

# The Bible Banner

## FAITH LOVE HOPE

January 2024



### "The Greatest of these is Love"

(1 Corinthians 13:13, 1535 Coverdale Bible)



During World War II, an enemy submarine approached a fleet of ships in the North Atlantic. The captain of one vessel spotted the white mark of a torpedo coming directly at his ship. His transport was loaded with literally hundreds and hundreds of young soldiers on the way to the European front. He realized they would not have time to maneuver to avoid the torpedo. He grabbed the loudspeaker and cried out, "Boys, this is it!"

Nearby, though, a little escorting destroyer also observed the torpedo. The captain ordered, "Full speed ahead." His ship steamed into the path of the torpedo. The destroyer was blown up; it sank very quickly. Every man on it was lost. The captain of the troop transport ship sadly commented, "The skipper of that destroyer was my best friend." Likewise, Jesus, our best Friend, gave His life that we might live through Him. Indeed, *"Greater love hath no man than this, that a man lay down his life for his friends."* John 15:13

(Story as told by the captain to Pastor William L. Stidger, D.D., AMG Bible Illustrations & *God's Psychiatry*, pg. 158, 159)

### Almost an Omelet

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1/2 cup onion, chopped               | 1/4 cup pepper, diced       |
| 1 tsp garlic powder                  | 1 cup (7-8 oz.) firm tofu   |
| 1/4 cup water                        | 1 tsp nutritional yeast     |
| 1 Tbsp cornstarch                    | 1 tsp Mock Aminos, optional |
| 1 Tbsp cornmeal                      | 1 tsp salt                  |
| 1/4 tsp turmeric for color, optional |                             |



Blend all except the pepper and onion. Stir in pepper and onion. Bake on a cookie sheet in about 4-6 round circles at 400°F or 200°C (15-30 minutes) until firm and somewhat crusted on both sides. You may need to flip these over halfway through or move them from the top to the bottom of the oven.

### QUOTABLE QUOTES



*"The love of God  
toward you  
is like the  
Amazon River  
flowing down  
to water a  
single daisy."*

--- F.B. Meyer

### PROFITABLE TRADITIONS

#### CULTIVATE LOVE AND THOUGHTFULNESS OF OTHERS

This time of year we often have an agape feast or "love feast" eating things representative of God and His love. One of the activities that we have traditionally done at this special meal is no one is allowed to just take food for themselves or to ask for it. They must first be asked by someone else if they would like some of a certain food. This is an excellent way to train everyone to *"Look not every man on his own things, but every man also on the things of others."* Philippians 2:4



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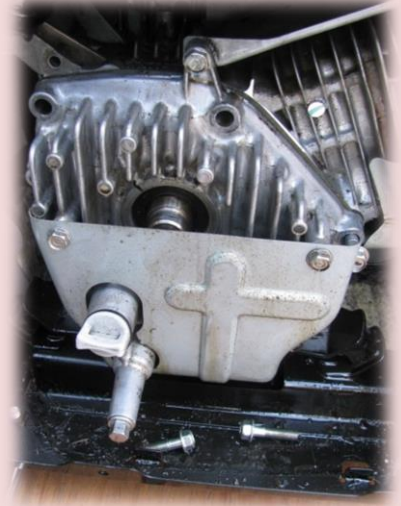
# Sabotage!

Editor's Note

"Come look at this," Dallas called. I followed him around the corner of the house to where he had the generator that we had used the night before sitting up on saw horses with the back cover taken off. *"I found out why it was leaking oil so bad and it was rattling,"* he said. *"See those bolts laying there; they are supposed to be up here. There's another one loosened up here, but it couldn't be taken out entirely without removing this metal piece first."*

*"Oh, that doesn't seem like something that would just happen."* I replied. *"Looks like gang stalkers sabotaged the generator again."*

Since our first recognized "sabotage" about 12 years ago when an estimated 50 gallons of gas was poured around our vehicle parked in the corner of a parking lot, our family has become somewhat accustomed to having everything from our machinery and cars, to our woodstove and door locks, and even our health sabotaged by seemingly tireless gang stalkers. Truly, *"It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."*  
Lamentations 3:22, 23



