



Fountain of Truth

When the caravans in the desert are in want of water, they are accustomed to send a camel with its rider some distance in advance. Then, after a time, follows another, and then at a short interval another. As soon as the first man finds water, almost before he stoops down to drink, he shouts aloud, "Come!" The next man hearing the call repeats it, "Come!"

The nearest man again takes up the call, "Come!" until the surrounding desert echoes with the word "Come!"

This is the great invitation word of the Gospel, come! come! COME!

"And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely." Revelation 22:17

Peas, Rice and Tender bits

Bits: 2-3 cups gluten flour

2 Tbsp unbleached flour

2 Tbsp soy flour

2 Tbsp nutritional yeast

2 cups water

Mix all the dry ingredients together in a bowl. Add water and mix together quickly. Knead until a soft ball is formed adding more gluten flour if needed. Roll out into a long roll. Slice into ¼ inch or ½ inch discs, and drop into boiling broth. Cook for 30 minutes at a low boil.

Broth: 2 quarts water

1 onion, sliced

1 Tbsp onion powder

2 Bay leaves

2 Tbsp nutritional yeast

1 Tbsp salt

1 stalk celery, cut in pieces

Remove the bits from the broth and cut as desired. Sauté some onions and peas with the tender bits and serve with brown rice.



PROFITABLE TRADITIONS

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to find these small tracts you can print off and compile yourself. They are small enough to mail in an envelope or carry in your purse or pocket.



Quotable Quotes

"It is folly to think the Lord provides grace for every trouble but the one you are in today." Charles Spurgeon

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Declaring the End from the Beginning

Editor's Note and Study to Shew Thyselt Approved



Since the coronavirus scare began, the world has been turned into a sea of uncertainty. As multitudes protest and lose faith in the decisions of their leaders, the certainty of God's Word stands unshaken for *"It is better to trust in the LORD than to put confidence in man."* Psalm 118:8 In times like these, we need the Savior and His Sure Word whose *"ensamples [margin--types]... are written for our admonition, upon whom the ends of the world are come."* 1 Cor. 10:11 It is a great comfort to have a "Last Day Events Guidebook" given by Christ Himself, whose crown and Word is to be uplifted above the diadems and words of all earthly potentates.

When considering last day events, Christians often turn to the more obviously prophetic books like Daniel and Revelation, and this is well and good. But according to its' own testimony, the **entire** Bible is a fountain of truth that was written for the admonition of those living in the last days. Today, I want to take a little time to demonstrate this fact. God declares, *"Remember the former things of old: for I am God, and there is none else; I am God, and there is none like me, Declaring the end from the beginning, and from ancient times the things that are not yet done, saying, My counsel shall stand, and I will do all my pleasure."* Isaiah 46:9-10 Fascinatingly, this verse can be understood at least two ways.



- #1. From the beginning, God has told us what would happen in the end.
 - #2. What happened in the beginning is telling us about what will happen in the end.
- A very wise king wrote as inspired by God, *"The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun."* Eccl. 1:9

This means history, especially biblical history, is a treasure trove of truth.

Let's go back to the very beginning and see what we can learn about the end of time. We must recognize, when God does something,

Satan wants to undo it, so he does the opposite. For example, in Genesis 2:16, 17 we find that God gives man a command. In Genesis 3:1-5, Satan counters what God commanded by saying, "Yea hath God said?" God said if man disobeyed, he would die. Satan said, "Ye shall not surely die". Essentially, God said "don't eat" from the tree of knowledge of good and evil, and Satan said "do eat". We also must keep in mind that besides Satan's doing the opposite of what God does in order to counteract it, Satan also often counterfeits what God does. For example, there are true prophets, but Jesus warned *"Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves."* Matt. 7:15 False prophets that look like true prophets—a clever counterfeit!

Now let's see how this concept helps us to understand "last day events" from Genesis—the beginning. Keep in mind that nothing you find studying the Bible in this manner should ever contradict the surface truth—it is to add harmony to the melody, not to create a completely new song or storyline.

Genesis 1:1—*"In the beginning, God **created** the heaven and the earth."*

In the end, (we can expect) Satan and his followers to try to **destroy** the earth. We can double check to see that this is a correct assumption by looking at Rev. 11: 18 where it says God will *"destroy them which **destroy** the earth."* (Compare Rev. 12:12)

Sometimes the reverse thought also has a spiritual meaning instead of or in addition to the physical meaning.

