



The Bible Banner

June 2017



PREPARE TO MEET THY GOD

A young lady busied herself getting ready for a blind date. Wanting to make a good first impression she had taken the day off work. She cleaned her apartment; she went out that afternoon to have her hair done, and then went to put on her best dress. After all this she was ready for her date's arrival. His expected arrival time came and went, but she continued to wait patiently.

Finally after waiting over an hour she decided he wasn't coming, so she took off her dress, let down her hair, put on her pajamas, gathered all her favorite junk food and sat down to watch TV with her dog.

Sometime later there was a knock at the door; it was her date. He looked at her surprised and said,

"What, I gave you an extra two hours and you're still not ready to go!"

Jesus is coming again. Will you be ready for His return, or will He catch you unprepared?



Breaded Dandelion Blossoms

Several cups of dandelion blossoms

½ tsp (2.5 mL) each marjoram and thyme (or your favorite herbs)

2 cup (150 g) cornbread stuffing or seasoned bread crumbs

½ tsp (2.5 mL) paprika ½ tsp (2.5 mL) salt

½ (2.5 mL) tsp garlic salt ½ cup (116 g) vegan mayonnaise**

Pick clean dandelion blossoms. Blend stuffing and spices until small pieces. Dip blossoms in mayo and then in stuffing. (If your mayonnaise is too thin you may add a little flour.) Place on greased cookie sheet. Bake at 375°F (190.6 °C) for at least 20 min. Turn over

and bake until the other side is also lightly brown. (You may also fry these on stovetop if desired). For a quicker option, I have sometimes just combined all the ingredients in a bowl, stirred it, and then baked it until crisp.

**Vegan Mayonnaise

½ cup (120 mL) olive oil

¼ cup (60 mL)soymilk

2 Tbsp.(30 mL) lemon juice Salt, to taste

Blend oil and soymilk in the blender. Add the lemon juice last. Salt to taste.

QUOTABLE QUOTES

"Shall we allow the signs of the end to be fulfilled without telling people of what is coming upon the earth? Shall we allow them to go down in darkness without having urged upon them the need of a preparation to meet their Lord?"

Unless we ourselves do our duty to those around us, the day of God will come upon us as a thief."

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EXPECT THE UNEXPECTED

Abruptly, I stopped talking about the parallel I was sharing, and read the verse in my Bible that seemed also suddenly to be illuminated for my thought. It was one of those awesome moments, when you can hear the voice of God speaking directly to you through His Word. *“For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape.”* 1Thess. 5:3 An immediate impression followed and although there were no actual words spoken it was almost as if God said, *What seest thou? Consider the object lesson of thy pregnant friend...* I had no way of knowing it at the time, but at that precise moment my friend was indeed “travailing” in childbirth, two weeks before expected.

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I later learned that she was in labor for a total of 11 hours. Despite the fact that she indeed experienced pain during this time, for the first 10 hours they thought that it was false labor (Braxton-Hicks contractions). One reason is because there was nothing regular about the contractions. Most childbirth educators teach the 4-1-1 rule. Call the midwife when the contractions are four minutes apart lasting one minute, for one hour. But these came and went. Sometimes they seemed to be dissipating, only to return later with a vengeance. Yet there was enough that they kept my friend awake all night. By the time her husband drove her to the midwife to be checked in the morning, the midwife found that the baby was already on its way out. My friend’s husband later told me that only in the last 20 minutes of labor did the contractions actually become regular. It was certainly a very uncommon childbirth scenario.

The verses surrounding the illuminated text further aided the object lesson that had taken place. *“For yourselves know perfectly that the day of the Lord so cometh as a thief in the night...But ye, brethren, are not in darkness, that that day should overtake you as a thief.”* 1Thess. 5:2,4

Sometimes, I think, like my friend and her husband, we have created a picture in our mind of just how last day events are going to occur. We see the signs of the times (Matt. 24) taking place. For example, sometimes we may have many natural disasters close together, but then things seem to dissipate and nothing of significance seems to happen for awhile. We decide the “contractions” are not regular, and so we “write off” some of the signs as “false labor”, not knowing that although externally everything seems to appear the same, beneath the surface, silently things are changing. We don’t seem to realize that the world is on the verge of a stupendous crisis.