Gang stalkers are a group of people (often ex-military) that someone has paid to harass you, break anything you might enjoy, endanger you and your health, do things to scare you, leave death threats, and generally try to make your life miserable for as long as your enemy chooses to continue paying them. But they are really nothing new. Satan and his evil angels were the first to sabotage God's perfect home in heaven and then Adam and Eve's home in Eden. Job also experienced the "sabotage" of his belongings, his children, and even his health. We have met and read or heard about many others experiencing the same type of difficulties recently. But Christians throughout history and around the world have recorded how various bands of evil men have tried to keep the gospel from going forward. Indeed, the Bible states, *"Yea, and all that will live godly in Christ Jesus shall suffer persecution."* 2 Timothy 3:12 Perhaps none have taken this statement more seriously than John Wesley, a traveling preacher who founded the Methodist church. It is recorded that John Wesley was riding along a road one day when it dawned on him that three whole days had passed in which he had suffered no persecution. Not a brick or an egg had been thrown at him for three days. Alarmed, he stopped his horse, and exclaimed, *"Can it be that I have sinned, and am backslidden?"* Slipping from his horse, Wesley went down on his knees and began interceding with God to show him where, if any, there had been a fault. A rough fellow, on the other side of the hedge, hearing the prayer, looked across and recognized the preacher. *"I'll fix that Methodist preacher,"* he said, picking up a brick and tossing it over at him. It missed its mark, and fell harmlessly beside John. Whereupon Wesley leaped to his feet joyfully exclaiming, *"Thank God, it's all right. I still have His presence."* This is one way that we see God's love shine through even in persecution, He told us ahead of time what to expect, saying *"Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven."* Matthew 5:10 (See also Matt. 5:11,12; Lk. 6:22,23; 1 Peter 4:12-16, etc.)

One of the places God has told us ahead of time what to expect is the book of Revelation. Have you ever wondered why the book about the dragon, the beast, the false prophet, the mark of the beast and mystery Babylon is called "The Revelation of Jesus Christ"? I think, besides the fact that Jesus is revealing what is to happen in the future, one reason is because many often do not appreciate true love until they see the complete emptiness and dreadful offensiveness of hatred and evil. A previously abused woman or child will appreciate a kind husband or parent even more because they have seen the terrible nature of life without love. In the same way our gang stalkers have, by way of contrast, helped me to understand the love of God in a way I never did before. His measureless love is far greater than their measurable evils. Through the years we have seen God demonstrate how He can turn what may look like a "curse" in the beginning, into a "blessing." Indeed, Paul, who experienced quite a bit of trouble himself, penned, *"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."* Romans 8:28 At least twice in our married life, Dallas and I have had major car trouble or a flat tire that made us go slower and pull over only to find a major accident ahead on the road that we would have been in were it not for the "trouble." (We told about one of these in the Feb. 2022 newsletter available here <https://www.biblepicturepathways.com/resources/February%202022.pdf> ) Once our car developed an irritating beeping sound. Investigating that sound slowed our journey just long enough that we were able, from a safe distance, to watch a large tree fall across the road we were driving up. We were thankful to "watch," instead of being *under* the tree and being squashed as it fell. God is good all the time! You can trust His love. He is awesome at turning the devil's "sabotage" into a blessing for those who 1. *"love God"* and 2. *"are the called according to his purpose."*

Another way we have seen God's loving care amidst the "storms of sabotage" is Him saying *"Hitherto shalt thou come, but no further..."* Job 38:11. You can appreciate God's loving intervention when the brakes of the car are sabotaged, but in an uncommon



reverse movement you discover the problem *before* going down the steep driveway, which could have been deadly without brakes. God's love is demonstrated when the stovepipe is partially sliced, but by His Providence you discover this *before* the house burns down. You cherish God's foresight making sure that the oncoming lane is empty when a sinister black car tries to sideswipe you on the highway causing you to dodge into the oncoming lane. Indeed, God still says, "*Hitherto shalt thou come, but no further...*" Job 38:11.