Genesis 1:2 *"... And the Spirit of God moved upon the face of the waters."* (Waters represent people—Rev. 17:15, Isaiah 17:12,13) In the end, we can expect a satanic spirit to move on the people of the world. We can see that this application of study also came up with a correct answer. 1Timothy 4:1 says *"Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils;"* And Rev. 16:14 reiterates, *"For they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty."*

Genesis 1:3, 4 *"And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness."* (Light represents truth —Psalm 43:3, John 3:21)

In the end, we can expect Satan and his followers to propagate the darkness of error/falsehood. Also instead of dividing the light of truth from the darkness of error, they will mix light and darkness creating "grey areas". The devil's plans will often make their way in the secrecy of darkness. We see this in ecumenical counsels, situational ethics, etc. (Consider 1 John 1:5, Isaiah 5:20, Luke 22:53, Eph. 6:12) In contrast, *"We [God's people] are not to elevate our standard just a little above the world's standard, but we are to make the distinction decidedly apparent. . . ." {Maranatha, pg. 47.3}*

Genesis 1:7,12 *"And God made the firmament... and God saw that it was good."* (Firmament - *"The region of the air..."* Webster's 1828 Dictionary) God's firmament was good, healthy air, so in the end, we can expect Satan and his followers to put a "deadly taint" in the air. We see this today in tobacco smoke, pollution, EMFs, poisonous pesticide sprays, etc. In addition, Eph. 2:2 tells about *"the prince of the power of the air, the spirit that now worketh in the children of disobedience:"*

Genesis 1:12 says, “And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.”

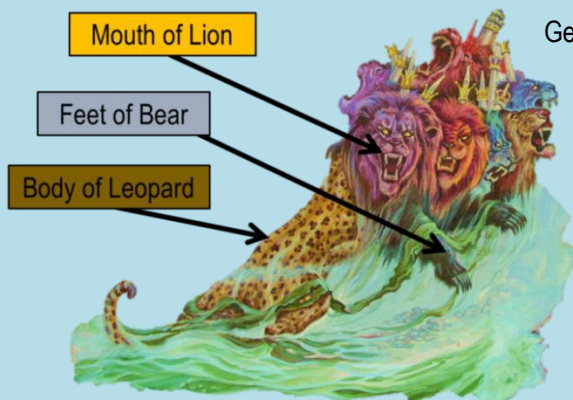
Thus, in the end, we may expect Satan and his followers to try to do away with seeds that are after their kind and also to ruin good/healthy fruits and vegetables. We see this in genetically modified plants (GMOs), terminator seeds, & countless plant diseases.



Genesis 1:25 says, “And God made the beast of the earth after his kind,....and every thing that creepeth upon the earth after his kind: and God saw that it was good.”

In the end, we may expect Satan and his followers to try to confuse “kinds” of animals and amalgamate them. A headline I read just today told of a mouse that was 4% human. (See prophetic news notes)

It is interesting that the ruling power of the beast in Revelation is pictured as an amalgamated beast. Rev. 13:2-6



Genesis 1:27 says, “God created man in his own image, in the image of God created he him; male and female created he them.” In the end, we may expect Satan to try to mar the image of God in man and change them into his likeness (an image to the beast—Rev. 13:14, 15). We may also see Satan’s efforts to obscure the distinctions between male and female. 1 Cor. 6:9, 10; Deut. 22:5

Genesis 1:28 says, “And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it:...” In the beginning, God had a global population plan. In the end, we may expect Satan to have population control and a global depopulation agenda. We see this in sterilization of women via vaccine (as in Kenya), birth control methods that kill the baby-- such as abortion, the Georgia Guidestones which state “Maintain humanity under 500,000,000...” (when the current world population is now around 7.8 billion), etc. Rev. 12:12

Genesis 1:29 & 3:18,19 (Webster Bible) says, “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; **to you it shall be for food**...and thou shalt eat the herb of the field” In the beginning, God gave man fruits, nuts, grains, seeds and (after sin) vegetables for food. In the end, we may expect Satan will have people eating anything but God’s original diet. Society will be eating chemicals, drug foods like caffeinated “energy drinks”, flesh foods, animal products, highly processed foods, plant diseases (see May 2020 Bible Banner), alcoholic foods, etc. Is.5:20; 66:15-17

Genesis 2:1 says, “Thus the heavens and the earth were finished, and all the host of them.” On day 7, God says the world is finished. In the end, Satan propagates the falsehood that the world is not finished and that we are still evolving. 2 Pet. 3:3-5

Genesis 2:2, 3 says, “And on the seventh day God ended his work which he had made; and he rested on **the seventh day** from all his work which he had made. And **God blessed the seventh day**, and sanctified it....” In the beginning, God blessed and sanctified the seventh and **last day** of the week as the Sabbath. In the end, Satan is trying to sanctify **the first day** of the week instead. He also tries to ruin God’s “temple made of time” by causing people to forget it, or by making the Sabbath drudgery while exalting other holidays as the “blessing”.

