



The Bible Banner



January 2020

2020 VISION

2 CHRONICLES **20:20** HAS THE IDEAL PLAN FOR 2020 VISION AND SUCCESS.

“Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper.”

A farmer found a little girl that was lost in his meadow. The farmer said to her, “Do not cry; I’ll take you home.” The little child snuggled up to him, and with a smile, said, “I knew you would; I was waiting for you.”

“Waiting for me?” said the man. “What made you think I was coming?”

“I was praying you would,” she said.

“Praying? When I first heard you, you were saying A B C D E F G. What was that for?” She looked up again and said, “I’m just a little girl. I was praying all the letters of the alphabet and letting God put them together the way He wanted to. He knew I was lost, and He knew how to put them together better than I did.”

God knows what ingredients we need in our lives and how to put them together. We would be very wise to trust Him like a little child. For Jesus said, *“Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.”* Matt. 18:3

Too busy to make salad dressing? Try a quick

Invisible Salad Dressing

Just mix lemon juice, olive oil, and chicken-like seasoning (to taste) in with your salad. This is especially good when you have chunks of avocado in the salad.

Chick-N Seasoning

- | | |
|--------------------------------|-----------------------|
| 1 cup nutritional yeast flakes | ¼ cup salt |
| ¼ cup organic sugar | 1 tsp thyme |
| 1 Tbsp onion powder | 1 ½ tsp garlic powder |
| 3 Tbsp parsley | |

Blend until powdery. Store in an airtight container.



PROFITABLE TRADITIONS

Cultivate Scripture Memorization

Write out scripture texts that you want to remember on index cards. Then place two or three of them in the napkin holder on the table and read one with each of your meals until it is memorized.

“I have esteemed the words of his mouth more than my necessary food.” Job 23:12b

Quotable Quotes

“I would recommend you either believe God up to the hilt, or else not to believe at all. Believe this book of God, every letter of it, or else reject it. There is no logical standing place between the two. Be satisfied with nothing less than a faith that swims in the depths of divine revelation; a faith that paddles about the edge of the water is poor faith at best. It is little better than a dry-land faith, and is not good for much.” --C.H. Spurgeon

Unclaimed Riches

Headlines blared out the almost inconceivable. “**Unclaimed Riches: Nearly \$1 million worth of uncashed checks**” were found when a famous singer’s possessions were inventoried a year after her death. Why would someone fail to cash checks worth that much money? Inwardly, most of us groan, thinking of all we could do with that kind of money. Yet millions of people never cash the most important “check” or “promissory note” of their lives because they don’t believe. Think about it, if I were wrong about God being real, I’ve lost nothing (In fact, I’d still be healthier, have a better marriage and happier family, and have had more purpose in life). But if they are wrong about God being fictitious, they have lost everything.

Our 2020 vision states “**Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper.**” 2 Chronicles 20:20 But the all-important related promissory note is found in John 3:16. “*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.*” The check is waiting to be cashed by “whosoever believeth.”

Steps for cashing a check seem simple enough:

1. “Take the check to your bank if you have an active account. If you do not have a bank account, look at the check to see what bank

the check comes from and take the check to this bank. Often the bank on the check will cash a check, even for non-customers.


2. Sign the back of the check in pen with your signature in the space allotted for a signature and present the check to cash it.
3. Furnish identification to prove your identity if you are requested to do so.”¹

In this case, one must apply to the bank of heaven directly for check cashing, since no worldly bank carries the priceless gift of “everlasting life”. “*Let us therefore come boldly to the throne of grace, that we may obtain mercy, and find grace to help in time of need.*” Heb. 4:16 You don’t need to worry if you don’t know just what to ask for, because “*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.*” Romans 8:26 So step one is quite easy to complete as long as you choose to cash the check.

