent it from running away before its owner arrived. As soon as the owners, a young couple in a pickup, pulled up in the driveway and got out of their vehicle, the dog heard their voices. It immediately came running out of the shop, full speed ahead, with Daniel in tow at the end of the leash. It was abundantly obvious that this was its owner. When the woman saw the dog, she squealed aloud and began to cry like we have never observed in any of our other lost dog owners. It was a very emotional moment. It was clear that this was a much-loved dog and that the woman had almost given up hope that she'd ever see it again.

As they loaded the dog up, the owners explained that they had done everything they could to find the one remaining dog. Besides all the posters posted around town and the web advertising, they had hired a

professional tracker to track the dog. In addition, they had even hired a man with a \$25,000 drone to look for it. No price seemed too high to pay for finding their lost dog.

The whole story reminded me of the sinner's plight. Many have strayed far from the framework and safety of God's laws, and many figure out too late that one gets cold and hungry out in the world alone. All too often, the brutal or sometimes lingering death of a friend caused by their sins is a "wake-up call," and the sinner realizes that the barricade of God's hedges and walls wasn't such a bad place after all. Sadly, many can't seem to find their way home again. However, we are lost, but not forgotten. Indeed, our "owner" and Redeemer, saddened by our plight, has spared no expense in searching for us. For our sake He became poor, that we through His poverty might be made rich and be able once again to enjoy the glories of heaven. The good news is Jesus came looking for us, He spared no pains to save us. For us, "home" is but a prayer away. So if you are feeling cold and hungry in this world of sin, why not give Jesus a "call" today? *"For the Son of man is come to seek and to save that which was lost."* Luke 19:10

Kids' Corner

A Little Boy's Prayer

"God is our refuge and strength, a very present help in trouble." Psalm 46:1

In a town in Holland, a little boy, his brothers and sisters, and his widowed mother had been reading about how the ravens fed Elijah. But one dark night the children and their mother were very hungry and their table was bare. They had no food to eat. But the woman loved Jesus and trusted God, and so she gathered her children to pray for food. When they had finished praying, the oldest boy, a little eight-year-old asked if he might open the door for God's ravens to come in, for he was sure they must be on their way. In simple faith, the boy trusted that God would bring them food the way He brought food for the Prophet Elijah. And so the boy opened the door.



As the light from the lamp streamed out the door and lit up the path, the Mayor of the town happened to be passing by the house and noticed the open door. Thinking something might be wrong, he came to find out why the door was open this way at night. *"My little boy has done it, Sir,"* the widow, smiling, said, *"That ravens might fly in to bring my hungry children bread."*

"Indeed," the mayor cried, *"Then here's a raven. Come to my home, and we shall see if we can find some bread."* The mayor quickly led the boy along the street and to his house. And just like the ravens fed prophet Elijah many

years before, the mayor brought plenty of food for them all. Very soon the children's tummies were full and the table was no longer bare. I'm sure the widow woman and her children all knelt down again and said a special thank you to God for sending the mayor like "a raven" to bring them food and fill their home with joy.

(Rewritten from "Answered Prayer," a poem in *Missions & Miracles*, pg. 472, 473)



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