Because we think this is just a “practice run”, we are not actively preparing for what is ahead. Today, even though the signs may seem sporadic, the calamities by land and sea, the unsettled state of society, the alarms of war are forecasting approaching events of the greatest magnitude. Matthew 24:22 suggests that in the end things will happen fast. *“And except those days should be shortened, there should no flesh be saved: but for the elect’s sake those days shall be shortened.”* *“Great changes are soon to take place in our world,”* and like my friends’ labor *“the final movements will be rapid ones.”*--9T 11 {Last Day Events pg. 11.2}

God is trying to warn his people. Expect the Unexpected. Time is running out. *“The end of all things is at hand: be ye therefore sober, and watch unto prayer.”* 1 Peter 4:7 Don’t be fooled into believing a peace and safety message. Don’t assume that just because things aren’t perfectly following the picture we’ve formed in our minds of how the last days will transpire that all the last day events are just “false labor”. Get ready, get ready, get ready! For today is the day to *“prepare to meet thy God”* Amos 4:12 And only by knowing God here can we prepare to meet Him at His coming.



PROFITABLE TRADITIONS

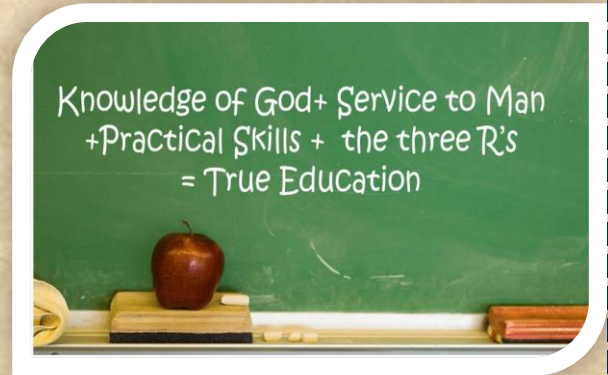
Cultivate True Education— Recently, a friend of mine shared this dictation exercise with me. After reading this quotation, “*The whole of this psalm [Psalm 27] should find a place in the reading and spelling lessons of the school...*”^{**} she began to pray for God to show her how to implement this in the classroom. This is the idea He gave her. She calls it Dictation.

Each day she reads a Bible verse to her student, including the punctuation and the capital letters. The student then writes the verse neatly as it is dictated. The teacher then underlines misspelled words, etc. and has the student correct them.

In our own home, we have varied this by taking turns picking a verse and dictating it while the others write it down. Then we pass the verses around the circle for “correcting”. This is an amazingly concise exercise (which you would expect since it is God’s way). It teaches at least 6 subjects at once: language (punctuation), handwriting, reading, speech, and spelling, all from the Bible. It is also a great way to help you and your family

memorize and hide God’s word in their heart, because by the time you have written the verse and then checked the spelling and punctuation on everyone else’s paper, you have read the verse almost enough times to memorize it.

^{**}{ Counsels to Parents, Teachers, and Students 457.2, which also lists several other psalms }



NO NEED TO FEAR

“Blessed are those servants, whom the lord when he cometh shall find watching: verily I say unto you, that he shall gird himself, and make them to sit down to meat, and will come forth and serve them.” Luke 12:37

The fourth grade classroom was in an uproar. The teacher had stepped outside for a few minutes with orders for the students to work quietly on their math and the students were taking advantage of her absence. Chalkboard erasers and paper airplanes flew about the room and the students chased each other around the room. A few of the students watched the door to warn if the teacher came back. They didn’t want to be caught, because although the mischief was fun they did not enjoy the punishment that would be theirs if they were caught.