Step 2 was to sign the back of the check. In the spiritual world, those who are part of God’s church do indeed have their names written in heaven. In Hebrews 12:23, Paul speaks of “*the general assembly and church of the firstborn, which are written in heaven*”. However, Acts 4:10,12 speaking of the “*the name of Jesus Christ of Nazareth*” says, “*Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.*” John 20:31 adds “*But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name.*” It turns out “*Another option for cashing a check is to endorse the check to someone who has a bank account and can cash it for you. Instead of simply endorsing the check, write ‘Pay to the Order of’ and then the person’s name. Sign your name immediately beneath this and have the other person sign his name also.*”¹ And Jesus promised “*Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you.*” John 16:23

Step 3 is all that remains—proof of your identity as one who truly believes. No counterfeits will be acknowledged. While Jesus’ blood covers past sins, this is not just a free license to continue sinning. Jesus said, “*Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.*” Matt. 7:21 And the Scriptures declare “*Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, Let every one that nameth the name of Christ depart from iniquity.*” 2 Timothy 2:19 Repentance and confession of sin are the fruits of true belief in Jesus Christ. 1 John 1:9 states, “*If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness*”. And Acts 3:19 admonishes, “*Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;*” “*Repentance is one of the first-fruits of saving grace. Repentance includes sorrow for sin, and a turning away from it.*” {ST, June 28, 1905 par. 1} Those who have repented will, as in the case of the thief on the cross, also confess Jesus with their mouth. Romans 10:9 counsels, “*if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.*”

A Waldensian set of questions and answers from 1624 AD asked: “*Q.-By what means canst thou know that thou believest in God? A.- By this: because I know that I have given myself to the observation of the commandments of God.*”² To know God is to love Him. And He says, in John 14:15 “*If ye love me, keep my commandments.*” The Lamb’s book of Life will indeed reveal who is serious



THE BANK OF HEAVEN

Certified by the Blood of Jesus--1 John 1:7b

REV.22:13

Date ***"NOW is the day of salvation"*** 2 Cor.6:2

Pay to the Order of ***"Whosoever believeth"*** John 3:16 \$ ***Romans 6:23***

The sum of ***"Everlasting Life"*** John 3:16,36

Memo ***"Because I love You!"*** Romans 5:8 Signed ***"Jesus Christ"*** John 17:3, Acts 4:12

|JOHN14:6;ROM10:9;1JOHN1:9; ACTS3:19;GAL2:20 2COR9:15

about having an account with the bank of heaven and who is an imposter. Rev. 21:27 discloses *“And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life.”* It has been said, “If you don't live it, you don't believe it.” True Christians will seek to do the will of the Father by keeping His commandments and departing from sinful practices. They understand that it was sin that caused Jesus to have to die and shed His precious blood, and they want no part of it. The question today is, Do you really believe? Have you cashed your “check”? Or are there “unclaimed riches” in the Bank of Heaven just waiting for you to really believe?

1-- <https://pocketsense.com/steps-cashing-check-6658542.html>

2--“Waldenses,” Perrin, Part III, Book I, pp. 1-10. (1624 “The Glorious Recovery by the Vaudois,” Henri Amaud, pp. xcvi, xcvi, cv. London: 1827. {1943 CE, FAFA 121.7} Facts of Faith

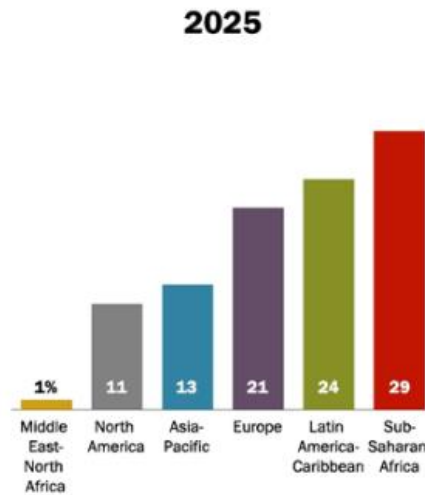
Prophetic News Notes - Christian Populations Shifting Drastically

The landscape of Christianity is shifting dramatically.