Is. 58:13, Ex. 20:8-11, Luke 4:16, Rev. 13:6

SATAN'S SABBATH SWITCHEROO						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	X

Genesis 2:15 says, “And the **LORD** God took the man, and **put him into the garden** of Eden to dress it and **to keep it**.”

God put man in a natural, country environment (a garden) and gave him work. In the end, Satan will people to artificial environments like the cities and give them idleness. Or Satan will trick people who have moved to the country into spending all their time in an artificial environment anyway via the TV, internet, computer gaming, and smart phones. Ezekiel 16:49

Genesis 2:18 “And the **LORD** God said, It is **not good that the man should be alone; I will make him an help** meet for him.”

In the end, we may expect through different means that Satan will make mankind to feel abandoned, isolated and lonesome. Satan will try to make woman a hindrance, a curse, and a snare to man. Prov. 5:3-5, Prov. 7:8-27, Rev. 17:1-6

Genesis 2:22,24 “And the **rib**, which the **LORD** God had taken from man, made he a woman, and brought her unto the man.... Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.” In the beginning, God performed the first marriage of a woman and a man. In the end, Satan will try to ruin this divine institution by breaking up marriages through adultery or divorce. He will also counterfeit marriage with fornication (sexual relations outside of marriage), homosexuality, bestiality, and self-marriage. 2 Timothy 3:2-5

Indeed, many more lessons could be learned from the Creation story. We could reiterate how God’s people in the last days will follow and exalt His diet, His idea of marriage, His 7th day Sabbath, etc. Instead, I simply leave you to stand in awe of “**Him that made heaven, and earth, and the sea, and the fountains of waters**” recognizing that His word is truly an eternal fountain of truth.

Prophetic News Notes – The Abomination and the Mouse

Recently, I read about a man who was convicted that he should no longer eat unclean animals (particularly pigs) after reading the following “last day” verses about God’s reaction to this. *“For, behold, the LORD will come with fire, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire. For by fire and by his sword will the LORD plead with all flesh: and the slain of the LORD shall be many. They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine’s flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD.”* Isaiah 66:15-17

Obviously, God does not approve of placing unclean creatures in the human body by eating them, but today scientists have changed the mechanism of mixing a little with an equally abominable practice.

CNN reports, *“Scientists have created a mouse embryo that’s part human -- 4% to be exact.”*

The hybrid is what scientists call a human-animal chimera, a single organism that’s made up of two different sets of cells -- in this case, a mouse embryo that has both mouse cells and human cells.

This human-mouse chimera has by far the highest number of human cells ever recorded in an animal, according to researchers. Their experiment suggests that many types of human cells can be generated in mouse embryos, and at a much faster rate than in human embryos. And that, the scientists say, carries enormous potential for the treatment of human diseases, possibly even Covid-19.”¹

Is this yet one more Covid-19 cure that will turn out to be worse than the problem?

Think, just how much human can you put into a mouse and

still be allowed to catch it and kill it in a mouse trap? When does the mouse contain enough human cells that killing it is murder? We are certainly blurring the lines between humankind and mouse-kind.

“The scientists injected human stem cells into the mouse embryo and allowed them to develop for two weeks. When they analysed the embryo, they discovered human cells in the mouse’s liver, brain, eyes, heart, blood and bone marrow.

The scientists did not gestate the embryo further, though there have been previous incidents where researchers have produced chimera hybrids beyond the foetus stage.