While Satan may sabotage our plans and our things, don't let him sabotage the picture of God's love for you. If you will just look a little deeper even when there seems to be trouble all around, you will find our loving God is still in control. Indeed, you will find, as the song says "*standeth God within the shadow keeping watch above His own.*"



## A Prescription for Love

**Swift Runner Health, Prophetic News Notes & Study to Show Thyself Approved**



*"And ye shall hear of wars and rumours of wars:... For nation shall rise against nation, and kingdom against kingdom:... 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."*

Matthew 24:6a,7a,12,13

The signs of the times foretold in Matthew 24 are coming hard and fast and seen every day in the news. With wars looming,<sup>1</sup> friends becoming enemies, with family members turning on each other even to the point of murder, etc., perhaps no other sign is realized today as much as the fact that "*the love of many shall wax cold.*"



But you might be thinking, what does that have to do with health? The answer is it has everything do with health. The body needs air and so we breathe in air from outside the body. The body needs water and so we drink water from outside the body. The body needs food and so we gain nutrition from food eaten and taken in from outside our body. This is the story with sunshine and the rest of the natural remedies. Although the Bible teaches that without charity/ love, we are "*nothing*" just "*sounding brass, or a tinkling cymbal*" (1 Cor. 13:1,2) most people don't recognize that this also applies to our health. For good health humans also need love to survive. A BBC article reported "*An early life full of neglect, deprivation and adversity leads to people growing up*

*with smaller brains, a study suggests. The researchers at King's College London were following adopted children who spent time in 'hellhole' Romanian orphanages. They grew up with brains 8.6% smaller than other adoptees... The children were physically and psychologically deprived with little social contact, no toys and often ravaged by disease. The children studied had spent between two weeks and nearly four years in such institutions.*"<sup>2</sup>

But the brain is not the only part of the body affected by lack of love and care. An article from the European Institute of Perinatal Mental Health entitled "They could not live without the love" details several other cases showing the pronounced devastating and deadly effect of a lack of love in the lives of babies and young children. "*During the 19th century, more than half of all infants who were left in orphanages died during their first year of life from a condition then called marasmus, a word derived from Greek, meaning consumption. This illness was also known as infantile weakness or atrophy.... To thrive, it was discovered, an infant needs to be held, walked in someone's arms, caressed, hugged, sung to... It is these basic calming experiences that help the infant survive and thrive.*"<sup>3</sup>

A 13<sup>th</sup> century historian wrote of an experiment conducted by Frederic II Emperor of Germany "*to discover what language children would naturally speak if they were brought up in silence.*"<sup>3</sup> Salimbene di Adam in his *Chronicles*... wrote that Frederick encouraged "*foster-mothers and nurses to suckle and bathe and wash the children, but in no ways to prattle or speak with them... But he laboured in vain, for the children could not live without clappings of the hands, and gestures, and gladness of countenance, and blandishments.*"<sup>4</sup> [Blandishments meaning words or actions expressive of affection or kindness] Indeed, despite having what was thought to be their basic needs met "*all the infants died. They could not survive without the caressing, the smiles, the words of their mothers or even their nursemaids.*"

While sometimes symptoms of a lack of love may not be as pronounced in adults, many health practitioners have found that it still can be the cause of a diseased body. In fact, one author writes, *"Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here."*<sup>15</sup> While not all of this may be from a lack of love, some of it surely is. And prophecy makes clear that, especially at the end of time, we cannot count on man to supply the love we need from outside ourselves. The Bible also makes clear where to find love stating, *"God is love."*<sup>1 John 4:8b</sup> It further explains, *"God is love; and he that dwelleth in love dwelleth in God, and God in him."*<sup>1 John 4:16b</sup> God's love is freely available to us, if we will just accept it by faith. Yet many people are still chronically sick from lack of the essential "nutrient" of love. How can we teach people to collect God's love daily so that their health can improve? How do you write "trust in God" or "collect God's love" as a prescription for health? I believe the answer to this question is found in what has been called "The five love languages." This is how humans express love to each other and this is how God expresses His love to us. So this is also where we go to collect God's love. The five love languages include: Gifts, words of affirmation, acts of service, physical touch, and quality time spent.