“A century ago, 80 percent [of Christians] lived in North America and Europe, compared with just 40 percent today. In 1980, more Christians were found in the global South than the North for the first time in 1,000 years. Today, the Christian community in Latin America and Africa, alone, account for 1 billion people.

By 2060, more than 4-in-10 Christians expected to live in sub-Saharan Africa

Estimated share of global Christian population living in each region over time



Source: Pew Research Center demographic projections. See Methodology for details.
“The Changing Global Religious Landscape”
PEW RESEARCH CENTER

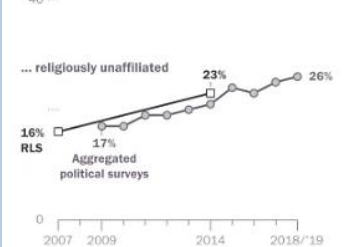
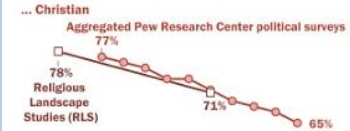
Over the past 100 years, Christians grew from less than 10 percent of Africa's population to its nearly 500 million today. One out of four Christians in the world presently is an Africa[n], and the Pew Research Center estimates that will grow to 40 percent by 2030.”¹

“The religious landscape of the United States continues to change at a rapid clip. In Pew Research Center telephone surveys conducted in 2018 and 2019, 65% of American adults describe themselves as Christians when asked about their religion, down 12 percentage points over the past decade. Meanwhile, the religiously unaffiliated share of the population, consisting of people who describe their religious identity as atheist, agnostic or “nothing in particular,” now stands at 26%, up from 17% in 2009.”

“...Currently, 43% of U.S. adults identify with Protestantism, down from 51% in 2009. And one-in-five adults (20%) are Catholic, down from 23% in 2009. Meanwhile, all subsets of the religiously unaffiliated population – a group also known as religious “nones” – have seen their numbers swell. Self-described atheists now account for 4% of U.S. adults, up modestly but significantly from 2% in 2009; agnostics make up 5% of U.S. adults, up from 3% a decade ago; and 17% of Americans now describe their religion as ‘nothing in particular,’ up from 12% in 2009....”²

In U.S., smaller share of adults identify as Christians, while religious ‘nones’ have grown

% of U.S. adults who identify as ...



Source: Pew Research Center Religious Landscape Studies (2007 and 2014), Aggregated Pew Research Center political surveys conducted 2009-July 2019 on the telephone.
“In U.S., Decline of Christianity Continues at Rapid Pace”
PEW RESEARCH CENTER

Indeed, both of these facts are just more proof of Jesus' soon coming. *“And because iniquity shall abound, the love of many shall wax cold. But he that shall endure unto the end, the same shall be saved. And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come.”* Matt. 24:12-14

1--<https://www.washingtonpost.com/news/acts-of-faith/wp/2015/05/20/think-christianity-is-dying-no-christianity-is-shifting-dramatically/>

2--<https://www.pewforum.org/2019/10/17/in-u-s-decline-of-christianity-continues-at-rapid-pace/>



A CHILD'S PRAYER

“And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.” Isaiah 65:24

Dr. H, a missionary to Zaire, told the following story. “A mother at our mission station died after giving birth to a premature baby. We tried to improvise an incubator to keep the infant alive, but the only hot water bottle we had was beyond repair. So we asked the children to pray for the baby and for her sister. (Continued on next page)



“One of the girls responded, ‘Dear God, please send a hot water bottle today. Tomorrow will be too late because by then the baby will be dead. And dear Lord, send a doll for the sister so she won’t feel so lonely.’

“That afternoon a large package arrived from England. The children watched eagerly as we opened it. Much to their surprise, under some clothing was a hot water bottle! Immediately, the girl who had prayed so earnestly started to dig deeper, exclaiming, ‘If God sent that, I’m sure He also sent a doll!’