“In 1984, scientists created a sheep-goat hybrid that survived into adulthood. More recently, scientists in China created two monkey-pig chimeras, however they only survived for a few weeks after being born.”²

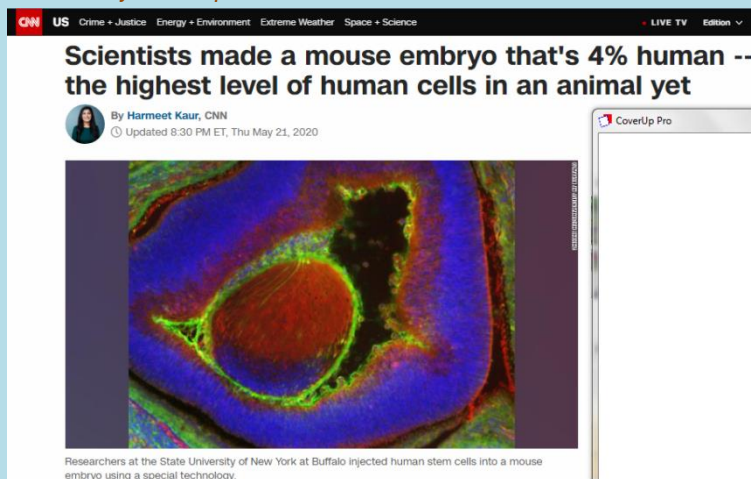
Perhaps, to eliminate contemporary bias, we should examine a quotation from a book that was written long before modern “science” began mixing humans and animals. The book states, *“But if there was one sin above another which called for the destruction of the race by the flood, it was the base crime of amalgamation of man and beast which defaced the image of God, and caused confusion everywhere.”³*

Consider, if “God is not the author of confusion...”³ who is? Is mixing man & beast part of a master plan for defacing God’s creation?

1– <https://www.cnn.com/2020/05/21/us/human-mouse-chimera-hybrid-scn-trnd/index.html> 2– <https://www.independent.co.uk/life-style/gadgets-and-tech/news/human-mouse-cells-embryo-disease-a9528181.html>

3–{Spiritual Gifts, vol.3, pg. 64}

4 –1 Corinthians 14:33



Have You Read this One?

“Have you read this one?” was the oft repeated question as several youth were perusing a library of religious and educational books. It had become apparent that they had read and enjoyed many of the same books and they were having a delightful time comparing favorites.

A little while later, one of the youth abruptly pulled one of his favorite books off of the shelf. *“Have you read this one?”* he asked. But this time the reply was not in the affirmative.

Surprised, he just shook his head. He had started to place the book back on the shelf, when suddenly, he changed his mind, and stated forcibly,

“I’m not even going to put this book back on the shelf. You HAVE to read it!”

“Yes, sir!” came back the equally emphatic reply, as the one in whose hands he had placed the book began to be curious about just what it was about this particular book that her companion had so appreciated. It didn’t even cross her mind to just put the book back on the shelf and never read it.



As soon as she could find a moment, she began to read the book. In fact, she was virtually unable to put it down due to the suspense. She finished it even before supper time the following day. In the story, she found things that she knew that her friend would appreciate-- adventure, honesty, faith in trial, and trust in God.

Our Friend Jesus has also highly recommended a book He loves saying, *"Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me."* John 5:39

Are you curious to learn of Jesus through His Book, or do you just place it back on the shelf and disregard His recommendation?

Do you reply, *"Yes sir!"* when He says, *"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."* (2Timothy 2:15) ?

Do you read the Bible every chance you get and take great delight in His Book? Or do you put more stock in the recommendations of earthly friends than that of the King of Heaven who places the Bible in your hands and says, in effect, *"Have you read This One, Yet?"*



Got Joint Pain?

*"Osteoarthritis (OA) is a slowly progressive degenerative disease of the joints that afflicts approximately 27 million Americans.....OA is responsible for 25% of all office visits to primary care physicians."*¹

Since OA is very common, I have repeatedly been asked, *"The cartilage is gone in my knee, what should I do to help it regrow?"* My first recommendation is, *"Quit getting cortisone or steroid shots. They make the problem worse without actually helping pain."*

According to a study funded in part by the NIH's National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), *"Among people with osteoarthritic knees, repeated steroid injections over two years brought no long-term improvement in reducing pain... Rather than showing any benefit, the results revealed that the injections sped the loss of the cartilage that cushions the knee joint."*