It is evident that **GIFTS** are one of God's love languages. Indeed, *"Every good gift and every perfect gift is from above, and cometh down from the Father of lights..."*<sup>James 1:17</sup> To Christians perhaps the most obvious way God expresses His love to us is the gift of His Son. *"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."*<sup>John 3:16</sup> Notice that the result of accepting this gift is perfect health, eternal life, while rejecting it brings death. *"For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."*<sup>Romans 6:23</sup> But God provides many of His other gifts to all mankind. *"Your Father which is in heaven... maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust."*<sup>Matthew 5:45</sup> If we will but take the time, we may *"behold his smile in the glad sunshine, and his love and care for man in the rich fields of autumn."*<sup>16</sup> The prescription of the wisest man that ever lived is *"that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God."*<sup>Ecclesiastes 3:13</sup> **PRESCRIPTION:** Enjoy God's gifts. Go birding, take a nature walk, garden, watch butterflies, even eat God's natural foods while thanking the Giver for them. These are good ways to collect God's love for you each day.

This connects with the next love language **QUALITY TIME SPENT**. Love and hurry don't really go together, love always takes time.



When it comes to collecting love from God, like David and Daniel we may take time out of our day to worship God evening and morning and even at noon. (See Psalm 55:17, Daniel 6:10) However, at the close of creation week God also set a time for a special "date" with mankind to spend quality time with Him on the 7<sup>th</sup> day of the week. Exodus 20:8-11 records, *"Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle,*

*nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it."* Keeping this "date" with God and calling it a delight is one of the best ways to collect the full blessing of God's love. Those who follow this plan will find that indeed, *"The sabbath was made for man, and not man for the sabbath."*<sup>Mark 2:27</sup> **PRESCRIPTION:** Remember love takes time. Take some time to spend unhurried, **quality time** with God worshipping Him and thanking Him for His love each day and especially on the 7<sup>th</sup> day Sabbath.

One way to fully appreciate God's love on the Sabbath and during your worship time is to collect His **WORDS OF AFFIRMATION**. In Hebrews 13:16 we are admonished *"to do good and to communicate forget not..."* And true to His own recommendations, God hasn't forgotten to give us words of affirmation. Indeed we are told, *"For all the promises of God in him [Jesus] are yea, and in him Amen, unto the glory of God by us."*<sup>2 Cor. 1:20</sup> We need to accept God's love by faith, so it is interesting that *"faith... worketh by love."*<sup>Gal. 5:6</sup> Since Romans 10:17 says, *"So then faith cometh by hearing, and hearing by the word of God"* we may recognize that God's words in the Bible ARE love and words of affirmation. 2 Peter 1:4 adds, *"Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust."* Since we have already established that God IS love, we recognize that the divine nature also IS love, a combination of mercy and justice. When we read God's word and keep it, holding it dear to our heart, we may absorb God's love. John writes, *"But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him."*<sup>1 John 2:5</sup> This is almost a reiteration of John 15:10 which tells us how to abide in God's love, *"If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love."* **PRESCRIPTION:** Listen to God's words of affirmation by reading a portion of His word every day. Consider that sometimes the words of affirmation even come as admonitions and sometimes even as a rebuke and chastening (Rev. 3:19) but they are always love. Follow God's loving counsel, and take time each day to consider verses like Jeremiah 31:3. *"The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee."*

This brings us to how God uses **PHYSICAL TOUCH** to show His love to us. On occasion, in answer to prayer for comfort, God has sent a gentle breeze to caress my cheek or a warm beam of sunshine for me to bask in. But sometimes we must simply by faith believe that God holds us when life is tough. Deuteronomy 33:27 promises, *"The eternal God is thy refuge, and underneath are the everlasting arms..."* I love to think of the picture of the good Shepherd that Isaiah 40:11 describes, *"He shall feed his flock like a shepherd: he shall gather the lambs with his arm, and carry them in his bosom, and shall gently lead those that are with young."*



**PRESCRIPTION:** God gave us all our senses, taste, touch, hearing, seeing, and smelling. Use these to enjoy God's love through physical touch. *"O taste and see that the LORD is good: blessed is the man that trusteth in him."* Psalm 34:8 Reinforce that God holds you in his everlasting arms by listening to or singing *Leaning on the Everlasting Arms* or a similar song. Smell the flowers God planted for you. Taste one of the delicious fruits God grew for you. Look at a picture of the good Shepherd or read the "Footprints" poem remembering that God carries you. Enjoy the gentle breeze He sends to comfort you or walk barefoot on the grass carpet He designed for you. Take time to enjoy the sunsets He painted just for you to see.