“And she was right! The heavenly Father knew in advance of that child’s sincere requests, and 5 months earlier He had led a ladies’ group to include both of those specific articles.”



Shady Vegetables?

“The Solanaceae, or nightshades, are a family of flowering plants Many members of the family contain potent alkaloids, and some are highly toxic [such as deadly nightshade or belladonna, tobacco, and lobelia], but many—including tomatoes, potatoes, eggplant, bell and chili peppers—are used as food.”¹

Basically, *“Nightshade vegetables are completely healthy for most people, but for a few it can act as a trigger similar to wheat or dairy and cause major immune reactions....The bottom line is this: When it comes to each plant in the nightshade family, everyone’s body responds in a unique way, but **for most people these vegetables are not an issue.** And those at risk often include those that have leaky gut, autoimmune diseases or have other gut-related illnesses.”²* In other words, if your system has been compromised, and health is lacking, you may also develop a problem with nightshades. *“Everyone is different and...symptoms will vary. But typically, you can look out for these symptoms...**Joint pain, inflammation, fatigue, migraines, skin flares, digestive distress, [and] flares to any preexisting conditions.**”³*

Many of the reactions seems to be linked to glycoalkaloids that are used by the plants as a natural pesticide and disease resistant.

Solanine, for example, is in all nightshade plants. In tomatoes, tomatine is also common. The good news is that the non-food portions of the plants—the parts we do not eat—have the highest levels of these chemicals. Levels are much lower in the food portions of the plant. For example, *“most commercial varieties [of potatoes] contain less than 12 mg/100g and are normally between 2 and 13 mg/100g... Solanine levels above 14mg/100g are bitter in taste. Cultivar with greater than 20mg/100g cause a burning sensation in the throat and mouth.”⁴* It is well to avoid unripe and sprouting potatoes as well as removing any greenish areas or “eyes” since these have much higher levels of solanine. Also note that as tomatoes ripen, tomatine levels drop dramatically, *“immature green tomatoes can contain up to 500 mg/kg of fresh weight (FW), while red ripe tomatoes up to 5 mg/kg.”⁵*

According to Andrew Montario of Cornell University, in healthy people these low levels of oral solanine do not usually cause a problem for 3 reasons. *“First, solanine levels in the blood are low after ingestion due to poor absorption by the gastrointestinal tract. Second, it is removed from the body fairly rapidly in both the urine and the feces, usually within 12 hours, preventing accumulation in the tissues. Third, intestinal bacteria aids in the detoxification by hydrolyzing the glycoside into solanidine (aglycone), which is less toxic than solanine and also poorly absorbed.”⁴*



From this statement, we might deduce that longer digestive transit times (from a sluggish colon), “leaky gut”, or missing gut bacteria in unhealthy people, may be the cause of distress from nightshades, to those lacking in health. Perhaps, a health trick for coping with nightshades might be found in a 1917 volume of the British Veterinary. It states that *“Tannin appears to neutralize the solanine which is not yet absorbed.”⁶* Their treatment for solanine poisoning in animals [who had evidently eaten the plants] consisted of 15 to 30 grams of tannins per day. I would love to hear if some healthy forms of tannins might help people with nightshade sensitivities. Dark seeded grapes, for example, have 4-5.9 mg of tannin per berry-- some in the skin, and most in the seed. Thus, Paul’s counsel to Timothy might prove helpful. *“Drink no longer water, but use a little wine [purple grape juice] for thy stomach’s sake and thine often infirmities.”* 1Tim. 5:23 Carob also contains healthy forms of tannins that might prove helpful if eaten with a nightshade meal. (Continued on next page)

However, if you (or someone you cook for) needs to eliminate nightshades temporarily in order to rebuild the body's health, **here are a few replacement tips.** White potatoes may be replaced with turnips, parsnips or jicama or even mashed cauliflower. Also sweet potatoes are not a nightshade. Use onion and garlic powder instead of cayenne, chili powder, or paprika. Cumin, turmeric, and ginger add a little variety to recipes. Try coloring vegan cheeses with carrot -- not tomato, paprika or pimento. Zucchini can be used in many recipes that call for eggplant. While not the same flavor profile, celery and cucumbers can sub in for the crispy deliciousness that bell peppers provide in some dishes. Radishes, when used in cooked dishes, can sub in that peppery flavor for which red and green bell peppers are known.