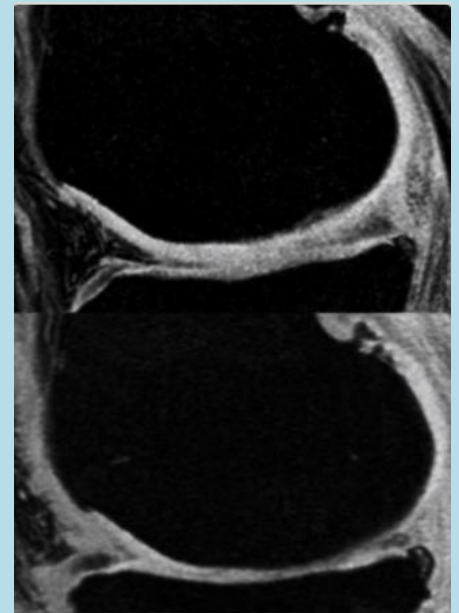
The study appeared in the Journal of the American Medical Association (JAMA)."
*"...MRI measurements revealed thinning of knee cartilage in both groups by the end of the study. But loss of cartilage in the steroid group was significantly greater than in controls, with the average change in cartilage thickness being -0.21 mm and -0.10 mm respectively. This more rapid thinning may be due to the known effects of corticosteroids on tissue breakdown."*²

The study compared placebo saline injections with steroid shots. *"Researchers randomized 140 patients with knee osteoarthritis to steroid or saline injection every 12 weeks for 2 years."*

*At each visit, they asked about pain and function. At baseline, 1 year, and 2 years in, they also got a knee MRI to examine the cartilage. These patients were well-selected... if anyone is going to respond to steroids, this is the group."*³

Yet instead, the steroid shots, *"resulted in significantly greater cartilage volume loss and no significant difference in knee pain."*⁴

There are other risks from cortisone steroid shots too. According to the Mayo Clinic *"Potential side effects of cortisone shots ... can include: cartilage damage, death of nearby bone, joint infection, nerve damage. ... temporary flare of pain and inflammation in the joint, temporary increase in blood sugar, tendon weakening or rupture, thinning of nearby bone (osteoporosis), thinning of skin and soft tissue around the injection site, & whitening or lightening of the skin around the injection site."*⁵



The knee cartilage of a patient with OA thins over time (upper panel: prior to treatment; lower panel: 2 years later, with corticosteroid injections to the knee every 3 months). Repeated corticosteroid injections to the joint may speed cartilage degeneration.

Credit Timothy E. McAlindon, M.D., M.P.H., of Tufts Medical Center, Boston.

Not surprisingly, God's remedies are the real cure for osteoarthritis. At the top of the list is exercise. Exercise builds your muscles so they can take the pressure off your joints. It can also help with weight loss. *"It's a catch-22 when you have knee pain from osteoarthritis. It hurts, so you don't want to move. But if you exercise, it can eventually make your knees feel better.... When you have OA, cartilage -- the springy tissue in your joints that acts like a shock absorber for your knees -- can become damaged and worn. The result: pain, stiffness, and problems moving. Exercise can help rebuild the joint, [Denver physical therapist Eric] Robertson says."*

*"Cartilage is like a sponge, and it gets nutrients from the compression and decompression of your body weight as you walk."*⁶

Exercise is necessary to help rebuild the joint, but so is water. *"Cartilage is composed of a variety of biomolecules including proteins, water, and small molecules that help reduce friction and keep joints healthy. One of those proteins is collagen, which makes up the bulk of the cartilage in your joints."*⁷ This information makes evident the need for drinking plenty of water and having good nutrition.

Because the cartilage is like a sponge, often just drinking plenty of water will ease the pain by rehydrating "the sponge."

Foods that help rebuild cartilage include beans due to their protein, anti-inflammatory properties, and lysine, an amino acid that is critical to the cartilage regeneration. Vitamin C is also important since your body needs it to make collagen. Pomegranates are also well-known for their antioxidant and anti-inflammatory properties. *"Ongoing research from Case Western Reserve University also shows that ... pomegranates help your body produce substances that protect cartilage."* Vitamin K is also essential for bone and joint health.⁸ So eating plenty of leafy greens is a must. Turmeric also is an anti-inflammatory that may help with the pain (make sure you are eating your leafy greens though, because it can also thin the blood.)