Yet one young girl was unconcerned. She didn’t care when the teacher came back. She was still sitting quietly at her desk faithfully doing her math. The teacher’s return to the classroom was not to be feared by her, for she was doing what the teacher had asked.

It is no different with us today. We can be like the disobedient students, having a “good time” while living a life of disobedience to Christ, and thereby we are afraid of Christ’s return because He will find us unready. The better choice however, would be to be like the young girl who had no need to fear. If we are faithfully performing all the duties that God has given us, Christ’s coming need not be a fearful event to us.



Are you looking forward to Christ’s return? Are you faithfully performing the duties he has given you to do?



GOD'S AMAZING CREATURES

The dik-dik is only 12 to 15.5 inches tall. The female and male dik-dik make shrill, whistling calls to warn each other of danger. The male dik-dik has horns slanted backwards. Dik-diks live in the shrub lands and savannas of eastern Africa. The dik-diks have many enemies, including monitor lizards and humans. Dik-dik couples spend more than half of their time together, and stay mates for life. Aren't you glad that Jesus made the dik-diks?



Christian and his little brother were invited to visit their grandparent's farm in the country. Before the day came for them to leave, Christian made sure he was ready and his suitcase was packed. He also helped his little brother get ready. When his grandpa came to pick them up they were both ready to go. They had so much fun at the farm.



Carnal and his little sister were invited to go with some friends to the beach to look for shells. But Carnal didn't think it was important to get ready. He didn't help his little sister get ready either. When the day came for them to go to the beach they were not ready and so they had to stay at home. Carnal was very sad he had not gotten ready.

Memory Text:

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

LITTLE RUNNER'S HEALTH TIP

Little Runner accidentally burnt his finger on a hot dish on the table, so he ran and got a piece of fresh aloe vera plant. He knew aloe vera was good for burns, so he broke it open and put it on his burn. It made the burn feel much better. It helped it heal faster too.





Study to Show Thyself Approved—How to Prepare to Meet Thy God

I was still just a grade schooler, when one night I had a solemn and startling dream. Perhaps, I had read Isaiah 25:9 that day (*"And it shall be said in that day, Lo, this is our God; we have waited for him, and he will save us: this is the LORD; we have waited for him, we will be glad and rejoice in his salvation."*), or maybe I heard it in a story told at Sabbath School or church, but whatever the case, that night I dreamed that I saw Jesus coming in the clouds of heaven. I knew there was something that I was supposed to say when Jesus came, but I couldn't remember it. I awoke somewhat startled and with a sickening feeling that I was not ready for Jesus to come... I hoped to be among the righteous, but I realized I didn't even know how the righteous were to act and speak. Let's look at a few ways the Bible says we are to prepare so we will be ready for Christ's coming.