In my lifetime, I have encountered a few people who had a reaction to tomatoes. In most cases, however, the problem was rectified by some means other than permanently cutting nightshades out of their diet. In one case, a woman got painful sores in her mouth every time she ate tomatoes. However, years later when she cut dairy and eggs out of her diet, the sensitivity disappeared. Another lady I encountered found out one year after planting both hybrid tomatoes and heirloom tomatoes at her home, that she could eat the heirloom tomatoes without trouble, but not the hybrids. A little girl, who also lived in our home for a period had in the past developed skin rashes when she would eat tomato. So for the first month upon coming to our home, we fed her no tomatoes. Even pizza sauce was made with "no-mato sauce" (pictured).^{*} After a month, we fed her organic tomatoes, and amazingly there was no resulting skin rash. For several months following, she continued to eat tomatoes with no apparent trouble at all.

Keep in mind that many *"nightshades are nutrient-rich. Bell peppers, for example, are our second most concentrated source of vitamin C. Tomatoes are our second most concentrated source of biotin, as well as our second most concentrated source of lycopene (a carotenoid phytonutrient)."*⁷ *"Potatoes (Solanum tuberosum) serve as a major food source as well as an inexpensive source of energy and good quality protein."*⁴ So while some have classed nightshades as a little "shady", and I would suggest following the precautions like eliminating green spots and sprouts on potatoes and eating peppers and tomatoes as ripe as possible, when you shed a little light on the subject, nightshades might not be as "shady" as some people think.

1--<https://en.wikipedia.org/wiki/Solanaceae> 2-- <https://draxe.com/nutrition/nightshade-vegetables/> 3-- <https://unboundwellness.com/nightshades>
4-- <http://www.safespectrum.com/articles/potato-toxicity-solanine.php> 5-- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6017573/> 6-The British Veterinary Journal (1917), Vol.73, pg. 62
7-- <http://www.whfoods.com/genpage.php?tname=george&dbid=62> ^{*}2 carrots; ½ onion, diced; 1 stalk celery, diced; 1 tsp salt. 2 Tbsp beet powder—Cook till soft, Blend. Add seasonings.

Kids' Corner

God's Amazing Creatures

The komodo dragon is the largest monitor lizard in the world. It grows up to 10 ft. (3meters) long and weighs as much as 364 lbs. (165 kg). Komodo dragons live in Indonesia which is a country in Asia. Before 1910, when people first heard about a lizard this big, they didn't believe such a thing existed because they had never seen one. Some people don't believe God or Satan exist either. But one day they will find out that the Bible is true and that God exists—even though we can't see Him.

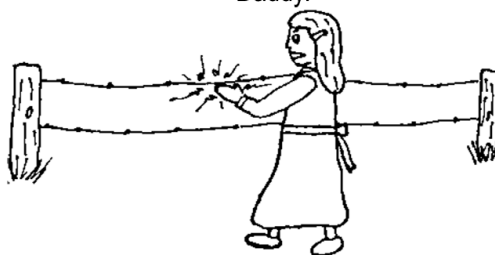


"Children, obey your parents in the Lord: for this is right." Ephesians 6:1

Patience's Mommy told her not to touch the electric fence because it would shock her. Patience remembered that God said "Children, obey your parents in the Lord." She believed God and she believed her Mommy, so she didn't touch the fence. Mommy took her through the gate to pet the pony. Patience was glad that she obeyed.