We may also receive God's love by appreciating His **ACTS OF SERVICE**. Of course His greatest act of service was sending Jesus to save our planet, but yet today He offers His service to us. One of the ways He helps us is giving us peace above the storms of life. Isaiah 26:3,4 records, *"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength."* Receiving God's peace is closely related to receiving God's love because, *"There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love."* 1 John 4:18 One way God facilitates this freedom from fear is helping us by holding our hand. This is a beautiful act of service. When our four children were born, my husband's hand was my only pain killer and it was sufficient. Even a child recognizes that you can make it through scary dogs and tough times if you have a hand to hold. And God promises, *"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness..."* **For I the LORD thy God will hold thy right hand,** saying unto thee, *Fear not; I will help thee.*" Isaiah 41:10,13 **PRESCRIPTION:** God promises, *"I the LORD have called thee in righteousness, and will hold thine hand, and will keep thee..."* Isaiah 42:6 He is standing nearby just waiting for you to give up struggling with your problems on your own and ask for His help. By a prayer of faith take God's hand and accept His **acts of service** and help with your problems today.

The prescription is easy, so for your health, gather God's love today! Remember *"We love him, because he first loved us."* 1 John 4:19

1—Screenshot <https://theweek.com/92967/are-we-heading-towards-world-war-3> 2— <https://www.bbc.com/news/health-51010388>

3- <https://eipmh.com/they-could-not-live-without-the-love/>

4- [https://en.wikipedia.org/wiki/Language\\_deprivation\\_experiments#:~:text=An%20experiment%20allegedly%20carried%20out,demonstrate%20once%20their%20voices%20matured.](https://en.wikipedia.org/wiki/Language_deprivation_experiments#:~:text=An%20experiment%20allegedly%20carried%20out,demonstrate%20once%20their%20voices%20matured.)

5—Counsels on Health, pg. 324 6- Healthful Living, pg. 285



## Why didn't You let Me Die?

*"If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?"* 1 John 4:20

An Armenian nurse had been held captive along with her brother by the Turks. Her brother was slain by a Turkish soldier before her eyes. Somehow she escaped and later became a nurse in a military hospital.

One day she was stunned to find that the same man who had killed her brother had been captured and brought wounded to the hospital where she worked. Something within her cried out "Vengeance." But a stronger voice called for her to love. She nursed the man back to health.



Finally, the recuperating soldier asked her,  
*"Why didn't you let me die?"*



Her answer was, "I am a follower of Him who said,  
'Love your enemies, do good to them which hate you'" (Luke 6:27).

Impressed with her answer, the young soldier replied,  
"I never heard such words before. Tell me more. I want this kind of religion."

## Kids' Corner

## God's Amazing Creatures

The lowland streaked tenrec is an unusual-looking animal that lives in Madagascar, an island off the coast of southern Africa. The tenrec's favorite place to live is tropical lowland rainforests, and tenrecs can generally be found on land, splashing in shallow water, or digging underground. Their nests are in a burrow hidden under leaves near a source of water. The tenrec's average size is 5.5 inches (140 mm), about the length of a pencil. Tenrecs are active day and night and they mainly eat earthworms. The lowland streaked tenrec is the only mammal known to use stridulation



for making sound. Stridulation is what insects like crickets do by rubbing their wings together. With tenrecs, they rub some of the quills on their back together for communication. Aren't these unique creatures that God created amazing?

*"And let the  
peace of God  
rule in your  
hearts,  
...and be ye  
thankful."*  
Colossians  
3:15



Patience said "Thank You" when her mother gave her an oatmeal cookie. She made Jesus happy.



Passion didn't say "Thank You" when she was given an oatmeal cookie. She didn't get one next time.