1. What does the Bible say God's people were supposed to do to prepare to come before God when he spoke from Mt. Sinai? _____ Exodus 19:10,11,14 *"And the LORD said unto Moses, Go unto the people, and sanctify them to day and to morrow, and let them wash their clothes, And be ready against the third day: for the third day the LORD will come down in the sight of all the people upon mount Sinai... And Moses went down from the mount unto the people, and sanctified the people; and they washed their clothes."*
2. Clean garments in the Bible represent the character of those who Rev. 7:14 says *"have washed their robes, and made them white in the blood of the Lamb."* They also represent the _____ of the _____ and their overcoming sin by the power of Christ. Rev. 19:8 *"And to her was granted that she should be arrayed in fine linen, clean and white: for the fine linen is the righteousness of saints."* Rev. 3:5 *"He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels."*
3. What will God's people have their feet shod with? The _____ of the _____ of peace Eph. 6:15 *"And your feet shod with the preparation of the gospel of peace;"*
4. When the Bible contrasts the wicked and the righteous, what do the righteous prepare that the wicked do not? the _____ 2 Chr. 12:14 *"And he did evil, because he prepared not his heart to seek the LORD."* 2 Chr. 19:3 *"Nevertheless there are good things found in thee, in that thou hast taken away the groves out of the land, and hast prepared thine heart to seek God."*
5. What 3 ways does the Bible say Ezra prepared his heart? To _____ the law, to _____ it and to _____ it. Ezra 7:10 *"For Ezra had prepared his heart to seek the law of the LORD, and to do it, and to teach in Israel statutes and judgments."*
6. Noah didn't just preach about the coming destruction, he showed his faith by his actions. What action does the Bible say provided for the saving of his house? _____ an _____ Hebrews 11:7 *"By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith."*
7. What does Matthew 24:44-46 say the wise servant [that is ready] will be doing when his lord comes? Giving _____ in due season *"Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh. Who then is a faithful and wise servant, whom his lord hath made ruler over his household, to give them meat in due season? Blessed is that servant, whom his lord when he cometh shall find so doing."*
8. What is this "meat", this Elijah message, to accomplish? It is to _____ Luke 1:17 *"And he shall go before him in the spirit and power of Elias, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just; to make ready a people prepared for the Lord."*
9. As we teach people of God, Joel 2:1 says we are to *"Blow ye the trumpet in Zion, and sound an alarm in my holy mountain: let all the inhabitants of the land tremble: for the day of the LORD cometh, for it is nigh at hand;"* How does the Bible say we are to give the trumpet [the message] a certain sound? By speaking in words easy to be _____. 1 Cor. 14:8,9 *"For if the trumpet give an uncertain sound, who shall prepare himself to the battle? So likewise ye, except ye utter by the tongue words easy to be understood, how shall it be known what is spoken? for ye shall speak into the air."*
10. In order to prepare for Christ's soon coming we are to wash our clothes (character) by overcoming sin and asking for forgiveness for past sin. We are to teach and preach the gospel to others while at the same time preparing our hearts to seek and do the law of the Lord. Like Noah we are to show our faith in God's promises by our corresponding works. We are to be faithful servants giving meat in due season to make ready a people prepared for the Lord. In order to give the trumpet a certain sound we must speak God's message for his people in words easy to be understood that they too may be ready to meet our God.

1. Wash their clothes 2. righteousness, saints 3. preparation, gospel 4. heart 5. seek, do, teach 6. Preparing, ark 7. meat 8. to make ready a people prepared for the Lord 9. understood



The Top 10 Emergency Preparedness Herbs*

"He causeth the grass to grow for the cattle, and herb for the service of man..." Psalm 104:14 *"This is God's method. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes, one hundred fold better purposes, than all the drugs hidden under mysterious names and dealt out to the sick."* {White, "The Place of Herbs in Rational Therapy" pg. 12} The herbs listed here have been selected for their importance in emergencies. As far as possible, we have also selected varieties that are easily accessible and inexpensive world-wide.