Passion's Daddy told her not to touch the electric fence because it would shock her. But Passion didn't believe him. Even though she knew God had said, "Children, obey your parents in the Lord" she decided she was smarter than her Daddy. Passion touched the fence, and it shocked her. It hurt very bad. Passion wished she had believed God and her Daddy.



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Study to Show Thyself Approved —Prophets and their Present Truth Messages

*"Believe in the LORD your God, so shall ye be established; **believe his prophets, so shall ye prosper.**" 2 Chr. 20:20*

*"We have also a more **sure word of prophecy; whereunto ye do well that ye take heed**, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts:" 2 Peter 1:19*

JESUS – Prophecy gives us hope because it points us to Jesus. *"And beginning at Moses and all the prophets, he expounded unto them **in all the scriptures the things concerning himself**...And they said one to another, Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?" Luke 24:27,32 "Search the scriptures; for in them ye think ye have eternal life: and **they are they which testify of me.**" John 5:39 "Now **I tell you before** it come, **that, when it is come to pass, ye may believe that I am he.**" John 13:19*

ENOCH—Warning of judgment *"And Enoch also, the seventh from Adam, prophesied of these, saying, **Behold, the Lord cometh** with ten thousands of his saints, To execute judgment upon all, and 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 against him." Jude 14,15*

MOSES— Warning against witchcraft *"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**. 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." Deut. 18:10-12*

SAMUEL— Helps us better understand how God thinks *"The LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for **man looketh on the outward appearance, but the LORD looketh on the heart.**" 1 Samuel 16:7*

JOEL – *"And it shall come to pass afterward, that **I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy**, your old men shall dream dreams, your young men shall see visions: And also upon the servants and upon the handmaids in those days will I pour out my spirit." Joel 2:28*



ISAIAH—Points to the Messiah *"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and **his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.**" Isaiah 9:6 "But he [Jesus] was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and **with his stripes we are healed.**" Is. 53:5*

JEREMIAH— Shows how God values even babies *"**Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee**, and I ordained thee a prophet unto the nations." Jeremiah 1:5*

EZEKIEL – Warns against sun worship in the church *"Then said he unto me, Hast thou seen this, O son of man? turn thee yet again, and thou shalt see greater abominations than these. And he brought me into the inner court of the LORD'S house, and, behold, at the door of the temple of the LORD, between the porch and the altar, were about five and twenty men, with their backs toward the temple of the LORD, and their faces toward the east; and they worshipped the sun toward the east." Ez. 8:15,16 "Though these three men, Noah, Daniel, and Job, were in it, they should deliver but their own souls by their righteousness, saith the Lord GOD." Ez. 14:14*

DANIEL— Gives encouragement by revealing the end of the story and God's time schedule *"And in the days of these kings **shall the God of heaven set up a kingdom**, which shall never be destroyed: and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand for ever." Daniel .2:44 "And he said unto me, Unto two thousand and three hundred days; then shall the sanctuary be cleansed." Daniel 8:14*

HABAKKUK—Reveals God's way *"The LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry. Behold, his soul which is lifted up is not upright in him: but **the just shall live by his faith.**" Hab. 2:2-4*

MALACHI— *"For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and **all that do wickedly, shall be stubble**: and the day that cometh shall burn them up, saith the LORD of hosts, that it shall leave them neither root nor branch." Mal.4:1*

JOHN the BAPTIST— *"And saying, **Repent ye: for the kingdom of heaven is at hand.**" Matt. 3:2*

JOHN the REVELATOR— Warning *"And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, saying with a loud voice, Fear God, and give glory to him; for **the hour of his judgment is come**: and worship him that made heaven, and earth, and the sea, and the fountains of waters. And there followed another angel, saying, **Babylon is fallen, is fallen**, that great city, because she made all nations drink of the wine of the wrath of her fornication. 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,...**Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." Rev. 14:6-10, 12*