Not surprisingly, hydrotherapy can also help to ease the pain. *"Cold water reduces inflammation, cold and warm water improves circulation. Dr. Nooshin K. Darvish, a specialist in hydrotherapy, recommends that patients apply moist heat to the knee for three minutes followed by cool water for one minute. This should bring relief and stimulate circulation."*⁹

*"One study showed that ice massage performed for 20 minutes, five days a week, for two weeks improved range of motion, function and knee strength among individuals with knee osteoarthritis. Fill a Styrofoam cup with water and freeze it. When removed, that rounded block of ice fits your hand perfectly for performing knee massage."*¹⁰

And last, but not least, a wise man will use frankincense. *"A 2010 study confirmed frankincense as a potential treatment for reducing inflammatory symptoms, specifically from osteoarthritis. To treat rheumatoid arthritis, apply diluted frankincense oil topically on the affected area."*¹¹

The good news is science says you can regrow cartilage in joints, *"Contrary to popular belief, cartilage in human joints can repair itself through a process similar to that used by creatures such as salamanders and zebrafish to regenerate limbs, researchers at Duke Health found."*¹² Although it may grow slower than other tissues, cartilage does grow with the aid of God's natural remedies like exercise. Indeed *"the LORD... healeth all thy diseases; ... so that thy youth is renewed like the eagle's."* Psalm 103:2, 3, 5

- 1- <https://www.sciencedirect.com/topics/medicine-and-dentistry/osteoarthritis>
- 2- <https://www.niams.nih.gov/newsroom/spotlight-on-research/long-term-benefit-steroid-injections-knee-osteoarthritis-challenged>
- 3- https://www.medpagetoday.com/rheumatology/arthritis/65327?xid=nl_mpt_WeeklyVideos_2017-05-20&eun=g1146420d0r
- 4- https://pubmed.ncbi.nlm.nih.gov/28510679/?from_single_result=Effect+of+Intra-articular+Triamcinolone+vs+Saline+on+Knee+Cartilage+Volume+and+Pain+in+Patients+With+Knee+Osteoarthritis+A+Randomized+Clinical+Trial&expanded_search_query=Effect+of+Intra-articular+Triamcinolone+vs+Saline+on+Knee+Cartilage+Volume+and+Pain+in+Patients+With+Knee+Osteoarthritis+A+Randomized+Clinical+Trial
- 5- <https://www.mayoclinic.org/tests-procedures/cortisone-shots/about/pac-20384794>
- 6- <https://www.webmd.com/osteoarthritis/knee-pain-16/walking-knee-pain>
- 7- <https://www.lifeextension.com/magazine/2011/ss/rebuild-aging-joints>
- 8- <https://arrowheadhealth.com/foods-that-help-rebuild-cartilage/>
- 9- https://universityorthopedics.com/what_hurts/knee_nonsurgical.html
- 10- <https://www.healthgrades.com/right-care/arthritis/heat-versus-ice-whats-really-best-for-your-knee-arthritis>
- 11- <https://www.healthline.com/health/essential-oils-for-rheumatoid-arthritis#outlook>
- Study- <https://pubmed.ncbi.nlm.nih.gov/19943332/>
- 12- <https://healthcare-in-europe.com/en/news/regrow-cartilage-in-joints-science-says-you-can.html>

Kids' Corner

GOD'S AMAZING CREATION

But now hath God set the members [organs and parts] every one of them in the body, as it hath pleased him. 1 Corinthians 12:18

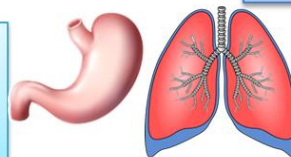
Jesus put many different organs in our bodies. They all have different jobs. See if you can match each of the descriptions to the correct picture.

I'm a small pear-shaped organ that looks like a sack.
For concentrating bile from the liver I have a knack,
Though too much cholesterol may cause a gallstone.
I send bile for digesting fats to the intestinal zone.



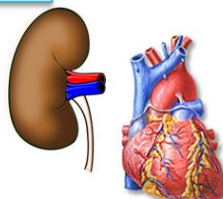
As you inhale and exhale, we work throughout the day.
300 million alveoli help us breathing either way.
We look almost like 2 sponges and get rid of carbon dioxide.
We also take in oxygen from clean air or outside.

I'm the largest single organ, here's my story.
I do the work of a chemical laboratory.
Alcohol and drugs are not my friends,
But for making bile and filtering blood, on me your body depends.



We are bean-shaped organs that filter waste.
To keep the body balanced, each day we make haste.
The water you drink helps us keep the blood all clean.
We use miles of tubing so small it can't be seen.

Though I'm part of your body, I work like a pump
To help blood flow through your body so that you can jump.
I'm divided into 4 chambers, each does a special part.
I work together with the lungs because I am your _____.



Though I'm an organ, I am still hollow.
I only get full, when food you swallow.
With digestive juices, I mix and churn your food,
But eating too much or too fast can put me in a bad, bad mood.