1. **CAYENNE** has been called the *"Greatest most important 1st aid herb."* One herbal practitioner even called it a *"Defibrillator in a bottle"*. It has been used for everything from heart attacks and stroke to internal bleeding, gunshot wounds, and frostbite. I carry some with me in my purse and my husband carries it in his pocket wherever we go. *"Cayenne pepper has the ability to stop a heart attack in its tracks in under two minutes. Famed herbalist, Dr. John Christopher frequently used cayenne pepper to treat patients for heart attacks and reported that it never once failed to stop a heart attack in only a couple of minutes or under."* http://www.naturalnews.com/037069_heart_attacks_cayenne_pepper_hawthorn_berry.html#ixzz2Kf3CyZS0 I, personally, know several people who have stopped a heart attack or stroke and are alive today, by just placing a teaspoon or more of cayenne in a glass of water or directly under the tongue. Don't be fooled into thinking that you can "cheat" and take this in a capsule. It is an emergency remedy, not a lifestyle, and in my experience, the hot taste aids the effect.
2. **CHARCOAL** has been called the *"Greatest absorber of poisons known"*. I also carry this with me wherever I go. It may be mixed in water and taken internally or it may be used with flaxseed, psyllium seed, or oatmeal as a poultice externally. Visit www.swiftrunnerministries.com/charcoal-remedies.php for more information about activated charcoal.
3. **Urinary herbs** are important because inability to urinate can cause problems rapidly. *"Corn-silk tea is the best single herb for increasing urine flow and restoring the kidneys."* (Natural Remedies Encyclopedia) It is easily available almost world-wide. During corn season, I just remove the silk and dry it for later use. I have seen it work multiple times. In one case, the patient could not seem to urinate for a urine test. I gave him water, and still there was nothing an hour or so later. I gave him corn silk tea and we left the house. We had to stop at every bathroom we passed all the way to our destination.
4. **Immune herbs—Garlic** is my favorite immune herb. It is antiviral, antifungal, antibacterial, etc. It has been used for cancer, high or low blood pressure, and is sometimes called "nature's surgeon" since it can be used to remove warts and similar skin problems. Raw garlic must be used in the case of an active infection. Experts say not to use elephant garlic since it is a hybrid of onion and garlic. With garlic the remedy is simple—the bigger the problem, the higher the dose. An herbal doctor tells of a lady who had a respiratory infection for 9 months. For 9 months doctors tried their drugs on her, but even after the strongest antibiotics she still wasn't cured. Finally, she tried natural remedies. She worked up to 47 cloves of raw garlic a day—and she got well! **Echinacea** is another herb that stimulates the body's immune system. Where this is not available, simple "cold-mitten frictions" or "contrast showers" will stimulate the body's immune system creating more white blood cells to fight disease.
5. **Plantain**, not the banana, but the herb—*"Externally, plantain has a healing, antibiotic, and styptic (blood stanching) effect when applied to sores and wounds. It is commonly known to neutralize the toxins of insects and snakebites. Put freshly ground leaves (or chewed slightly) onto the bites of snakes, insects, and bees."* (NRE Fourth Edition, pg. 141) Plantain may also be used for respiratory infections. One herbal doctor stated that it is found everywhere in world that he's been, often even growing through cracks in the pavement at the airport. He's seen it in India, China, Africa, Central America, etc. For more information about plantain read our July 2016 newsletter. www.swiftrunnerministries.com/newsletter.php
6. **Aloe Vera**--One medical missionary stated that although he doesn't believe in miracle cure herbs, if there were one it would be Aloe Vera. There is really "no replacement" for aloe vera. However, this blessing of God is available worldwide. In addition to being a wonderful remedy for burns it has also been used in the treatment of ulcers, Crohn's disease, and even leukemia & HIV.
7. **Blood Building Herbs**—Since we know that *"the life of the flesh is in the blood"* (Lev. 17:11), it is well to have some blood building herbs on hand. **Red Clover** is good for blood purifying, cancer, and as a general tonic. It is included in almost every herbal cancer formula. It is indigenous to Europe, central Asia, northern Africa and is naturalized in many other parts of the world. **Yellow Dock**, which is good for anemia, and **Nettle** are also good for the blood in the form of a tea. In addition, nettle has an antihistamine action and is good for asthma. It is common in most temperate regions of the world.
8. **Milk Thistle** is excellent for "liver protection" especially combined with bitters like **dandelion root**.
9. **Digestive Herbs—Peppermint** is a good digestive herb and widely available. It has a mild anesthetic effect on the stomach and is good for gas cramps, nausea, and indigestion. **Fennel** and **Slippery Elm** may also be helpful.
10. **Berry Good Bonus Herbs—Red Raspberry Leaf** is useful for women's issues and as a general tonic while **Hawthorne Berries** are good for the heart. Dr. Shulze says it "binds to heart cells and makes a protective coating," "allows the heart to live and breathe with less blood and oxygen," and will "provide protection for the heart even in the case of a heart attack."

Don't forget to thank God for the amazing natural remedies He has given us in simple herbs of the field.

**This article is not meant to be a used in place of individualized medical advice. Use at your own discretion.*